

REGISTRATION FORM

Your Group Leader will add this information to their contact list on www.runtogether.co.uk and you will be invited to join RunTogether.

Data will be processed in accordance with the RunTogether privacy notice: www.runtogether.co.uk/privacy-notice
Please print your details clearly, complete in full and return to your group leader.

1. Personal Contact Information

First Name: Last Name:
Email: Telephone:

2. Emergency Contact Information

First Name: Last Name:
Telephone:

3. Your Health and Exercise

Thinking about the past 12 months, how often have you been on a run or a jog?

Daily/most days Weekly Twice a month Monthly Occasionally Rarely

How many times have you exercised during the past week?

0 1 2 3 4 5 6 7

Do you suffer from any of the following?

Diabetes Heart problems Joint problems High blood pressure Asthma Back pain
 Previous injuries

Do you have a long-term illness, health problem or impairment that limits your daily activities? Yes No

Which of the following best describes how your impairment or illness affects you? Please select all that apply.

- Vision (blindness or visual impairment) Hearing (deafness or hard of hearing)
 Learning or concentrating or remembering Wheelchair user Dwarfism
 Cerebral Palsy Amputee Mental Health problems
 Social or behavioural issues, for example, due to neurological diverse conditions such as Autism, Attention Deficit or Aspergers' Syndrome
 Other (including Stamina or breathing difficulty, difficulty speaking or making yourself understood, dexterity difficulties, long term pain)

4. Declaration

PLEASE READ THE FOLLOWING AND SIGN BELOW:

RunTogether Group Leaders are qualified leaders and are willing to share their experience and enjoyment of the sport with me. I confirm that I understand that participation in this group is entirely at my own risk and should consult my own doctor if suffering from any condition that might make running injurious to my health.

I agree to the RunTogether Groups terms and conditions found here:

<https://sportlabs.blob.core.windows.net/runtogether/Terms.pdf>

Sign: Date: / /