



**Pembury Fitness**

## **Pembury Fitness Covid-19 'Live in Person' Class Health Questionnaire and Disclaimer**

Please understand that you are taking part at your own risk and are responsible for your own safety and welfare. As the class instructor, I have a duty of care which can be met by observing these guidelines.

### **Symptoms and self-isolation:**

#### **What are the symptoms of coronavirus?**

Advice from the NHS states: Anyone with symptoms should stay at home for at least 7 days. If you live with other people, they should stay at home for at least 14 days, to avoid spreading the infection outside the home. After 14 days, anyone you live with who does not have symptoms can return to their normal routine.

But, if anyone in your home gets symptoms, they should stay at home for 7 days from the day their symptoms start. Even if it means they are at home for longer than 14 days.

Symptoms are:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you have started coughing repeatedly

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days. If you have to stay at home together, try to keep away from each other as much as possible.

**Please do not attend a Pembury Fitness Class if you or anyone you live with has Covid-19 or has any signs or symptoms.**

To attend a Pembury Fitness Live in Person Class you must book your classes via the website or app. All information will be kept to assist track and trace if anyone attending a class becomes Covid-19 positive.

Please notify the instructor (Adele Clark) if you or someone in your household tests positive for Covid-19.

**Please note if you have not booked online you cannot attend the class.**

**Please adhere to 2m social distancing during the class.**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Have you ever had asthma, chronic bronchitis or any other chest ailments?
5. Do you suffer from severe back pains or any orthopaedic problem?
6. Are you recovering from a recent illness / operation or injury?
7. Are you pregnant? If yes, how many months?
8. Have you ever suffered with epilepsy?
9. Do you lose your balance because of dizziness or do you ever lose consciousness?
10. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
11. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure, heart condition or for any other reason?
12. Have you or somebody in your household tested positive for covid-19 within the last 21 days?
13. Do you know of any other reason why you should not do physical activity?

**If you have answered yes to any of the above please contact me asap.**

**Many Thanks**

**Adele Clark**

**Fitness Instructor and Owner of Pembury Fitness**

**Tel: 07876 787869**

[pemburyfitness@btinternet.com](mailto:pemburyfitness@btinternet.com)

[www.pemburyfitness.co.uk](http://www.pemburyfitness.co.uk)