



# Train-For-A-Tri 2009 Reservation Form



Name:	Address (inc postcode):
Date of Birth:	
Email:	Tel:

### Your Fitness

1. How do you rate your fitness level on the scale below, 1 being not fit at all, and 10 being extremely fit?

1      2      3      4      5      6      7      8      9      10

2. Please tick which statement most describes you now:

- A. I have never taken part in any sport or fitness activity
- B. I used to take part in some sport or fitness activity but not recently
- C. I occasionally take part in some sport or fitness activity
- D. I regularly take part in some sport or fitness activity
- E. I regularly take part in a lot of sport or fitness activity

3. Please detail membership to any sports clubs/gym/other fitness institutions:

.....

.....

.....

### Disclaimer

1. Training for a triathlon can be strenuous and it is your responsibility to notify Tri-Logic Cornwall of any medical condition which could be adversely affected by exercise. If you are in any doubt about your health or ability to take part in this project, please seek advice from your doctor before participating.

If you suffer from any medical conditions (e.g. diabetes, epilepsy, heart problems) please give details below:

.....

2. Photographers will be present at training sessions and at Helston Triathlon, therefore if you are captured on camera your image may be used in any promotional activity.

3. I certify that I have never taken part in a triathlon before (this does not include previous participation in duathlon, biathlon or aquathlon).

4. I have read and agree to all terms and conditions (terms and conditions are available from the website in a separate document).

**Date:**..... **Signature**.....

The information you provide to Tri-Logic Cornwall will be stored on paper and on a secure private database and will not be shared with any third parties other than for the functional purposes of the project.

Please send the completed form to: Denise Cardew, Tri-Logic Cornwall, 43 Pentalek Road, Camborne TR14 7RQ