



Application Form

Welcome to our Sofa 2 Saddle programme. For the next 6 weeks we hope you will participate in all of the sessions. For the vast majority of people the programme poses no health risk, but we would ask you to understand that;

You take part in the programme at your own risk and that neither the Mayo Sport Partnership or the Cycling Coach will be liable for any injury that may occur to you.

You should have the approval of your doctor to partake if any of the statements in the Health Appraisal (see below) apply to you. You should not partake in any of the sessions if you are feeling unwell because of a temporary illness such as a cold, flu or fever. You should inform the Coach of any health problems you have before taking part in any session.

You should take part in each session at a pace and intensity that is appropriate for you and STOP if you experience any pain or discomfort

Own bicycle in good working order and helmet needed

I have read and understand all of the above

Name: _____

Date of Birth: _____

Address: _____

Email: _____

Contact Number: _____

Emergency Contact _____

Emergency Contact Number _____

Fee enclosed €30 (Y) _____ (N) _____

Health Appraisal

If one or more of the following statements apply to you, you should have the consent of your doctor before partaking in this programme.

- I have a heart condition and should only do physical activity recommended by a doctor.
- I feel pain in my chest when I do physical activity.
- I am currently taking medication for blood pressure or a heart condition.
- In the past month I have had a pain in my chest when I was not doing physical activity.
- I lose balance because of dizziness and/or I lose consciousness.
- I have a bone or joint problem that could be made worse by increasing my level of physical activity.
- I am worried about another aspect of my health.
- I am aged over 69yrs.

Mayo Sports Partnership



Comhpháirtíocht Spóirt Mhaigh Eo
An Irish Sports Council Initiative



MAYO.IE



Comhairle Contae Mhaigh Eo
Mayo County Council

smartertravel

Smarter Travel – A Sustainable Transport Future
A New Transport Policy for Ireland 2009 – 2020



WESTPORT
SMARTER TRAVEL

Get
Ireland
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Promoting Physical Activity

