



A HOLISTIC LIFESTYLE
TRANSFORMATION

MEDICAL DECLARATION FORM & TERMS AND CONDITIONS

This form is Confidential

CONTACT DETAILS

First Name Surname
House Number Street
Town
Country Post Code
Home Tel Number Mobile Tel Number
E-mail Address

PERSONAL DETAILS

Date of birth Age
Gender: Male ☐ Female ☐ (Please tick)
Height cm OR ft ins
Weight Stones lbs OR Kg
BMI if known Occupation

NEXT OF KIN AND EMERGENCY CONTACT

Name
Relationship
Contact Number
Doctors Name
Surgery
Tel Number

THE BODY CAMP - SPECIAL REQUIREMENTS

Do you have any allergies? (please tick) [] Yes [] No
If you've answered YES to the above, please list details below including details of severity:

Do you have any food allergies (please tick) [] Yes [] No
If you've answered YES to the above, please list below:



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ITS ALL ABOUT YOU

Please tick your main personal reasons for wanting to take part in our programme

Lose fat	[]	Food and nutrition education	[]
Increase fitness	[]	Cooking workshops	[]
Full Life Transformation	[]	Active holiday	[]
Habit change	[]	Confidence & self-esteem	[]
Special event goals	[]	Gain muscle	[]
Specific weight goals	[]	Mental health & depression	[]
How often do you currently exercise?		Specific sports events	[]
.....		Specific life goals	[]
.....		Other	
.....		
.....			

MEDICAL HISTORY

Full Name (PLEASE PRINT)

1) Are you currently taking prescribed medication? (please tick) [] Yes [] No

If you have answered Yes to the above, please list:

.....

.....

.....

Relationship

Contact Number

Doctors Name

Surgery Tel Number

Relationship

Contact Number

Doctors Name

Surgery Tel Number



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MEDICAL HISTORY (Continued)

1) Are you currently suffering from or have you ever suffered from the following? (please tick)	Yes	No	Yes	No	
Heart Trouble	<input type="checkbox"/>	<input type="checkbox"/>	Joint Problems	<input type="checkbox"/>	<input type="checkbox"/>
Headaches / Migraines	<input type="checkbox"/>	<input type="checkbox"/>	Jaundice / Hepatitis	<input type="checkbox"/>	<input type="checkbox"/>
Stomach / Bowel Trouble	<input type="checkbox"/>	<input type="checkbox"/>	Severe Stress Reaction	<input type="checkbox"/>	<input type="checkbox"/>
Serious Accident	<input type="checkbox"/>	<input type="checkbox"/>	Hernia or Rupture	<input type="checkbox"/>	<input type="checkbox"/>
Lung Disease	<input type="checkbox"/>	<input type="checkbox"/>	Skin Problems / Allergies	<input type="checkbox"/>	<input type="checkbox"/>
Kidney / Bladder Disorder	<input type="checkbox"/>	<input type="checkbox"/>	Surgical Operations	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes / Hypoglycaemia	<input type="checkbox"/>	<input type="checkbox"/>	Hearing / Sight Problems	<input type="checkbox"/>	<input type="checkbox"/>
Back / Neck Problems	<input type="checkbox"/>	<input type="checkbox"/>	Depression / Anxiety	<input type="checkbox"/>	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>
High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Eating Disorder	<input type="checkbox"/>	<input type="checkbox"/>

2) Are you a smoker? (please tick) ☐ Yes ☐ No

3) Are you registered as a disabled person (please tick) ☐ Yes ☐ No

4) If you have answered "Yes" to any question in sections 1, 2 or 3, please give details in the space below stating approximate dates where relevant.

.....

.....

5) Have you had any injuries within the last two years (please tick) ☐ Yes ☐ No

Details:

.....

.....

6) Have you had any physiotherapy or doctor intervention for injury in the last 2 years (please tick) ☐ Yes ☐ No

Details:

.....

.....



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MEDICAL HISTORY (Continued)

7) Have you had any operations in the past 2 years (please tick) ☐ Yes ☐ No

Details:

.....

.....

8) If you are worried about your ability to participate in the The Body Camp activities, please consult your doctor

PAR Q & YOU

You are just about to participate in vigorous physical activity. For most people physical activity should not pose any problem or hazard. PAR – Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and answer each one honestly.

