

## Disclaimer & Personal Details For All Running Events

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If you join one of our running courses, we ask you to give us some personal details to help us see that your chosen course is suitable. All of your information will be held in accordance with the requirements of the Data Protection Act 1998. If you have any questions or concerns about providing this information, please do not hesitate to contact us.

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How did you find out about this event/course?

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What would you like to get out of this course/event?

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### Experience of Running

How long have you been running? .....

Please describe your typical running week at the moment i.e. number of runs, length of run, type of run:

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What is the maximum distance you have completed in a run during the last two months? .....

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Are you a member of a running club? ..... Yes/No

If so, which club do you belong to?: .....

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### Medical History

Do you have any current/previous medical concerns?.....Yes/No

If yes, please give details: .....

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Do you suffer from any of the following:

Diabetes	<input type="checkbox"/>	Heart Problems	<input type="checkbox"/>	Joint Problems	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	Back Pain	<input type="checkbox"/>	Previous Injuries	<input type="checkbox"/>	Other Health Condition	<input type="checkbox"/>

If you have ticked any of the above, please give further details: .....

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Are you currently taking any medication?.....Yes/No

If yes, please give details: .....

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### Female Participants

Are you pregnant?.....Yes/No      Are you currently breastfeeding? ..... Yes/No

Have you had a baby in the last six months?.....Yes/No

*Please consult your GP if you are unsure about the suitability of our courses for any medical condition.*



## Nutriworks – Terms & Conditions

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### **Reserving your place for an event or course**

You can register and pay for a course or event via our website at [www.nutriworks.co.uk](http://www.nutriworks.co.uk)

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### **What's included in the price?**

The price of an event or course includes:

- all teaching and practical elements of the event or course
  - all fees for any sessions that take place on an athletics track
  - all relevant handout materials, notes and fact sheets.
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### **Payment & Cancellation**

The payment for any event or course is *non refundable and non transferable*, unless the event or course is cancelled by Nutriworks, the organisers. All cancellations must be made by e-mail to [info@nutriworks.co.uk](mailto:info@nutriworks.co.uk). If the organiser cancel any course or event for any reason, we will refund any money that you have paid.

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### **Amendments to Workshop Programmes**

Nutriworks will do everything possible to run our events and courses as specified. However, we reserve the right to substitute alternative teachers where this is unavoidable.

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### **Participation**

Nutriworks courses and events are open to all, however participation is entirely at your own risk. You are responsible for informing Nutriworks of any medical, health or other issues that may affect your participation in any way and at any time, and for consulting your GP if you have any doubts about the suitability of any course or event for any medical condition you may have.

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### **Data Protection**

Any information held about participants in courses and events offered by Nutriworks will be managed in accordance with the requirements of the Data Protection Act 1998.