



個人活動報名表

ENROLMENT FORM FOR INDIVIDUAL ACTIVITIES

填寫報名表格前，請先細閱下列「報名須知」、背頁「健康評估問卷」及「參加者/家長/監護人免責聲明」。

Please read the Enrolment Policy below, and Physical Activities Readiness Questionnaire and the Declaration by Applicant 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 _____ 會證號碼 Membership No. _____

電話 Telephone _____ 年齡 Age _____ 性別 Gender 男 M / 女 F

#課程資料 Course Details

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

#未滿 18 歲之參加者必須由家長/監護人/家長指定人士接送。

Participants under the age of 18 must be accompanied by a parent/guardian/designated person appointed by the parent.

報名須知 Enrolment Policy :

1. 參加任何課程或活動必須為有效會友。

All courses and activities are for members only.

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.

4. 因八號或以上熱帶氣旋警告信號/黑色暴雨警告信號/「極端情況」而取消之課堂及活動，均不設任何補堂或退費。

When the Typhoon Signal No. 8 or above and/or the Black Rainstorm Signal and/or Extreme Condition is hoisted during the lessons, it is understood and agreed by the applicants that there shall be no refund of lesson fees and no arrangement of make-up lessons.

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

參加活動/課程必須填寫健康評估問卷 Please fill in for all of Activities & Training Courses.

(請於○內打“✓”號Please “✓”)

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

是 否
(YES) (NO)

- 1. 你有沒有因心臟問題而只可進行醫生建議的體能活動? Do you have any physical activities that can only be recommended by doctors due to heart disease?
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?
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?
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?
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?
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?
7. 有否其他因素令你不可進行體能活動? Are there any other factors that make it impossible for you to carry out physical activities?

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 enrolments.

參加者/家長/監護人免責聲明 Declaration by Applicant

Table with 2 columns: 收集個人資料聲明 Personal Information Collection Statement and 健康/錄像免責聲明 Disclaimer. The first column contains text in Chinese and English regarding data privacy. The second column contains text in Chinese and English regarding liability for health and video recording.

本人及上述參加者已閱讀以上聲明細則。

Both myself and the aforementioned participant have read the above statement and disclaimer.

參加者/家長/監護人姓名

簽署

日期

Participant/ Parent/Guardian's Name :

Signature :

Date : / /20