	Yes	No
Has your doctor ever said you have heart trouble?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
In the past month have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a bone or joint problem that could be made worse by a change in physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Is your doctor currently prescribing drugs for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know of any other reason why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered:

YES to one or more questions.

- Talk with your doctor by phone, or in person, BEFORE you participate in this activity. Tell your doctor about PAR – Q and which questions you answered YES
- You may be able to participate in all of the activities – as long as you have trained properly, warmed up thoroughly and know your limits or you may need to restrict your participation to those which are safe for you. Talk with your doctor about the kinds of stresses you will be under during this event and follow the doctor's advice.



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PAR Q & YOU (Continued)

If you answered: NO to all questions do not participate if

- i If you are not feeling well because of a temporary illness such as a cold or fever
- ii If you are or may be pregnant (please talk to the doctor before taking part in our fitness programme)

Please note:

If, before the activity, your health changes so that you then answer YES to any of the above questions, contact your doctor.

The Body Camp Ltd assumes no responsibility for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor before training or participating.

I have read and understood the contents of this document.

Name

Signature..... Date

DECLARATION

The information that I have provided is, to the best of my knowledge both true and accurate.

Disclaimer – The Body Camp Limited recognises that physical activities which they offer may in some circumstances create a risk of personal injury or death. The Body Camp Limited goes to all reasonable lengths to limit these risks as far as is reasonable possible. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Signed

Full Name (PLEASE PRINT)

Date

As with any holiday, especially an activity holiday, we would advise that you take out adequate insurance cover, in case you have to cancel your holiday or can't attend once there, due to illness or injury. Please also take this opportunity to review our cancellation policy in our terms and conditions.

PLEASE COMPLETE THIS BOOKING FORM AND TAKE TO CAMP



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All participants must be aware of this and accept the risks associated with these activities. Personal Accident and Cancellation Insurance is highly recommended.

1) Interpretation & Definitions In this Agreement, unless the context otherwise requires, the following expressions have the following meanings:

"Booking" a Booking made by the client with TBC as set out on the Booking Form

"Booking Form" the Booking Form produced by TBC to be completed by the Client upon making a Booking

"Contract" the contract between the Client and TBC under which the Services are to be provided by TBC to the Client

"Client" the person, form or company who makes a Booking with TBC All individuals to whom the Services are provided by TBC must be a minimum age of 18 years.

"Deposit" an amount equal to 50% of the total Fee.

"Fee" the total cost of TBC holiday.

"Force Majeure" any act, event, omission or accident beyond TBC reasonable control including but not limited to Act of God, war, riot, civil commotion, malicious damage, compliance with any law or government order, rule, regulation or direction, accident, breakdown of plant or machinery, fire, flood, storm, adverse weather, default of suppliers or subcontractors, strikes, lock-outs or other industrial disputes, failure of utility service or transport network.

"Major Change" a change in the date, location or over 80% of the content of the Services

"Recordings" photographs, videos or any other visual recordings taken of the Clients during the provision of the Services.

"Services" the services provided by TBC to the Client under the terms of the Contract and "Service" shall be construed accordingly. Wording importing the singular meaning shall include the plural meaning and vice versa.

All wording within the booking conditions is generalised and reference to any gender includes the other genders. The headings in these Conditions are for convenience only and shall not affect their interpretation.

2) Acceptance

2.1 A contract for the activity and / or service is made between TBC and the Client on the issue of written confirmation of booking by TBC

2.2 The Contract is subject to these booking conditions which the Client has formed for the agreed programme to be delivered. These booking conditions can only be varied by written agreement between TBC and the Client.

2.3 No verbal representations made by TBC shall be relied upon by the Client.

3) Booking

3.1 To place a booking, TBC require a 50% deposit fee. If a booking is made by telephone, email or facsimile then the Client shall be deemed to have read and fully understood these conditions and signed the declaration on the Booking Form. All bookings are provisional and are only confirmed once the deposit has cleared in TBC's bank account.

3.2 TBC reserves the right to decline any booking at their discretion

4) Fee and Payment Terms

4.1 The fee payable at the time of booking shall include the planning, organising and delivery of the proposed activity and / or service

4.2 Once the Deposit has been paid by the Client and cleared a contract is formed for the agreed programme to be delivered. If the Client wishes to alter any aspect of the programme additional reasonable costs may be levied by TBC at their discretion.

