

## Belly Dancing with Maria Morelli

Full Name :  
Date of Birth :  
Phone number:  
Email Address:

### Emergency Contact Details

Name:  
Phone number (preferably a mobile):

**Please answer the questions below. If you are in have any doubts about attending fitness classes, you should consult a doctor before becoming more physically active. If you have any of the following below please consult your doctor before attending classes.**

Has your doctor ever said that you have a heart condition and that you should only take part in physical activity prescribed by them? :  Yes  No

Do you feel pain in your chest when you take part in physical activity? :  Yes  No

In the past month, have you had chest pain when you were not being physically active? :  Yes  No

Do you lose your balance because of dizziness or do you ever lose consciousness? :  Yes  No

Do you have a bone or joint problem that could be made worse by a change in your physical activity? :  Yes  No

Is your doctor currently prescribing drugs for high or low blood pressure, or a heart condition? :  Yes  No

Do you know of any other reason why you should not take part in physical activity? :  Yes  No

If yes, please specify :

**If you have answered YES to any of these questions, please have a quick chat with the instructor before you start. It may be that you need to talk to your doctor by phone or in person before you start becoming much more physically active. Tell your doctor about this questionnaire and which question you answered “yes” to. If in any doubts always check with your instructor.**

**If you have answered “no” honestly to all of the questions, you can be reasonably sure that you can start becoming more physically active. Start slowly and build up to be safest.**

**If you are in any doubt about whether it is safe to participate after completing this questionnaire, please consult your doctor first.**

**Please note: If your health changes please tell the instructor or ask your doctor if it is safe to participate in the class. Always make your instructor aware of any injuries or health related problems.**

Where did you find out about the class? (I know this is tedious but it'll help the future of the class - thank you) :

- Friend / Family member
- Facebook  The venue
- Zumba Party Brighton
- Zumba.com  Gumtree
- advert  Google search  Flyer
- / poster / Banner  Other (please specify)

I confirm that I take part in the Belly Dance class at my own risk. I hereby absolve the instructor, agents, operators and employees from all liability however caused from any injury or damage sustained by me through the use of the premises or from my participation in any physical exercise.

I hereby indemnify any claim, cost or damages in respect of any action brought by me or by personal representatives in respect of participation in physical activity.

I have read, understood and completed the questionnaire. Any questions I had were answered to my full satisfaction.

I acknowledge my agreement that I may be videotaped, audio recorded and/or photographed during the classes, and events. The instructor may use and modify the images and/or recordings for any and all uses, including but not limited to advertisements and marketing without any compensation and in perpetuity.

I allow Maria to contact me via: (please circle as appropriate)

Phone

Email

Facebook to include messenger and group page

None of the above

Please note that you have the right to withdraw at any time by contacting me via any of the above methods of communications.

Signed:

Date: