



# Welcome to Hertfordshire Health Walks

In order to help the Countryside Management Service make the case for funding, evaluate the walks and (if you require) send you information about Hertfordshire Health Walks please answer the questions below. It is mandatory to fill in all the questions marked\* before taking part in your first walk. All the information on this form is held and handled by us in accordance with the principles of the Data Protection Act 1998 and is processed by us (and our volunteers) and sent to our office to be stored on our database. It may be necessary to share your mandatory details only with our local authority partners only for the purposes of evaluation and providing insurance cover.

\*Name: \_\_\_\_\_

\*Address: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\*Post code: \_\_\_\_\_

Tel. /mobile \_\_\_\_\_

no: Email: \_\_\_\_\_

To receive direct updates via e-mail tick the box below

How did you hear about us? (please circle)

Friend/family      Presentation/talk      Website      Press  
**Castlegate Doctor/referral**      Poster      Leaflet      Other (please specify) .....

For most people walking does not pose a problem but in order to identify those who should seek medical advice before participating please answer all the questions below (please circle yes or no).

\*Has a doctor ever said that you have a heart condition?      Y      N

\*Do you feel pain in your chest when you do physical activity?      Y      N

\*Do you lose balance because of dizziness or ever lose consciousness?      Y      N

\* In the past month have you had a pain in your chest when you were NOT doing physical activity?      Y      N

\* Do you have a bone or joint problem that could be made worse by a change in your physical activity?      Y      N

Please advise the walk leader of any other conditions they might need to be aware of or if the condition of your health changes.

I understand that if I answered YES to any of the above I should seek medical advice before participating in Hertfordshire Health Walks and that if I do take part I am doing so at my own risk. I also understand that my answers will be kept for up to three years for insurance purposes.

\*Sign: \_\_\_\_\_ \*Date: \_\_\_\_\_

DOB: \_\_\_\_\_ F  M

Please note: all under 18 s must be accompanied by a responsible adult

Continued overleaf....



Have you ever been diagnosed by your doctor or health professional with any of the following:

- Heart disease       Diabetes       COPD (Emphysema and chronic bronchitis)   
 High blood pressure       Asthma       Cancer

Do you have a long-standing (for more than 12 months and likely to continue) illness or disability which effects (or limits) your day to day activities?    Y      N      Prefer not to say

If Yes, please tick all that apply

- physical disability       learning disability       mental health issues   
 sensory disability       learning difficulties       Other       prefer not to say

In a typical week, on how many days do you do 30 minutes of moderate intensity physical activity (anything that makes you feel warm and breathe harder than normal)? It could be 2 lots of 15 minutes; it doesn't have to be all in one go (please circle):

- 0      1      2      3      4      5      6      7

**Ethnicity:**

**White**

- British  
 Irish  
 Gypsy or Irish Traveller  
 Any Other White background

**Asian or Asian British**

- Indian  
 Pakistani  
 Bangladeshi  
 Chinese  
 Any other Asian background

**Black or Black British**

- African  
 Caribbean  
 Any other black background

**Other Ethnic Group**

- Arab  
 Any other ethnic background  
 Prefer not to say

**Mixed**

- White and Black Caribbean  
 White and Black African  
 White and Asian  
 Any other mixed background

Walk leaflets are available from your local library, GP surgery and council office, from your walk leader or from [www.hertfordshire.gov.uk/healthwalks](http://www.hertfordshire.gov.uk/healthwalks)

If you would like to know more about volunteering with the Hertfordshire Health Walks please tick the relevant box: walk leader

admin assistant (e.g. training/PR/coordination)

