

Health Questionnaire

All information will be treated confidentially

Where did you hear about Lorraine's classes ? _____

What are your motives for exercising ? _____

Please answer these questions honestly

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor YES NO

Do you ever feel pain in your chest when you do physical activity YES NO

Have you ever had chest pain when you are not doing physical activity YES NO

Do you ever feel faint or have spells of dizziness YES NO

Do you have a joint problem (also back problem, disc issues, whiplash, dislocated shoulder, knees)that could be made worse by exercise – If so what:-

Have you ever been told that you have high blood pressure YES NO

Are you currently taking any medication of which the instructor should be made aware: if so what and reason:- YES NO

Are you pregnant or have you had a baby in the last 6 months YES NO

Is there any other reason why you should not participate in physical activity YES NO

If you answer YES to ONE or MORE questions

- You should talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment.
- Tell your doctor about the questionnaire and which questions you answered YES to.
- Please also tell Lorraine your instructor.
- If you have already got medical clearance for Pilates or moderate exercise in general, please fill in the declaration form on the other side.
- You may be able to do any activity you want ; as long as you build up slowly and gradually. Or you may need to restrict your activities to those that are safe for you.
- Talk with your Doctor/Physio about the kinds of activity you wish to participate in and follow their advice.
- Pilates is generally safe for most people, it improves flexibility and strengthens your deep postural muscles – particularly your deep abdominal's and back muscles, as well as improving your overall posture and body awareness, thus minimising the chance of future injuries.

If you have answered NO to all questions:-

- You can reasonably be sure that you can start to become more physically active and take part in a suitable exercise programme. Do begin slowly and build up gradually!

PLEASE NOTE:-
 IF YOUR HEALTH CHANGES PLEASE INFORM LORRAINE IMMEDIATELY ESPECIALLY IF IT RELATES TO A QUESTION YOU HAVE ALREADY ANSWERED YES TO.

DECLARATION

(to be completed if you answered YES to any questions)

- If your doctor has recommended that you avoid particular exercise, make sure that you let your instructor know.
- I declare that I have already been cleared by my doctor (GP, Specialist or other qualified health professional) to carry out moderate exercise.

Please sign here:- _____

- My Doctor/Specialist/Health professional has specifically recommended that I take up Pilate's.

Please sign here:- _____

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE

Name: _____

Address: _____

Phone: Home _____ Mobile _____

Email: _____

Date of Birth: _____ Todays Date: _____

Emergency Contact Name: _____

Emergency Phone No. _____

Signature: _____

GDPR - Compliance

Please tick this box as proof of your permission to allow us to store this data about you for the duration of you attending pilates sessions with Lorraine (Pilatesway). I do not share any of this data with any third parties. See my separate GDPR notes for more information.

I suggest that you keep a copy of this form if possible
(See page 3 for more detailed information)

PilatesWay GDPR statement Regarding the PARQ Form

GDPR Privacy Notice

This privacy notice is to explain how we manage and protect your personal data.

About this policy

Your privacy is important to me and I want you to feel comfortable with how I use and share your personal information. This policy sets out how PilatesWay handles your personal information, including when and why it is collected, used and disclosed and how it is kept secure.

You will find our contact details at the end of this policy which you can use if you have any questions, including how to update or access your personal information or to make a complaint.

This policy may change, and any changes will be relayed to you accordingly. This policy was last updated on 1 March 2022

How and what personal information we collect

Personal information you give to me: This is information about you that you give to us from one of the following:

Consent: the individual has given clear consent for Pilatesway to process their personal data for a specific purpose:

- a. The client has entered their personal data via my PARQ Form for the purpose of attending my sessions or the studio and accessing services.
- b. Opted-in to receiving news and event information via the website or by checking (yes) on the PARQ form.

Legal Obligation: This process is necessary for Pilatesway to comply with the law (not including contractual obligations).

Vital Interest: This process is necessary to protect someone's life. E.g. emergency contact information and next of kin.

Others who may access or receive access to your personal data

Pilatesway does not share your personal data with other third parties. Personal data is only used by Pilatesway to allow you to access my classes or to receive information from me.

How long we keep your personal data for

Where we collect your personal information, the length of time we retain it is determined by a number of factors including the purpose for which we use that information and our obligations under other laws.

We do not retain personal information in an identifiable format for longer than is necessary.

The only exceptions to this are where: the law requires us to hold your personal information for a longer period, or delete it sooner; you exercise your right to have the information erased (where it applies) and we do not need to hold it in connection with any of the reasons permitted in this section or because we are required under the law; and in limited cases, the law permits us to keep your personal information indefinitely provided we put certain protections in place.

Changes to this policy

We may review this policy from time to time and any changes will be notified to you by providing an updated version. Any changes will take effect 7 days after the date of our updates or the date on which we post the modified terms, whichever is the earlier.

Contact us

If you have any questions, suggestions or complaints about the processing of your personal information or wish to contact us to amend/update your data, please contact.

Name: Lorraine Blackall

Email: info@pilatesway.co.uk

Tel: 07305 091041