



## Physical Activity Readiness Questionnaire & Informed Consent.

**Name:**

**Tel:**

**Mob:**

**Email:**

**Address:**

### The person we should contact in case of an emergency:

**Name:**

**Tel:**

**Mob:**

### Physical Activity Readiness Questionnaire (Please read carefully):

If you select any of the boxes below you must have your doctor's consent before you take part in any physical activity on the course. You will be required to provide a doctor's consent letter, which you must send through to the [info@sakurayogastudios.co.uk](mailto:info@sakurayogastudios.co.uk) prior to the class.

Please select the relevant boxes:

- Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
- Do you have chest pain brought on by physical activity?
- Have you developed chest pain in the last month?
- Do you tend to lose consciousness or fall over as a result of dizziness?
- Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
- Has a doctor ever recommended medication for your blood pressure or a heart condition?
- Are you aware, through your own experience or from a doctor's advice, of any other physical reason why you should not exercise without medical supervision?
- Are you currently, or have you been pregnant in the last six months?

**Your Signature:**

**Date:**



## Informed Consent

All Sakura Classes are designed to enable to experience different levels of intensity and duration of activities. As a result, some individuals may experience different feelings of load in their muscles and varying breathing patterns. Some individuals may become hot and somewhat uncomfortable as they take part in activities that are either new to them or they are less familiar with.

Each class and workshop activity is designed to be safe and effective and to minimise any risk of injury.

If you feel any pain or discomfort at any time, stop doing the activity concerned and inform the instructor. If you have any reason that you believe means that you should not perform any of the activities you are asked to do; do not perform that activity and inform the instructor of your decision and the reasons.

By signing this Informed Consent Form, you confirm that you:

1. have been advised of and understand the physical requirements of Sakura classes;
2. are willing to take part in Sakura classes being mindful your health and body is your responsibility;
3. do not have any physical or medical conditions that make it unsafe for you to participate in Sakura Classes
4. understand and agree that as with any exercise class or physical activity, participating in any class carries a risk of injury Sakura Studios accepts no liability for any loss, cost, damage or physical injury sustained by you in during sessions;
5. understand that you may withdraw your participation at any time.
6. Vehicles parked on the Drive or at Curlew are left at own risk as in any other car park and will not be held accountable for any loss or damage

**Name:**

**Signed:**