

# Road Safety & Cycle Training HEALTH QUESTIONNAIRE



We all have varying degrees of physical limitation. Whilst every care and guidance will be given, it is up to the individual to know his/her own body limits.

For most people physical activity should not pose any problem or hazard. However, there are some conditions where medical advice should be sought before taking part in an exercise programme.

Please answer the questions below and, if you answer YES to one or more of them, it is advised that you seek medical advice before undertaking to ride.

	YES	NO
1. Has your doctor told you that you have a heart condition?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month, have you had a pain in your chest when you were not doing physical activity?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Do you have diabetes?		
7. Do you have asthma?		

**I understand that if I answered YES to one or more of questions 1-7 , I should seek medical advice before undertaking a cycling programme.**

Have you ever been affected by any of the following: *please tick (Y/N)*

Osteoporosis	<input type="checkbox"/>	Anxiety	<input type="checkbox"/>	Cancer	<input type="checkbox"/>
Depression	<input type="checkbox"/>	Weight Issues	<input type="checkbox"/>		

Any other medical conditions that you feel we should know about? Please write them below:

I accept that I participate in this programme at my own risk.

Signed:

Full Name (please print) \_\_\_\_\_

Date \_\_\_\_\_