



Pre Course Assessment Unarmed Combat Training

Please note that due to the nature of the course you will be undertaking strenuous physical exercise, It is not necessary to have had prior training in Unarmed Combat / Physical Interventions in order to attend this course, but it is important that you are reasonably fit and do not carry any injury or other physical/health related condition that may put you or others at risk. As a condition of booking, you must declare any medical conditions or previous injuries that may affect your participation on the programme. If you are in any doubt please seek medical opinion prior to attendance. You are also advised to hold personal accident insurance to cover such training.

Please complete the details below in full. If you are in any doubt on your suitability to undertake this course please contact us for advise.

Are you suffering from any injury at present?

Please give details if yes

Yes No

Do you have any medical conditions such as

Yes No

Asthma, Arthritis, Back or neck injury, Joint or bone problems (including pinned joints or bones), Heart conditions, high/low blood pressure, Diabetes, Epilepsy or Any other condition not mentioned.

Are you currently taking any medication?

Yes No

If yes give details

Others - Please outline any other major illness, musculoskeletal injuries (such as fractures, muscle strains or joint sprains) or disabilities, which may affect participation: Include the date and time of injury and whether it needed medical supervision

Declaration

I confirm that the information given is accurate and that by signing I agree to the terms and conditions of Wilplan Training Ltd. In the event that we retain your data, it will be held and processed in accordance with the Data Protection Act.

Signature of Applicant

Date