



"Promoting mental well-being through sport"

PARTICIPANT FORM

Please complete using **BLOCK** capitals and hand to your Sport in Mind representative. All information contained on this form will be treated in the strictest of confidence.

THIS FORM must be signed and dated. By doing so you agree to adhere to Sport in Mind's attached code of conduct.

YOUR DETAILS			
First Name:		Last Name:	
Date of Birth:		Gender:	Male <input type="checkbox"/> Female <input type="checkbox"/> Prefer not to say <input type="checkbox"/>
Address:			
Post code:		Telephone no:	
Email address:			

EMERGENCY CONTACTS	
Name:	
Relationship:	
Telephone Number:	

MENTAL HEALTH CONDITION	
Please state your mental health condition:	
Please explain any specific requirements you may have :	

READINESS FOR EXERCISE		
1. Has your doctor ever said you have a heart condition?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
2. Do you feel pain in your chest when you do physical activity?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
3. Do you ever lose balance because of dizziness or ever lose consciousness?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
4. In the past month, have you had pain in your chest when NOT doing physical activity?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
5. Do you have a bone/joint problem that could be made worse by a change in your physical activity?	YES <input type="checkbox"/>	NO <input type="checkbox"/>

ACTIVITY DECLARATION	
I understand that if I answered YES to any of the above 'Readiness For Exercise' questions, I must seek medical advice before I attend a Sport in Mind activity. I agree to update Sport in Mind staff if there is any change in my health condition. I agree I am taking part at my own risk.	SIGNATURE:
	DATE:

PLEASE TURN OVER

MEDICAL INFORMATION

Do you have any other medical conditions that we may need to be aware of? YES NO

If you answered **YES** to the above question please provide further details:

ETHNICITY

Which of the following best describes you? (Please tick one box only)

White:

British Irish Any other White background

Mixed:

White & Black Caribbean White & Black African White & Asian
 Any other Mixed background

Asian or Asian British:

Indian Pakistani Bangladeshi
 Any other Asian background

Black or Black British:

Caribbean African Any other Black background
 Chinese Any other ethnic group Prefer not to say

FINDING OUT

Where did you hear about our charity? (Please tick one box only)

Prospect Park Hospital Talking Therapies CMHT Word of Mouth

GP Surgery (Please state) :

Other (Please state) :

PHOTOGRAPH/VIDEO CONSENT

Please tick as appropriate:

I **do** give permission for photographs/video footage to be taken and used for publicity purpose by Sport in Mind, (eg leaflets, posters, social media) please tick here:

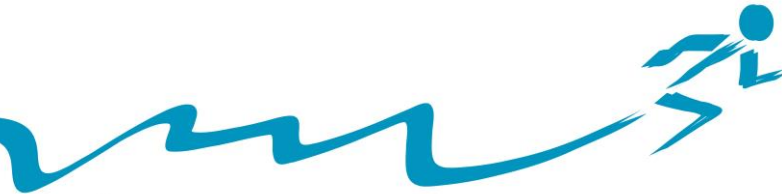
I **do** want to receive information about other Sport in Mind opportunities, please tick here:

SIGNATURE

Thank you for signing up to take part in Sport in Mind's sessions. Sport in Mind will control your personal data in compliance with the Data Protection Act 1998. It will be used to help monitor the success of our programmes and help plan future groups. Your data will not be disclosed to anyone outside of Sport in Mind, except where impersonal statistical data may be derived and used for management analysis and reporting statistics to funding bodies.

Signed: _____ Date: _____

Please return your completed form to the Session Leader
or email to: sportinmind@nhs.net



"Promoting mental well-being through sport"

CODE OF CONDUCT

Sport in Mind promotes positive sport and physical activity experiences for everyone. The following code of conduct applies to **EVERYONE** involved in our sessions and events (participants, spectators, support staff, volunteers and coaches).

Participants, spectators, staff, volunteers and coaches **must not:**

1. Tell discriminatory jokes, use name calling or make any remarks on grounds of race, gender, sexuality, disability or age.
2. Use any aggressive, threatening or inappropriate behaviour.
3. Possess or consume illegal substances at the sessions.
4. Possess or consume alcohol at the sessions.
5. Access sessions whilst under the influence of alcohol or illicit drugs.
6. Use physical violence under any circumstances.

Failure to abide by Sport in Mind's code of conduct will result in expulsion from the session, and possible long-term ban.

Disciplinary action will be decided by the Board of Trustees.