4.3 The balance of the fee is payable 8 weeks before commencement of the course unless agreed otherwise on confirmation of booking. In the event the balance is not paid TBC will have the discretion to treat the booking as cancelled by the client and re-sell the course place.

4.4 The whole course fee is required to secure a place for any booking made within six weeks of the commencement of the course.

5) Responsibilities of the Client

5.1 The Fee does not include travel to and from the site / location at which the proposed activity and / or service shall be provided and this shall be the sole responsibility of the Client unless otherwise agreed in writing by TBC

5.2 The Client is responsible for their own personal medical requirements, clothing and footwear for the duration of the activity and / or service unless otherwise agreed in writing with TBC. See kit list

5.3 It is the Client's responsibility to inform TBC in writing of any health issues that may make them unsuitable to participate in the activity and or service agreed. Failure to disclose any serious illness, injury or high dose

of medication TBC reserve the right to refuse client partaking in strenuous exercise. Such information may result in TBC terminating the Contract and withdrawing the Client from the activity and / or services without refund, not with standing condition 8.

6) Variations and amendments

6.1 TBC reserves the right to change any price or other particulars of the Services before the contract becomes binding.

6.2 If there is a "Major Change" TBC shall notify the Client forthwith. TBC shall seek to offer the Client arrangements as close to the original as is reasonably possible in the circumstances, an alternative date, or a full refund.

6.3 If there is any other change other than a "Major Change" TBC is not obliged to inform the Client in advance or obliged to pay any compensation.

7) Cancellations by the Client

7.1 If the client wishes to cancel the Contract they must advise TBC in writing. TBC reserve the right to move the booking to an alternative date. **[The 50% deposit is non-refundable]**. If a booking is cancelled less than 8 weeks or

56 days before the holiday, 100% of the fee is kept. **[Date of cancellation if less than 8 weeks the Cancellation fee will be 100% of the fee. If more than 8 weeks will be 50% of the fee]**

8) Cancellations by TBC

TBC will always endeavour to fulfil confirmed bookings however do reserve the right to cancel. If TBC cancels a booking prior to the commencement of the activity and / or services the Client will be offered an alternative date, or a full refund.

9) Assignment

9.1 The Contract may be assigned by the Client to a third party subject at all times to condition 9.2

9.2 The client is unable to assign or transfer the Contract to a third party without the prior written consent of TBC. If the client wishes to assign their contract, he or she must give notice in writing providing the full name and address and contact details of the third party. TBC shall then advise in writing as to whether it consents to the assignment as soon as reasonably practicable. TBC reserves the right to refuse an assignment to a third party at any time without reason. If subsequently a client has to cancel due to TBC refusing the assignment to a third party then the cancellation charges in condition 7 shall apply.

9.3 TBC may assign or sub-contract to any third party the performance of any of its obligations under the Contract without consent of the Client.

10) Services

10.1 TBC reserves the right to alter the content of the Services at any time without notice to the Client due to certain factors including but not limited to the weather and physical fitness of the client's.

10.2 Any information on our Services published by TBC for its literature and website is designed for illustrative purposes only.

10.3 If the Client elects not to participate in any part of the Services being provided TBC has no obligation to provide an alternative activity or service and the Client will not be entitled to a refund.

10.4 If TBC believes a Client's health or safety is at risk or a Client has failed to disclose any relevant health information in accordance with condition 5.3 TBC may at its absolute discretion make decisions affecting the Clients and where necessary may terminate the Contract immediately without refund.

10.5 The client must refrain from any illegal act or any conduct which may give offence or cause danger or damage to any person or property. If TBC or any of its staff, consultants or agents, become aware of any such action then TBC or any of its suppliers may at their absolute discretion have the Client immediately extracted from any property or facility without refund. TBC will have no liability to the Client in such circumstances.

13.2 The Client accepts and agrees that any recordings may be used by TBC at its absolute discretion in any manner including but not limited to its website, promotional material and advertisements.

14) Copyright

TBC reserves all copyright which may subsist in the products of, or in connection with, the provision of the all activities, services or facilities. TBC reserves the right to take such actions as may be appropriate to restrain or prevent infringement of such copyright.

15) Law and Jurisdiction

These terms and conditions shall be governed and construed in accordance with English and Welsh law and the parties shall submit to the non-exclusive jurisdiction of the English and Welsh courts.