*A logo for a yoga company

Description automatically generated*

STUDENT HEALTH QUESTIONNAIRE

*Please fill this in before coming to your first class.*

*All information given will be treated in the strictest confidence and stored in accordance with General Data Protection legislation*

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| **Name:** |  |
| **Date of Birth** |  |
| **Address** |  |
|  |
| **Phone** |  |
| **Email** |  |
| **Emergency contact name** |  |
| **Emergency contact phone** |  |
| **Have you attended a yoga class before?** |  |
| **If yes, how long have you practiced yoga and what style of yoga (if known) have you practiced?** |  |

The following information is required to ensure your health. Whilst yoga may be practiced safely by most people, there are certain conditions that require special attention. If you are unsure, please consult your GP before commencing class.

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| ***These conditions require specific modifications to your yoga practice.***  Please indicate in the boxes below whether or not you have any of the following medical conditions and then provide further information. | | | |
| Abdominal disorder or recent surgery |  | Arthritis (osteo or rheumatoid) |  |
| Unspecified back pain / problems |  | Spinal injury |  |
| Joint replacement |  | Knee problems |  |
| Hip problems |  | Shoulder or neck problems |  |
| Heart disorders |  | High blood pressure |  |
| Low blood pressure |  | Other |  |
| **Further information** | | | |

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| ***These conditions may affect your practice and so it will be useful for your tutor to be aware of them:*** | | | |
| Asthma |  | Diabetes |  |
| Anxiety / depression |  | Auto-immune disorder (e.g. M.E., M.S., Lupus etc) |  |
| Epilepsy |  | Balance affecting disorder |  |
| Respiratory issues |  | Migraine |  |
| Sensory disorder affecting eyes or ears |  | Other (discuss with tutor) |  |
| **Further information** | | | |

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| **Please tick or otherwise indicate in this box if you do not wish to declare medical information.**  *Please be aware that your yoga teacher cannot give any modifications or alternatives that may be appropriate for conditions that have not been declared.* | |  |
| **Have you had any recent operations (in the last two years)?** | |  |
| **Do you have any old injuries that still trouble you? Or any other medical conditions not covered above that might be adversely affected by yoga practice?** | |  |
| Further information: | | |
| **Are you / could you be pregnant or have you given birth in the last six weeks?** | |  |
| **Do you participate in any other physical activity, e.g. gym, jogging, swimming, aerobics, cycling, walking or other? (please circle activities and/or note other activities here)** | | |
| **How regularly do you do this?** | | |
| **How did you hear about this class?** | | |
| **Disclaimer**  Please read carefully; your submission of this form will be taken to indicate your understanding and acceptance of the following:  *Please take care when filling in this questionnaire and check the contents are accurate before you submit it. By submitting the questionnaire, you are confirming that the contents are true and accurate to the best of your knowledge. Please notify your teacher of any changes to your responses in this healthcare questionnaire before participating in classes subsequent to those changes.*  *Your teacher is not qualified to express an opinion that you are fit to safely participate in any yoga classes. You must obtain professional or specialist advice from your doctor before participating if you are in any doubt. Where possible, your teacher will offer suitable modifications or adjustments and practices to suit different levels or experience and ability*  *Please always let the teacher know before the class if this is your first time practicing yoga or if you are not confident about your experience and/or ability. Where you are taking part in live-streamed classes, please note that the instructor may not be able to see you at all times. Where you have declared a health condition, please contact the teacher before the class if you would like to request that you are provided with suitable modifications or adjustments wherever possible.*  *In all classes, whether fact to face or live streamed remote, always follow your teacher’s safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you or you experience any discomfort, please do not continue the movement or class.* | | |
| **Name** *(please print):* |  | |
| **Signature**:  *If using a printed out paper copy. Otherwise indicate with an X* |  | |
| **Date**: |  | |

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| **GDPR Statement**  In order to comply with the General Data Protection Regulations, it is necessary for me to check whether or not you are happy for me to retain your contact details, and to send you information that I think may be useful to you, including training and events and relevant updates. I only hold information when it is necessary to do so in order for me to carry out my work and when you have given me permission to do so.  **To ensure that I only communicate with you in the manner of your preferred choice, please will you indicate below your agreement or otherwise, to the following means of communication:** | | |
| **Email YES / NO** | **Phone YES / NO** | **Whatsapp YES / NO** |