

# Exercise Referral Form

Email form to **info@activeworthing.co.uk** (send this email as [SECURE])

Contact **07706626158** for information



## Mission Statement

Active Worthing supports individuals with long-term illnesses, disabilities, and injuries in managing their conditions through physical activity. Our specialist Exercise Referral instructors are dedicated to enhancing cardiovascular health, mental wellbeing, weight management, strength, balance, and flexibility.

## Client's Details

Client's Full Name:	<input type="text"/>
Date of Birth:	<input type="text"/>
<small>dd/mm/yyyy</small>	
Address:	<input type="text"/>
	<input type="text"/>
Postcode:	<input type="text"/>
Email Address:	<input type="text"/>
Telephone number:	<input type="text"/>

## Referrer's Details

Referrer's Name:	<input type="text"/>
Referrer's Occupation:	<input type="text"/>
Address:	<input type="text"/>
	<input type="text"/>
Postcode:	<input type="text"/>
Email Address:	<input type="text"/>
Telephone number:	<input type="text"/>

Does this person require carer support during exercise?

Yes

No

Carer's Name

Carer's Signature

## Inclusion Criteria

- Arthritis
- Asthma/COPD Cancer
- Cardiac Rehab CFS/Fibromyalgia
- Deconditioned
- Diabetes
- Falls Prevention
- Family history of CHD
- Hypertension
- Increase Activity Levels
- High Cholesterol
- Joint Injury Rehab/Musculoskeletal
- Mental Health/Emotional Wellbeing
- Lower Back Pain
- Multiple Sclerosis
- Neurological Condition
- Osteoporosis
- Smoker
- Stroke
- Weight Management

## Exclusion Criteria – If a client has any of the following, they cannot be referred

- Severe Aortic Stenosis
- Unstable angina
- Unstable or acute heart failure
- Uncontrolled arrhythmias
- Resting Tachycardia >100bpm
- Systolic blood pressure >180mmHg and/or Diastolic >100mgHg
- Uncontrolled diabetes
- Unstable mental health status
- Resting Tachycardia >100bpm
- Systolic blood pressure >180mmHg and/or Diastolic >100mgHg
- Any other condition which may be exacerbated by exercise

Reason for referral and any other information that you believe to be relevant to the exercise specialist:

**Eligibility Criteria**

- Aged 13 years and over
- Meet at least one of the inclusion criteria listed above
- Clients must be clinically stable and compliant with their medication
- All catchment areas

**Medical Professional's Declaration**

I refer this person to Active Worthing Wellbeing Centre and all details have been included relevant to safe exercise.  
I have read and I agree with the Terms and Conditions set out in this form

Full name of Medical Professional

Signature

Date

**Prices**

£30 per month by Direct Debit for unlimited gym and classes, or a  
£42.50 joining fee plus £7 per session and a £35 annual renewal fee.

Once completed, medical professional can email form to **info@activeworthing.co.uk** (*send this email as [SECURE]*) or hand to client.

Client, on receipt of form can call on **07706 626158** for a telephone consultation

## TERMS AND CONDITIONS

### 1. Changes in the Terms of Use

We reserve the right, at our sole discretion, to change our Terms and Conditions from time to time.

### 2. Description of Service

Active Worthing Wellbeing Centre ("AWWC") is a rehabilitation services provider for clients referred by the medical profession. We are not a healthcare service provider and as such we will never provide direct medical advice regarding a client's treatment or health, and any treatment provided will be in accordance with the information provided by the medical practitioner in this form.

### 3. Client Information

All information provided to AWWC is intended to be for the effective provision of the services to the client by AWWC and is in no way intended to create a doctor/healthcare provider-patient relationship.

### 4. Disclaimers

- (a) AWWC accepts no liability for: information provided by the Medical Professional in this form regarding the medical history of the client; information omitted by the Medical Professional in this form regarding the medical history of the client; and/or any advice given to the client by the Medical Professional regarding their condition(s) and their treatment options.
- (b) AWWC will also not be liable for any complications, emergencies or medical requirements that may arise during or after treatment by as a result of the patient's present or past illnesses, allergies to certain drugs or side effects.

### 5. Limitation of Liability

To the fullest extent permitted by applicable law, neither AWWC nor any of its officers, directors, shareholders, employees, affiliates or other representatives will be liable for loss or damages arising out of or in connection with resulting from the statements or conduct of the Medical Professional.

### 6. Data Protection

- (a) For the purposes of this clause "Data Protection Legislation" all legislation in force in the United Kingdom from time to time relating to data protection and privacy including, but not limited to, the Data Protection Act 2018, EU Regulation 2016/679 General Data Protection Regulation ("GDPR") and any other directly applicable EU regulation relating to data protection and privacy (for as long as, and to the extent that, EU law has legal effect in the UK) and any successor legislation relating to data protection and privacy
- (b) All personal data that we may use will be collected, processed, and held in accordance with the provisions of the Data Protection Legislation and the client's rights thereunder.
- (c) For complete details of our collection, processing, storage, and retention of personal data including, but not limited to, the purpose(s) for which personal data is used, the legal basis or bases for using it, details of the client's rights and how to exercise them, and personal data sharing (where applicable), please refer to our Privacy Policy available from our office.

### 7. Governing Law

These Terms shall be governed and construed in accordance with the laws of England and Wales. Any dispute or claim arising under or with respect to AWWC will be resolved by Arbitration first. The Arbitrator in any proceeding may award reasonable costs and expenses, including reasonable attorneys' fees, to the prevailing party.