

SET Cycle Club Registration Form

Name:				Date of Birth:	
Gender:		Ethnicity:	White	Mixed	Asian or Asian British
			Black or Black British	Prefer not to say	
Address:					
Postcode:		Email Address:			
Tel Home:				Mobile:	
Disability / Long term health condition:	Yes No Prefer not to say				
	If Yes, please state:				
Please state any medical condition/injury/illness that may impact upon your participation in the activity:					
I have completed the medical details above and I consent that, in the event of any illness/ accident, any necessary treatment can be administered, which may include the use of anaesthetics:					Yes No
Emergency contact name:					
Emergency contact number:					

Membership Options

New or existing membership renewal £20 <i>until December 2018</i>	
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We would like to understand how much activity you do that gets you out of breath or raises your heart beat - this is called **moderate intensity activity**. This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

In the last 7 days, how much moderate intensity activity have you completed in total?	Under 30 Minutes	31-90 minutes			
	91-149 minutes	150+ minutes (2.5 hours)			
In the past week, on how many days have you done a total of 30 minutes or more physical activity, which was enough to raise your breathing rate?	0	1	2	3	
	4	5	6	7	
Signature				Date:	

Payment can be made by the following methods: Cash, Credit / Debit Card & BACS
 Payment info for BACS: **Bank name:** Barclays **Account number:** 10929271 **Sort code:** 20 57 40
 Please ensure you put SETCC>yourname< as the reference.
 For further information please call Amy Humphries on 01908 622938

