

LYME SCHOOL OF BALLET

HEALTH QUESTIONNAIRE AND HEALTH COMMITMENT STATEMENT

We will help you to take every opportunity to enjoy ballet classes with Lyme School of Ballet but your health is your responsibility.

OUR COMMITMENT TO YOU

- We will respect your personal decisions and allow you to make your own decisions about what exercise/dance you can carry out. We ask you not to exercise/dance beyond what you consider to be your own ability.
- We make every reasonable effort to make sure that our equipment and facilities are in a safe condition.
- If you make us aware of any disability you may have, we will consider what adjustments, if any, are reasonable for us to make.

YOUR COMMITMENT TO US

- You should not exercise/dance beyond your own abilities.
- If you know or are concerned you have a medical condition that might interfere with your ability to complete any exercise/dance, you should get advice from a medical professional and follow their advice before attending class.
- You should make the teacher aware of any medical condition before starting class, including any new conditions that might occur during your time with us at Lyme School of Ballet.
- Exercise/dance carries its own risks and you should not carry out any activity if you have been advised not to.
- You must let us know immediately if you feel unwell during class.
- If you have a disability, you must follow any reasonable instructions to allow you to take part in our classes safely.

Please sign this form to confirm you have read and understood the above.

I agree to notify the teacher of any existing or new medical condition/disability. I understand that I exercise/dance at my own risk and I am ultimately responsible for my own general health and welfare.

Name:

Signature:

D.O.B:

Date:

Contact number to be used in an emergency:

A FEW QUESTIONS:

Do you do any other exercise currently? If so, what do you do and how often?

Do you have any learning difficulties, disabilities, conditions, illnesses or injuries that might affect your ballet experience (e.g. muscular problems, joint problems/replacements, arthritis, diabetes, high blood pressure, asthma)?

If so, have you consulted your doctor or physiotherapist for advice on joining our classes? Did they give any advice that Lyme School of Ballet should be aware of?

Do you have to take medication before, during or after exercise?
