

Section 1 (Please complete both sections)

Personal Information

Membership no.(if current member):

Title: _____ Forename: _____

Surname: _____

Address: _____

Postcode: _____

Date of Birth: _____

Gender: Male Female

Home Telephone: _____

Work Telephone: _____

Mobile: _____

E-mail: _____

Membership Level

jogscotland has 3 membership levels.

Bronze: cost: FREE

- Allows access to local jogscotland sessions*
- Stride logbook
- Monthly e-stride email newsletter
- Quarterly Stride magazine
- 10% discount on PUMA shoes and at Run 4 It shops
- Special offers throughout the year.

Silver: cost £15 per annum

- All the benefits of bronze plus
- jogscotland PUMA t-shirt
- Drawstring kitbag
- 20% discount on PUMA shoes.

Gold: cost £27 per annum

- All the benefits of silver plus
- Individual membership of scottishathletics, saving £2 on every race entry
- Free entry into one jogscotland Challenge event per annum
- Quarterly PB magazine (official magazine of scottishathletics).

Please tick the level of membership required

Bronze Silver Gold

Local Group Venue: _____

Level of Group

Beginner Intermediate Advanced

T-shirt Size

Men: S M L XL XXL

Women: 8 10 12 14 16

* Local charges may apply.

Payment

If you are paying your membership direct to your local group please pay either cash or cheque (made payable to them).

If you are making payment to jogscotland

please complete details below:

Payment Method

Cheque (made payable to jogscotland)

Credit/Debit Card

Card Type (all accepted except Amex & Diners):

Card Number (16 digits):

Start Date (mm/yy): _____

Expiry Date (mm/yy): _____

Issue number (if applicable): _____

Security Code (Last 3 digits on signature strip): _____

All forms must be signed, dated and returned to your Jog Leader or local organiser

Signed: _____

Date: _____

jogscotland will use your membership details to send you information and materials relating to your membership (such as membership card, newsletter, etc). Occasionally we may wish to send you information from other organisations including jogscotland sponsors, if you would like to receive this please tick this box

If you supplied a valid email address we will send you electronic newsletters and other emails relating to the jogscotland programme. On each email you will be given the option to opt out of receiving any future emails. If you do not wish to receive these emails please tick this box

Information is collected and processed in accordance with the Data Protection Act 1998 and the Privacy & Electronic Communications (EC Directive) Regulations 2003.

Jog Leader/Local organiser: Please keep a copy of form(s) and return Section 1 of completed form(s) to:

jogscotland Membership Department, PO Box 12388
EDINBURGH EH11 4YH.



Section 2 Physical Activity Readiness Questionnaire (PAR-Q)

Before becoming more active your log leader needs to be aware of your health history and how active you have been recently so that you can be led through a safe and effective exercise programme.

All information given is collected and stored in accordance with the Data Protection Act 1998 and the only persons that will have access to your file are jogscotland staff, Local jogscotland partners and your Jog Leader(s).

Person to contact in case of Emergency

Name: _____

Telephone: Day: _____

Work: _____

Evenings/Weekends: _____

Relationship: _____

Does your doctor know you are participating in this activity programme?:

Yes No

Health and Activity History

1. Describe your current weekly activity/exercise participation at present – please also include general physical activity such as gardening eg digging but not light pruning, DIY, walking to shops/work etc.

2. Do you accumulate on average at least 30 mins activity a day (eg includes three 10 mins of activity) at present?
Yes No

3. If “No” to above question how many years is it since you accumulated on average 30 mins activity a day?

4. What kinds of exercise do you like doing and why?

5. What kinds of exercise do you dislike doing and why?

6. Why does a jogging programme appeal to you and do you have any specific target/goals?

7. What time scale have you given yourself to reach the above target/goals?

8. How many times per week have you set aside specifically to exercise? 1 2 3 4 5 6 7 8+

9. Do you have any disabilities or access requirements?

No Yes (please provide details)

Medical Information

Are you taking any medication?

No Yes _____

If yes please provide additional information in the space provided

Do you have, or have had in the past:

History of heart problems, chest pains or stroke

No Yes _____

Increased blood pressure or low blood pressure

No Yes _____

Any chronic illness or condition

No Yes _____

Difficulty with physical exercise

No Yes _____

Advice from doctor not to exercise

No Yes _____

Recent surgery in last 12 months

No Yes _____

Pregnancy now or within last 3 months

No Yes _____

History of breathing or lung problems

No Yes _____

Muscle, joint or back disorder, or any previous injury affecting you

No Yes _____

Diabetes or thyroid condition

No Yes _____

History of heart problems in immediate family

No Yes _____

Hernia or condition that may be affected by activity

No Yes _____

Formal Declaration

I declare that I have completed this questionnaire fully and honestly. I will inform my Jog Leader if there are any changes in my circumstances. I take part in any recommended programme entirely at my own risk and waive any legal recourse for damages to myself or property arising from my participation.

Signed: _____

Date: _____