

Health Questionnaire

1. Do you have any medical conditions that may affect your ability to exercise?

e.g. lung conditions, heart disease, high blood pressure, diabetes, epilepsy, pregnancy etcetera. (This is not an exhaustive list.)

2. Have you ever been advised by your doctor not to exercise?

3. Have you any other condition that may affect your ability to exercise?

If you answered yes to any of the above we advise that you should seek medical clearance before commencing any new exercise regime/ programme.

We also recommend that you avail of a free 15min consultation with one of our fitness professionals ahead of your first visit to the Sports Centre. This can be completed in person, via video call or over the phone. By agreeing to this Health Questionnaire. you are accepting you have been offered a free fitness consultation which is optional but highly beneficial. To arrange call the Sports Centre reception on 018961812 or email **sport@tcd.ie**



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Sport
www.tcd.ie/sport