



### Student registration and information – Confidential

Personal details – will be held in accordance with the Data Protection Act and only used to contact you regarding Skylines Dance and Fitness.

Name:	Date of Birth:
Address:	Email:
Telephone:	

### Physical Activity Readiness Questionnaire

Do you have any illness, condition or disability which would limit or prevent your taking part in physical activity?	Yes/No
Has a health professional told you, you should not take part in strenuous physical activity?	Yes/No
Do you have any heart conditions or chest pains?	Yes/No
Do you suffer from glaucoma or any other eye problems?	Yes/No
Do you have high/low blood pressure?	Yes/No
Do you suffer from dizziness/faintness or shortness of breath when exercising or at any time?	Yes/No
Do you have any transmittable or blood borne diseases?	Yes/No
Are you /could you be or have you been pregnant within the last 3 months?	Yes/No
Do you have a BMI of over 30?	Yes/No
Do you have any back, neck or joint problems/injuries	Yes/No
Have you ever had surgery?	Yes/No
Are you currently on any medication?	Yes/No
Do you have diabetes?	Yes/No
Do you have any other medical conditions which have not been listed?	Yes/No

If you answered 'Yes' to any question please give details below:

Where possible we will accommodate any individual, though adjustments may need to be made or medical advice sought if you answered 'Yes' to any of the above questions. We therefore reserve the right to defer any student to seek medical guidance before participating in a class. It is our strict policy not to teach pregnant women. By signing below you confirm that you have disclosed all medical conditions to the instructor, and that where relevant you will carry personal medical equipment at all times (e.g. epi-pen or inhaler).

## History of Physical Activity

Do you participate regularly in any activity/exercise – if so, what type and how often?

Do you have any previous pole/aerial experience?

What are your goals/aims of exercise?

## Pole Dancing and Aerial Hoop General Information

Pole dancing and aerial hoop are challenging physical activities, minor bumps and bruises are common. All students must work within their own capabilities and listen to instruction at all times. If you experience any discomfort during class please listen to your body and rest. Any injury must be disclosed to the instructor.

For safety reasons inverts must only be attempted with one to one supervision and a crash mat until you are told you no longer need them. Do not attempt moves you have not been taught to do by a trained instructor.

Please ensure you are on time for class and stay until the end as a warm up and cool down are essential to avoid muscle strain and stiffness.

Ideally you should wear shorts and a vest top for pole. Tracksuits or leggings are acceptable but will limit the moves you can attempt. Close fitting layers are ideal for aerial hoop e.g. leggings and long sleeve top. Do not apply hand or body lotion before pole class, and remove all jewellery.

The instructor will from time to time need to touch you for spotting, posture, alignment and correction, if you feel uncomfortable at any time please do say.

We only use X-Poles, X-Stage and R-Poles which have an excellent safety record, however if you feel the pole is moving or starting to spin please tell the instructor immediately. Cloths are available for polishing the pole in between students. If you would like to see a detailed risk assessment, or copies of your instructor's dance and fitness qualifications, First Aid certificate, or insurance, please ask.

I agree to take full responsibility for my actions during all parts of my training with Skylines Dance and Fitness. I am of the understanding that I may receive some bruising, muscle soreness and chaffing. By taking part in a dance and fitness class I understand that I may receive injuries which could result in death. I understand that it is my responsibility to take account of any physical or mental impediments I have before I begin any dance and fitness class. I will cease participation and inform the instructor if I feel unwell and I will work at my own level throughout the class.

I confirm I have answered all questions to the best of my knowledge, and read and understood all of the above information. I am aware of the risks involved a dance and fitness class, take part at my own risk, and waive the instructor of responsibility in the event of an accident. I confirm that I am over 16 years old.

Signed:

Date: