



Registration Form 2020

The following contact details are being retained in our Club repository. This contact information is registered with us when you or your child becomes a member of the club. These details are required to register with Athletics Ireland for both insurance and competition purposes and for Club communication purposes. If you no longer wish Derg AC to have your contact details please email info@dergac.ie

Derg A.C. Fit4life

Registration Form / Medical Screening Questionnaire

Personal Details

Name:	
Address:	
Date of Birth:	/ /
Mobile Number:	
I consent to having my name and number being added to Derg AC WhatsApp Group Yes ___ No ___	
Email Address:	
Emergency Contact Name:	
Emergency Contact Number:	
Membership Jan-Dec 2020	50 Euro

Health and Medical History

	YES	No
Do you have any recent injuries that may be affected by exercise?		
Do you have any medical condition that could prevent you exercising?		
Do you know of any reason why you should not do physical activity?		

I confirm that I have completed the above questionnaire to the best of my ability and that I have provided accurate information regarding my current health status. I take it upon myself to discuss any changes in my health with the athletics coaches. I understand that any exercise programme has certain risks. I understand that the degrees of risk depend on my health and physical fitness. I am voluntarily participating in the activities of this Fit4Life Programme and I will immediately discontinue any activity if feeling any symptoms of distress or discomfort and I will notify a Fit4Life coach of same. In this respect, I hereby indemnify Athletics Ireland and coaches.

Signature _____

Date _____

Fit4life is a programme for all runners whether you are a complete beginner or a regular jogging/runner. The programme will help you to achieve improved levels of fitness and wellness within the club structure in a fun, sociable environment. For more information, see <http://www.athleticsireland.ie/clubs/fit4life/>.