



www.raptorweightvest.com
info@raptorweightvest.com

Raptor, PWL Building, Vennland Way, Minehead, Somerset, TA24 5DX. TEL - 01256851854

Instructor Registration Level 1 – Raptor Weight Vest Course

Name:	Phone:
Address:	Email:
Postcode:	Emergency Contact:
REPs Number:	Emergency Contact Tel:
Qualifications:	Special Access Requirements or Learning Requirements:

Health Screening Questionnaire – Please tick appropriate box, Yes or No:	
Are you on any medication that may affect you during the course?	Yes [] No []
If you have answered yes please give details.	
Have you any illness/disabilities that may affect you during the course?	Yes [] No []
If you have answered yes please give details.	
Do you have any injuries or joint problems that may affect you during the course?	Yes [] No []
If you have answered yes please give details.	
Have you been recommended to exercise by a health/medical practitioner?	Yes [] No []
If you have answered yes please give details.	

If you have answered “Yes” to any of the above questions, we suggest you seek medical approval to continue with your training. Please mention anything else that we may need to know to keep your course safe, both now and as the training progresses.

RELEASE OF CLAIMS

This training contains both practical and theoretical components, designed for fitness leaders who are experienced and physically fit. Individuals with any physical, disability or predisposition to injury or sickness should not participate if their health or ability to exercise is at risk. Please inform us of any disabilities or special access requirements before the date of the course.

THIS DOCUMENT IS A RELEASE OF CLAIMS, BY SIGNING IT YOU ACKNOWLEDGE THE FOLLOWING:

- You willingly participating in the event at your own risk.
- You are a qualified fitness instructor to the said pre requisite standard of Level 3
- You have no physical restrictions, disabilities or any predispositions to sickness or injury that may arise directly or indirectly from your participation in the event.
- You take full responsibility for any injury or claim compensation from the organisers, sponsors, trainers or participants of the event for any injury, loss or damage.
- Raptor may videotape or audiotape part or all of the event and it is possible that you will be filmed, photographed or recorded. Raptor retains the right to use any such film, photographs or recordings for promotion.

I have read and understood the conditions above and answered honestly the pre-exercise health screening questionnaire. I have answered all questions to my full satisfaction. Whilst every effort is made to keep the training safe and enjoyable, I understand that with any exercise programme there is a risk of injury.

Signature: _____ **Date:** _____

Tutor Signature: _____ **Date:** _____