



St Mary's Calne Running & Triathlon Club

8 WEEK BEGINNERS' COURSE
COMMENCING WEDNESDAY 21st February 2024
Non-members £30.00

Name:	
Address:	
Telephone No:	
Email Address:	
What is your current fitness level?	
What running experience do you have if any?	
What are your aims/goals?	
Do you have any health issues which we need to know about?	

Please complete and return to the address provided either by hand, post or e-mail to: **St Mary's Calne Sports Club, Calne, Wiltshire SN11 0DF**

Email: tracy@circletrust.co.uk Tel 01249 857335

Payments to be made by bank transfer to:

Sort code 30-96-26

Account no. 48873568

COURSE GUIDE

- Wear appropriate clothing and make sure your footwear is designed for the activity.
- As a courtesy to others and for health and safety reasons, please arrive 5 minutes before the class start time to set up. We will refuse access to anyone arriving after the class has started. The warm up is a crucial part of the session and reduces the risk of injury.
- Drink plenty of water before, during and after the exercise.
- Never exercise after a heavy meal. A light carbohydrate snack is ideal.
- Inform your instructor of any medication, injury, ante/post-natal or illness that may affect your ability to exercise.
- You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, you should seek advice from a relevant medical professional.
- Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
- You should let us know immediately if you're feeling unwell. Our staff members are not qualified medical professionals but there will be a person available who has first aid training.

I understand the above

Name: _____

Date: / /

Sign: _____