

Active Lifestyles - Registration Form



PERSONAL DETAILS (this is required for us to send you your membership card)

Title: Surname: First name(s):

Address:

..... Post Code:

I am resident in the City of Manchester: Yes No

Date of birth: DD / MM / YYYY Gender: Male Female

ETHNIC ORIGIN

Asian or Asian British – Bangladeshi Asian or Asian British – Indian

Asian or Asian British – Pakistani Asian or Asian British – Other

Black or Black British – African Black or Black British – Caribbean

Black or Black British – Other Mixed – White and Asian

Mixed – White and Black African Mixed – White and Black Caribbean

Mixed – Other Mixed Background White British White Irish

White – Other White Background Chinese Other Rather not say

DISABILITY

Do you consider yourself to have a disability? Yes No Rather not say

If yes, please give details:

CONTACT DETAILS (please provide your preferred contact details below)

Home phone: Work phone: Mobile number:

Email address:

EMERGENCY CONTACT (this is required for your own safety)

Name: Telephone number:

How did you first hear about this programme?

Poster/Flyer Friend Word of mouth Manchester City Council Employee GP

Newsletter Website Leisure Centre Library Newspaper PARS

Other/Details:

ABOUT YOU

We want to make sure our programmes help everyone become more active. We would like to know how active you are at the moment. On average, are you physically active:

More than once a week Once a week Once a month Less than once a month Never

If you ticked more than once a week, PLEASE CIRCLE the number of days on which you have done a total of 30 minutes or more of activity, which was enough to make you breathe faster:

1 2 3 4 5 6 7

Activities should include sport, exercise, brisk walking or cycling, but should not include housework or physical activity that is part of your job.

PLEASE TURN OVER

ARE YOU FIT TO EXERCISE? (you MUST sign this in order to participate in the programme)

- ✓ I understand that if I have any medical conditions which may affect my ability to exercise or I am taking any kind of medication, then I should seek medical advice **before** joining the programme.
- ✓ I agree to inform the instructors of any such medical conditions prior to exercising, and to bring any required medication with me when participating.
- ✓ I understand that I participate at my own risk.

Signature: Print name: Date:

Signature of parent, carer or guardian (this is required if you are under 18) :

WHAT DO I DO NEXT?

You can hand this form into your nearest participating leisure centre*, or you can post it to us.

Our address: **Active Lifestyles Centre, Denmark Road, Hulme, Manchester, M15 6FG**

You can contact us on (0161) 232 3100.

WHAT HAPPENS NEXT?

You will receive a booklet which will tell you about our sessions, you can also view these on our website.

Please note there is a charge for Active Lifestyles sessions. From January to March 2011, this is a special introductory rate of 50p per session (or £1 per session if you live outside the City of Manchester).

You will also receive an Active Lifestyles card, which must be produced when attending an Active Lifestyles session.

Please note that we charge a replacement fee of £2-00 for lost cards.

*For a list of participating centres, see our website.

DATA PROTECTION

Your personal information will be held and used in accordance with the requirements of the Data Protection Act 1998. Under the Act, Manchester City Council is the data controller for personal information collected from you when you register for the Active Lifestyles programme, and will ensure that the Council and its data processors will securely process and store the information you provide. Details of our data processors can be provided on request.

Your information will be used for the following purposes:

- to send you by post your membership card and other essential information you need to know about the Active Lifestyles programme
- to verify information provided by you to determine eligibility for programme discounts in order to protect public funds
- to collect subscriptions/membership fees
- if you have given permission, to contact you from time to time to give us feedback on the programme via your preferred contact methods above
- to produce anonymised aggregated statistics to assess the effectiveness of the programme and for equalities monitoring purposes

Your personal information will not be shared with external third parties without your consent or where consent is unnecessary, the law allows for this. If you consent to us doing this, please tick here:

More information about how we collect and use information can be found on our website:

http://www.manchester.gov.uk/info/200031/data_protection_and_freedom_of_information or by contacting the Council.