

SIMPLY SOULFUL GOAT YOGA – HEALTH QUESTIONNAIRE

How did you hear about Simply Soulful Goat Yoga?		
Would you like to sign up to my newsletter? YES/ NO		(if yes, please supply email address)
Where relevant, by subscribing to the Simply Soulful newsletter, you consent to the collection, processing and use of personal information as outlined in the Simply Soulful Privacy Policy, which can be viewed at https://www.simplysoulful.co.uk/privacy-policy/ . You can notify us of any changes in your consent should your preferences change.		
Participant name and postcode	Home Tel Mobile Tel Email	
Participant date of birth	Name of emergency contact Telephone Relationship to you	
Please list any health conditions that might affect your participation and safety in Goat Yoga today		
<u>In particular, please confirm if any of the following apply:</u>		
High/ low blood pressure	Yes	No
Dislocation / hypermobility of joints	Yes	No
Pregnant/ Post-natal*	Yes	No
Arthritis/ recent surgery/ injury	Yes	No
<p>*IMPORTANT INFORMATION* Gov.UK - Advise pregnant woman to not come into contact with expectant farm animals, due to risk of infection to their unborn baby https://www.gov.uk/government/news/pregnant-women-advised-to-avoid-animals-that-are-giving-birth--2</p>		
Are currently taking any medication? Please give details ...	Do you have any known allergies? Please give details ...	
Have you practised yoga before?	Yes	No
Do you give consent for me to guide you with gentle hands-on alignment during class?	Yes	No
Do you give consent for Simply Soulful Yoga & Therapies to take photographs/ video/ digital images of you, and grant permission for these to be used for promotional activities in accordance with our Privacy Policy https://www.simplysoulful.co.uk/privacy-policy/	Yes	No
<p>Release of liability: By completing a health questionnaire, you expressly consent to the collection, processing and use of personal information as outlined in the Simply Soulful Privacy Policy which includes assessing whether a yoga class is safe and appropriate for you. The policy can be viewed at https://www.simplysoulful.co.uk/privacy-policy/. You understand that it is your responsibility to notify us of any changes in your health so that we can ensure classes continue to be appropriate for you. Except as set out within the policy, we do not share, sell, or disclose to a third party, any information collected through health questionnaires (exceptions: emergency services, insurers, professional advisers, legal authorities). You acknowledge physical activities may be strenuous. You participate voluntarily with the knowledge that there is a risk of personal injury through both physical activity and interaction with livestock; and that Simply Soulful Yoga & Therapies is not liable for death, personal injury, loss or damage suffered. You confirm you have read Simply Soulful Goat Yoga Terms & Conditions.</p>		

Participant Name Parent Name (if participant under 18 yrs)	Participant Signature Parent Signature (if participant under 18 yrs)