



香港中華基督教青年會

Chinese YMCA of Hong Kong

屯門會所
Tuen Mun Centre

收據號碼

Receipt Number: 4911

通用報名表 (家庭活動不適用)

GENERAL ENROLMENT FORM [This form is unsuitable for family programme(s)]

填寫報名表格前，請先細閱下列「收集個人資料聲明」、背頁「報名須知」及「健康評估問卷」。

Please read the Personal Information Collection Statement below, and the Enrolment Policy and Physical Activities Readiness Questionnaire at the back before filling in this enrolment form.

參加者資料 Personal Particulars

(請以正楷填寫 Please complete in BLOCK letters)

中文姓名 _____ Name in English _____

會證號碼 Membership No. _____ 年齡 Age _____

電話 Telephone _____ 性別 Sex 男 M / 女 F

電郵 Email _____

課程資料 Course Details

課程名稱 Name	課程編號 Code	費用 Fee
1. _____	_____	HKD\$ _____
2. _____	_____	HKD\$ _____
3. _____	_____	HKD\$ _____
4. _____	_____	HKD\$ _____
5. _____	_____	HKD\$ _____

收集個人資料聲明

香港中華基督教青年會（下稱「本會」）會遵守及履行個人資料（私隱）條例之規定，並確保你的個人資料準確及安全。你的個人資料（包括你的姓名、電郵地址及其他）或會被本會透過電話／郵寄／電子郵件，用作聯絡通訊、籌款、推廣活動、研究調查及其他通訊及推廣之用途。若你希望停止接收本會資訊，請將中英文全名、會員證號碼及電話號碼，電郵予屯門會所(tuenmun@ymca.org.hk) 以辦理相關手續。如有查詢，請致電 2451 5171 與本會聯絡。

Personal Information Collection Statement

Chinese YMCA of Hong Kong undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate and secure. Your personal information (including your name, email address, etc.) may be used by Chinese YMCA of Hong Kong for the purposes of sending you organizational updates, fundraising appeals, event invitations, surveys and other communication and marketing via telephone/post/electronic mails. If you do not wish to receive any communication from us, please email your Chinese and English full name, together with your membership number and telephone number to Tuen Mun Centre at tuenmun@ymca.org.hk. For any enquiries, please contact us at 2451 5171.

備註 Remarks :

若不同意本會將參加者的活動相片展出或刊登於本會所之文字或影像媒體中，請於此空格內加上剔號。
If participants object our arrangement of posting or publishing the activity photos or video please tick this blank space.

請填寫背面資料 Please turn over and fill in the information.

報名須知 Enrolment Policy :

1. 參加任何課程或活動必須為有效會友，於繳費時必須出示有效會友證。
All courses and activities are for members only. Members should show valid membership card for enrollment.
2. 如因人數不足，本會所有權取消該項程序活動 / 訓練程序。參加者需憑收據於通知日起計兩星期內辦理退款 (未足 18 歲參加者需要家長簽署)。退款方式以付款方式釐定，詳情將個別通知。
In case of under enrollment, we reserve the right to cancel the above activities. Participants can bring the receipt and the notification of cancellation within 2 weeks for a refund. Those aged under 18 needs to provide parent's signature for the refund. Refund method will be in line with your payment method.
3. 部份規限年齡的會所程序活動 / 訓練程序，參加者可能需要出示年齡證明。
Some age-related programme(s) may require the participants to show their age proof.

如參加康體活動/課程必須填寫健康評估問卷 Please fill in for Physical Activities & Training Courses

(請於○內打“✓”號Please “✓”)

Canadian Society for Exercise Physiology – Physical Activity Readiness Questionnaire (revised 2012)

- | | 是
(YES) | 否
(NO) |
|--|-----------------------|-----------------------|
| 1. 醫生曾否說過你的心臟有問題，只可進行醫生建議的體能活動？
Has your doctor ever said that you have a heart problem <u>and</u> that you should only do physical activity recommended by a doctor? | <input type="radio"/> | <input type="radio"/> |
| 2. 你進行體能活動時是否感到胸口痛？
Do you feel pain in your chest when you do physical activity? | <input type="radio"/> | <input type="radio"/> |
| 3. 過去一個月，你曾否在沒有進行體能活動時也感到胸口痛？
In the past month, have you had chest pain when you were not doing physical activity? | <input type="radio"/> | <input type="radio"/> |
| 4. 你曾否因感到暈眩而失去平衡，或曾否失去知覺？
Do you lose your balance because of dizziness or do you ever lose consciousness? | <input type="radio"/> | <input type="radio"/> |
| 5. 你的骨骼或關節(例如脊骨、膝蓋或髖關節)是否有毛病，且會因改變體能活動而惡化？
Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity? | <input type="radio"/> | <input type="radio"/> |
| 6. 醫生現時是否有開血壓或心臟藥物 (如 water pills) 給你服用？
Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart problem? | <input type="radio"/> | <input type="radio"/> |
| 7. 是否有其他理由令你不應進行體能活動？
Do you know of <u>any other reason</u> why you should not do physical activity? | <input type="radio"/> | <input type="radio"/> |

假如上述其中一項答案屬「是」，應請教你醫生的意見，方可參與本會所之活動。

If you answer YES to one or more question(s), please consult your doctor before enrollments.

參加者聲明【未滿十八歲之參加者須得家長／監護人簽署】

Disclaimer (must be completed by parents/ guardian of members under the age of 18)

本人或敝子女已明白及確實填寫報名表上各項內容，並聲明本人或敝子女之健康狀況良好，適宜參加上述課程或活動。若於課程期間所引致任何傷亡、意外或財物之損失，本人或敝子女願自負責任。本人或敝子女已知悉並願意遵守本會活動通訊之報名須知及注意事項。

I have read and understand the information on the enrolment form and hereby certify that all information provided is accurate. I declare that the stated applicant is physically fit and able to participate in the above training course(s) or programme(s). I hereby release and discharge the Chinese YMCA of HK from any and all claims for injury, illness, death, loss or damage which I (or my child) may suffer as a result of participation in the above activities. I (or my child) agree to abide by all rules and regulations of the Chinese YMCA of HK.

簽署 _____ 日期 _____ 與參加者關係 _____
Signature : _____ Date : _____ / _____ /20 Relationship : _____