

RUN ...

**EVOLUTION
RUNNING CLUB**

**The Windsor Club, Helston Lane, Windsor, Berkshire SL4 5AP
01753 867001 or mobile 07780 994772 Email info@evo-pt.co.uk**

Registration/ Membership Form

Your Personal Details

Name *	_____		
Address	_____ _____ _____		
		Post Code	_____
Telephone	Home	Work	_____
	Mobile		_____
E-mail	_____		
Occupation	_____		
Date of Birth	_____		

*Add me to the SBR database for discounted sports supplies

Emergency Contact Details

Name	_____		
Telephone	Home	Work	_____
	Mobile		_____

Running Experience

What running experience do you have?

Please give any relevant details

Absolute beginner

Intermediate

Advanced

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SAFETY FIRST

- Always make sure you can be seen in the dark. Wear:
 - Light coloured clothing;
 - Reflective vest and/or armbands;
 - Attach a flashing light to the back of your shorts
- Ladies - ensure you do not run on your own in the dark. A group of four is ideal; if one is injured, one other can stay while the others go and get help.
- If you are running on your own, let someone know what route you are taking and the time you expect to be back in case of accidents.
- Take a coin so you can phone for help if in difficulties on a run.
- Check for traffic before running into the road, be aware of the Highway Code.
- If running on the road, always run on the right hand side facing the oncoming traffic. The only exception is when you are approaching a blind bend: run on the outside of the bend so that you can be seen by all traffic.
- Make sure your shoe laces are securely tied to avoid tripping up.
- Carry some form of identification, and a medical alert card if necessary.
- Do not run if you are feeling unwell, or have suffered from a fever in the past few days.

Declaration:-

I confirm that to the best of my knowledge I am able to participate in physical activity. I understand that information on this form will be treated with strictest confidence by Evolution Personal Training (and by those acting for and on behalf of Evolution Personal Training) for services that I may wish to engage in now and in the future.

In signing this form I confirm that I have read, understood & completed this form and understand the outlined safe running practice. Any questions I had have been answered to my satisfaction. In the event that I am required to seek my doctor's advice prior to commencement of any physical activity, I agree to contact my doctor and take responsibility for obtaining written permission before starting any such physical activity. I understand that I am responsible for monitoring myself throughout the exercise programme and that if any unusual symptoms occur, I will cease participation and inform my instructor & my doctor of these symptoms.

I confirm that I will ensure to take every precaution possible for the safety of myself and others and act in a responsible manner. I undertake to notify my instructor at once if there is any change in my condition. I am aware that physical activity can be hazardous and there is a risk involved. I acknowledge that I participate at my own risk and take full responsibility for my actions.

Signature : _____

Date : _____

T shirt size: ladies size or xs small medium large extra large