

RAG Ramble sign up form:  
Essential Information



**Please bring this form and your £5 donation to the Union Cash Office. This must be completed and handed in to the Union Cash Office before you start the walk.**

**Personal Details**

Name:

Address:

Email

Contact Number

**Emergency Contact**

Name:

Relationship:

Phone Number:

Address:





## UPSU Personal Health Questionnaire

Please read the following questions carefully and answer them honestly.

- |   |          |
|---|----------|
| 1. Are you in good health?  | YES / NO |
| 2. Do you know of any reason why you should not do physical activity?                 | YES / NO |
| 3. Have you had any medical treatment in the last 12 months                           | YES / NO |
| 4. Are you currently taking prescribed drugs for blood pressure or a heart condition? | YES / NO |

Have you ever had or suffered from any of the following:

- |  |          |
|--|----------|
| 5. Heart Condition   | YES / NO |
| 6. Pain in your chest or discomfort when you exercise        | YES / NO |
| 7. Chest pain when you are not exercising                    | YES / NO |
| 8. Loss of Consciousness or loss of balance due to dizziness | YES / NO |
| 9. TB  | YES / NO |
| 10. Epilepsy or Blackouts                                    | YES / NO |
| 11. Any major operations                                     | YES / NO |
| 12. Back Pain  | YES / NO |
| 13. Arthritis  | YES / NO |
| 14. Diabetes   | YES / NO |
| 15. Any skin disorders                                       | YES / NO |
| 16. Allergies  | YES / NO |

If you have answered yes to any of **questions 3 to 16**, please give details below:

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"I declare that this information is, to the best of my knowledge, accurate and correct. If there is any change to my circumstances I will inform Joanna Bower at The University of Portsmouth Students' Union immediately."

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this completed form to:  
Joanna Bower,  
UPSU,  
The Student Centre,  
Cambridge Road,  
Portsmouth  
PO1 2EF.

Any information you give is covered by the Data Protection Act and will be treated in confidence and stored appropriately.

