



# ZUMBA Foundation Form

Your Name \_\_\_\_\_

Your Address \_\_\_\_\_

m \_\_\_\_\_ w/h \_\_\_\_\_ e \_\_\_\_\_

Occupation \_\_\_\_\_ DOB \_\_\_\_\_

Emergency contact name \_\_\_\_\_ p \_\_\_\_\_

How did you hear about enarji? \_\_\_\_\_

## Assess your health by circling Yes or No

### Your health history – Have you ever had or experienced any of these symptoms?

A heart attack	Yes	or	No
Heart Surgery	Yes	or	No
A pacemaker	Yes	or	No
Heart failure	Yes	or	No
Heart valve disease	Yes	or	No
A heart transplant	Yes	or	No
Congenital heart disease	Yes	or	No
Chest discomfort with exertion	Yes	or	No
Unreasonable breathlessness	Yes	or	No
Dizziness, fainting, blackouts	Yes	or	No
Any musculoskeletal problems	Yes	or	No
Eating Disorder	Yes	or	No
Mind unwellness	Yes	or	No

*If you marked **yes** to two or more of these questions in this section you may have to visit an allied health professional or medical practitioner before commencing any fitness program*

### Please tell me of any other health related information

Do you take prescription medication	Yes	or	No
Do you take any heart medication	Yes	or	No
Are you pregnant	Yes	or	No
Are you trying to conceive	Yes	or	No



### Assess your cardiovascular risk by circling Yes or No

- Are you a male over 45 or female over 35? Yes or No
- Are you postmenopausal? Yes or No
- Are you a smoker? Yes or No
- Do you have a BP > 140/90mmHg? Yes or No
- Do you take BP medication? Yes or No
- Do you have cholesterol > 240mg/dl? Yes or No
- Do you have a family history of heart attack? Yes or No
- Are you diabetic? Yes or No
- Are you physically inactive? Yes or No
- Do you have epilepsy? Yes or No
- Do you have asthma? Yes or No
- Have you ever had a stroke? Yes or No
- Have you ever had gout? Yes or No
- Have you ever had hernia? Yes or No

*If you marked yes to two or more of these questions in this section you may have to visit an allied health professional or medical practitioner before commencing any fitness program*

### Office Notes

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### How would you prefer to pay for your enarji sessions?

- Cash at each session
- Bank deposit
- Running payments
- Paypal

**Commencement Date:** \_\_\_\_\_

### Statement

I am aware that my Health Coach is not accredited to provide me with medical advice in relation to my medical fitness. Information that I have provided is used as a guideline to the limitations of my ability to commence into any fitness program. I am aware that I may experience some muscle soreness up to two days after any ZUMBA session. Whilst every precaution is taken there can be some form of injury such as sprains or muscle strains. If I experience any difficulties whilst training, I am to cease movement immediately & inform my Health Coach immediately. Even though I am training in a safe & controlled environment, I am still responsible for my own safety and wellbeing. I have answered all questions on this medical questionnaire to the best of my ability.

Full Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_



## Terms & Conditions

- All enarji sessions are to help members improve their quality of life. It does not in any way or form take any responsibility for unknown or underlying medical conditions of its members
- All enarji sessions do not endorse any products or food substitutes in any way, but only to give a guide to a better way of living. Members must seek a Health Professional if they feel they may have any eating disorders
- ZUMBA Foundation Form to be completed & assessed at your initial Session prior to commencement of any activities
- Members will be permanently booked into their chosen weekly sessions. If unable to attend your permanent session and would like to attend another session during the week, you must give your Health Coach a minimum of 2hrs notice
- If you are unable to make your session, you are the person who must contact your Health Coach, nobody else
- If unable to make any sessions, member must give their Health Coach a minimum of 2 hours notice prior to their session otherwise will still be required to pay for session
- Minimum of 8 people at any one ZUMBA session, otherwise session will be cancelled
- Health Coach must give members a minimum of 12 hours notice if unable to attend any sessions except under emergency circumstances, as much notice as possible will be given
- Sessions that fall on public holidays may still go ahead as long as Health Coach & clients are all in agreeance

## Privacy Policy

### **Personal information we might need to hold**

We hold only personal information that is necessary for us to perform our functions. This in turn depends upon the type of product or service you request from us, but if you fail to give us the information we ask for, we are not liable for any injury that may occur.

### **Using and disclosing your personal information**

We respect your privacy: any personal information which we collect about you will be used by us to provide you with the products or services you have requested. In addition, we may also use your personal information to provide you with information about other products and services offered or distributed by us or by other organizations who offer products and services to our members. However we will not do this if you ask us not to.

### **Storing your personal information**

Where possible, we store any personal information about you anonymously. We do not use external identifiers to assist us in the management of personal information. We store your personal information with a strong emphasis on its security and the protection of your privacy.

### **Physical security**

All files containing personal information are held in secured areas with key access only in fire safe filing cabinets to authorised personnel only – The Principal Health Coach and your personal Health Coach are the only Personal who has access to your information. Personal information that is no longer required is archived in a secure fire safe filing cabinet with key access only for any future reference required by you. If you wish for this to not occur, you must contact enarji in writing.

### **Access to your personal information**

In most cases, you can gain access to personal information we hold about you. To request access to your personal information, contact us by email. We will deal with all requests for access to personal information as quickly as possible, with an initial response to your request within 7 working days.

### **Accuracy of information**

We wish to ensure that your personal information is accurate, complete and up to date. Generally, if you request us to do so, we will amend any personal information about you that is inaccurate, incomplete or out of date. If we disagree with you about any of these matters, and if you request us to do so, we will take reasonable steps to associate a statement to the effect that you claim the information to be inaccurate, incomplete, or out of date with your personal information.

