

CROSSFIT

THE HALLMARK OF ELITE FITNESS

LONDON

Physical Activity Readiness Questionnaire

YOUR DETAILS

Name

Postal Address

.....

.....

Day tel no

Evening tel no.....

Email.....

EMERGENCY CONTACT DETAILS

If you are involved in an accident, give details of who should we contact and how

Name

Tel no

.....

Name

Tel no

HEALTH AND SAFETY ISSUES

Do you have a history of any of the following:..... YES/NO (please tick)

Heart problems.....

Fainting spells.....

Pain in chest when exercising.....

High blood pressure.....

Low blood pressure.....

Breathing difficulties/asthma.....

Joint problems.....

Epilepsy.....

Back complaints.....

Diabetes.....

Are you on any sort of medication?.....

Any other significant illnesses or recent operations.....

Are you over 40?.....

Do you smoke?.....

Do you drink more than the recommended levels for your sex?.....

Do you have any disabilities?.....

If yes, please include details.....

.....

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If you answered YES to any of the above questions, you should download a copy of the foundations document <http://www.crossfit.com/cf-info/what-foundtn.html> and take it, and you, to see your doctor to obtain clearance to train.

CROSSFIT-SPECIFIC SAFETY/ SPORTS INJURIES

One of the many differences between normal gym fitness and Crossfit is your exposure to injury. At a basic level, CrossFit combines various Olympic sports in its work outs: Whilst attempting to reduce the risk of accidents, sporting injuries are accepted as a fact of life to athletes, footballers, climbers rugby players, boxers, weight lifters etc. If you do not wish to increase your risk of injury, do not follow CrossFit .

RHABDOMYOLYSIS

Apart from normal sporting injuries, high intensity exercise can run the risk of a condition called

Rhabdomyolysis. Please follow this link and read and understand the condition.

<http://www.sportsinjurybulletin.com/archive/rhabdomyolysis.html>.

<http://www.physsportsmed.com/issues/2004/0404/brown.htm>

LEAVE YOUR EGO AT THE DOOR

Crossfit is about developing elite fitness, it requires dedication and hard work to master the work-outs and obtain elite performance. If you are a beginner, start off by understanding, then practicing the moves, then light versions of the posted workouts. If you treat the workouts with arrogant contempt

and just jump in, they will get their revenge. So visit the "how to start page" on the main CrossFit site <http://www.crossfit.com/cf-info/start-how.html>

SCALE YOUR WORKOUTS

The work outs are for the toughest of the tough. You work up to them. The secret is to scale them to your ability. Start with light weights then go up only when you can do the exercise with proper form. IF you don't know how, ask. Post on the main message board; email one of the instructors etc. These are not work outs for thickies. They require self-management and intelligence.

THE SAFETY OF EQUIPMENT/VENUE YOU ARE GOING TO USE

What ever piece of equipment you intend to use should be checked by you: collars should be on Olympic bars, You should walk over 100-200-400m sprint courses to make sure there are no hidden hazards. Test that bars will take your weight, read the instructions. Consider risks. Consider others.

REMEMBER THE MAGIC WORD: STOP!

If you are not sure, or something has happened that changes safety - STOP.

I declare that all the information I have supplied is correct, and that I have read and understood the above advice.

Signed Date