

## ST. PAUL'S BOXING ACADEMY MEMBERSHIP FORM AND MEDICAL INFORMATION

We are very pleased to welcome you to the ST Paul's Boxing Academy.

To ensure we have the correct contact and medical details for you, please fill out this form and give it back to the Club secretary. We will also use this information to ensure that you are kept informed about club events.

If you are under 17 please also ask your parents or carer to sign the form before it is returned.

### Personal details

Name:

Address:

Postcode:

Home telephone number:

Mobile:

Email:

Date of birth:

Sex:

### In Case of Emergency Contact:

Relationship:

Contact Number:

Whilst it is not compulsory that the following section is completed, the footnote at the end of this form explains why it is important.

### Ethnicity

In order to help the club monitor its membership please will you place an X in one of the following boxes to identify your ethnic group/origin?

A White

British

Irish

Any other white background  (please specify):

B Mixed

White & Black Caribbean

White & Asian

White & Black African   
Any other mixed background  (please specify):

C Asian or Asian British Pakistani  
Indian Bangladeshi   
Any other Asian background  (please specify):

D Black or Black British  
Caribbean   
African   
Any other Black background  (please specify)

E Chinese or other ethnic group  
Chinese

Any other  (please specify):

## Disability

The Disability Discrimination Act 1995 defines a disabled person as anyone with 'a physical or mental impairment, which has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities'.

Do you consider yourself to have a disability? Yes  No

If yes, what is the nature of your disability?

Visual impairment   
Hearing impairment   
Physical disability   
Learning disability   
Multiple disabilities   
Other (please specify):

## Boxing information

Have you boxed before? Yes  No

If yes, where have you boxed: (please tick below)

School  
Youth club  
Local authority coaching session(s)  
Boxing Club  
Other including Kick Boxing (please specify):

## Medical information

Height..... Weight.....

1. How would you describe your present level of **exercise** activity?

Sedentary / Moderately active / Active / Highly active

2. How would you describe your present level of fitness?

Unfit / Moderately fit / Trained / Highly trained

3. Are you currently a smoker? Yes / No

4. Do you drink alcohol? Yes / No

If you answered **yes**, how many units do you drink in a week?.....

5. Have you had to consult your doctor within the last six months? Yes / No

If you answered **Yes**, Have you been advised **not** to exercise?

Yes / No

6. Are you presently taking any form of medication? Yes / No

If you answered **Yes**, Have you been advised **not** to exercise?

Yes / No

7. Are you pregnant, or have you given birth in the last six weeks? Yes/No

8. To the best of your knowledge do you have

Diabetes? Yes / No

Asthma? Yes / No

Epilepsy? Yes / No

Bronchitis? Yes / No

Anaemia Yes / No

High Blood Pressure? Yes / No

Any form of heart complaint? Yes / No

9. Do you currently have any form of muscle or joint injury? Yes / No

If you answered **Yes**, please give details.....

.....

10. Do you know of any other reason why you should not participate in physical activity?

Yes / No

**If you answered YES to any of the above questions, please talk to a member of coaching staff. (We may require you to obtain written consent from your G.P. before agreeing to allow you to undertake any physical exercise in the gym)**

**To the best of my knowledge the above information is true.**

Print Name:

Signed:

Date:

## For junior members: Parental consent

I, being the parent /carer of \_\_\_\_\_ have read the information contained on this form and hereby consent to him/her taking part in boxing activity sessions and understand and agree that he/she participates in boxing sessions under the instruction of England Boxing qualified coaches entirely at his /her own risk. I have considered the nature of such sessions and have discussed them with him/her. I am satisfied that he/she is sufficiently responsible and competent to assume responsibility for his/her safety under the supervision of an England Boxing qualified coach. I confirm that he/she does not have any medical disability or medical condition (not disclosed overleaf) that could affect his/her ability to participate safely in boxing sessions.

- By returning this completed form, I agree to my son/daughter/child in my care taking part in the activities of the club.
- I understand that I will be kept informed of these activities – for example timings and transport details.
- I understand in the event of injury or illness all reasonable steps will be taken to contact me, and to deal with that injury/illness appropriately.

I have been made aware of and I understand that the club will comply with the England Boxing Child Protection Policy and Procedures including changing room, anti-bullying, travel, photography or video recording policies. In view of these policies I (please delete as appropriate \*) do not wish\* / accept \* that he/she can be photographed or filmed for coaching or club promotional purposes.

I have viewed and understand the Club Child Protection Policy

Name of parent/carers:

Signature of parent/carers:

Date:

### Footnote

Sport can and does play a major role in promoting inclusion of all groups in society. However, inequalities have traditionally existed within sport, particularly in relation to gender, race and disability. England Boxing is committed to promoting and developing sports equity, which is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. By monitoring the profile of young people in sports clubs, England Boxing and Sport England can identify any issues relating to under-representation of different groups and can together develop strategies to ensure everyone has an opportunity in the future development of sport. Boxing is a special type of sport whereby it is not suitable or possible to be made safe for everyone to take part and therefore England Boxing Rules over-ride any disability discrimination regulations.