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Course Registering For: Workshop Proficiency Leader Instructor

Course Date: _____ Course Location: _____

Your Name: _____ Name as per NRIC: _____

Date of Birth: _____ Age: _____ Sex: _____

Address: _____

NRIC No: _____ Email: _____

Home Phone: _____ Work/ Mobile Phone: _____

Your Height (cms): _____ (Required in order to determine correct pole length)

Exercise History:

Are you currently participating in any regular physical activity? Yes / No (please circle appropriate answer)
If Yes, please detail what and how much physical activity you are currently participating in. _____

Medical History:

Have you ever experienced high blood pressure? Yes / No (please circle appropriate answer)
Have you or anyone in your family suffered from heart disease? Yes / No
Do you currently have a physical injury or any medical condition which may affect your ability to participate safely in any exercise? Yes / No
If Yes, please provide details: _____

Professional qualifications currently held (for Instructor Course only): _____

Present occupation: _____

Reason for participation in the course: _____

- Checklist:**
- I have enclosed evidence (copies) of my prerequisite qualifications (*Instructor course only*).
 - I have enclosed a copy of my current First Aid qualification.
 - I have enclosed payment (cheque/ money order/ evidence of direct credit bank transfer).

Liability Release:

I, the undersigned, am physically capable of and there is no undisclosed medical reason to prevent me from safely participating in the above specified Nordic walking training course. I am aware and promise to inform the Nordic Academy trainer/ presenter/ instructor of any medical condition, previous physical injury, or advise them of anything (even if temporary) that may restrict me from participating safely in the course. I willingly participate in this Nordic Academy training course at my own risk. I will not seek to penalise, prosecute or claim compensation from the organisers, presenters or participants of the course for any injury, illness, loss or damage however caused to me arising directly or indirectly from my participation in the course.

Signature: _____

Date: _____