

Participation Form

(Coach/Group Leader – Susan Griffith or her designated Group Leader)

Form of Deed for completion by participants

To participate in Paceline Coaching & Training exercise, running or cycling program or its designated activities it is necessary that you read, complete and sign this form and return to Susan Griffith or her designated Group Leader.

Name

Address

Email

Date of Birth (age today) Telephone (m).....

Person to contact in case of emergency

Name

Mobile

1. Over the past 6 weeks how often have you completed 30 mins of aerobic exercise (minimum would be a brisk walk):

- a. 0 times
- b. 1-2 times a week
- c. 3-5 times a week
- d. More than 5 times per week

2. Do you suffer from

- a) Heart Problems Yes / No
- b) Asthma Yes / No
- c) Medical Condition that may irritated by vigorous exercise Yes / No

3. Are you pregnant? Yes / No

If you answered **Yes** to questions 2. &/or 3. you must discuss with your coach before commencement of your first session.

I hereby acknowledge and agree as follows:

- a) I am medically fit (including physically and mentally) to participate in exercise/running &/or cycling training sessions and that I have not been advised otherwise by my medical practitioner.

b) I am participating in the sessions voluntarily and am aware that there is an inherent danger in participating in exercise, cycling and running and I am aware that my participation may result in serious personal injury, permanent disability or death.

c) I, in consideration of and as a condition of my participation in the session, or other activity, including but not limited to training session, running and cycling events and social activities for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I or they might otherwise have for, or arising out of loss of my life of injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry and/or participation in that training session/event/activity.

d) When participating in designated training sessions or activities, I agree to follow all instructions given by the coach/group leader and abide by and accept any decision made under the rules of the coach/group leader for the conduct of that event/activity.

e) I agree to participate in the sessions in a manner that is not reckless or dangerous to myself or other people.

f) I am over the age of 18 at the time when I sign this declaration. (Parent/guardian to sign if under 18)

Signed sealed and delivered by:

.....
Full name

.....
Signature

Date