



Health & Fitness Questionnaire

2020/2021



Please note a Health & Fitness Questionnaire must be completed for **EACH** person listed on the membership form (including all family members), extra forms are available if needed.

Name _____

Please answer the questions below to help us make safe paddling for all and be better prepared to give assistance if needed. A 'YES' answer won't necessarily place a restriction on your activities within the club.

I can swim 25m

yes

no

	YES	NO	If you have answered 'YES' please give details
Do you suffer from any health problems that are aggravated by exercise or exposure to the cold?			
Do you suffer from any of the following:			
Asthma			
Diabetes			If YES is it controlled by medication?
Epilepsy			If YES is it controlled by medication?
Any heart condition			
Do you suffer from any persistent injury including problems with your joints or back?			
Do you suffer from hearing or sight impairment? (excluding normal use of spectacles)			
Do you suffer from any allergies which would invoke an acute reaction			
Any other health or other issues that coaches should be aware of for safety reasons			

IMPORTANT

Please inform the coach or lead paddler of your group if you have any medical condition or are carrying medication i.e. inhalers, insulin etc. that could affect your safety or that of the group. This is so that coaches aware of potential problems and can provide suitable assistance if required.

All health information is confidential and will only be used, as appropriate, by coaches during club activities.

Official use only - HCC no/s.

Induction Safety Check List

2020

Please read through the following list and ensure you are fully aware of, and up to date with, all items mentioned. If you have any queries please consult a Club Officer for clarification.

Name <i>(Block Capitals)</i>	Club use only	
Description of Items	Location or Other Source	Completed by
Know location of club website	www.haylecanoecub.co.uk	
Know location of important documents, including: <ul style="list-style-type: none"> • Membership form, medical questionnaire, code of conduct & this form <i>N.B. these are sent out automatically as part of the Clubs annual renewal process</i> • Club structure • Communication within the club • Emergency procedures • Safe person • Welfare policy • Emergency Information, Action Plan and Procedures 	Found under documents tab on the Club website	
Know the location of: <ul style="list-style-type: none"> • changing facilities • toilets • parking • first aid kit • club kit store <ul style="list-style-type: none"> • H&S/Risk Assessment document file • map showing hazards and restrictions around harbour, etc. 	Covered as part of induction procedure	
I have been shown the locations of the hazardous areas and understand the nature of the hazards, including: <ul style="list-style-type: none"> • Carnsew pool – dangers on rising and ebbing tide at both sides of sluice • Carnsew pool – restricted entrance by Asda & RSPB • Copperhouse pool – restricted area • Currents at harbour mouth • Safety around other harbour users (include water ski area in Hayle River area) & RSPB restricted area 	Covered as part of induction procedure	
I am aware of and understand the need for: <ul style="list-style-type: none"> • Suitable clothing for paddlesport activities & conditions • Safe manual handling of boats 	Covered as part of induction procedure	
I have paddled with the club, demonstrated a capsize and been deemed competent in respect of the above by a club instructor/coach or have achieved a suitable British Canoeing award.	Covered as part of induction procedure	
Induction completed	Date	Club Authorisation

I (name) have read, am aware of and understand all aspects of the items mentioned in the table above.

Signed *(For junior members this MUST be countersigned by a parent/guardian)* **Date**