

# Outdoor Health Questionnaire



RunTogether  
WEST BERKSHIRE

Your running groups are provided by your local Run England scheme managed by West Berkshire Council's Public Health & Wellbeing Team, supporting you to be active. [www.westberks.gov.uk/runtogether](http://www.westberks.gov.uk/runtogether)

*NOTE to volunteers: This form will contain sensitive or personal data once completed and must be handled and stored securely.*

Name of run

Your name

Title (Mr, Ms, etc)

Address

County

Postcode

Tel No.

Email

For most people, physical activity does not pose a hazard. The questions below have been designed to identify the small number of people who should seek medical advice before starting.

a) Has a doctor ever said you have a heart condition?

Yes  No

b) Do you feel pain in your chest when you do physical activity?

Yes  No

c) Do you ever lose balance because of dizziness or ever lose consciousness?

Yes  No

d) In the past month have you had pain in your chest when you were NOT doing physical activity?

Yes  No

e) Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes  No

I understand that if I have answered yes to any of the previous Health Screening questions, I must seek medical advice before attending a run. I agree to tell the coach if there is a change in my medical condition. I understand that I run at my own risk.

Signed

Date

**Please help us make a case for funding and improve our scheme by answering the following questions:**

Have you ever been diagnosed by your doctor or health professional with any of the following?

- Heart disease
- High blood pressure
- COPD (Emphysema and chronic bronchitis)
- Diabetes
- Asthma

*Please advise the coach if you have any other conditions you feel they might need to know of.*

Do you have a long-standing (for more than 12 months and likely to continue) illness or disability which affects (or limits) your day to day activities?

Yes  No  Prefer not to say

If Yes, please tick all that apply:

- Physical disability
- Sensory disability
- Learning disability
- Learning difficulties
- Mental health issues
- Other long term or life limiting illness
- Other
- Prefer not to say



WestBerkshire  
C O U N C I L

# About you

Are you a trained Run England Coach?

Yes  No

Have you been recommended by your doctor or a health professional to come on this scheme?

Yes  No

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your heart rate? 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 is part of your job. Please tick one box:

0  1  2  3  
 4  5  6  7

Age:

16-24  25-34  35-44  
 45-54  55-64  65-74  
 75-84  85+

Gender:

Male  Female

Ethnicity:

- White British
- White Irish
- White Other
- Chinese
- Traveller/Roma/Irish Traveller
- Mixed/White and Black Caribbean
- Mixed White and Black African
- Mixed/ White and Asian
- Mixed/ Other
- Asian or Asian British/Indian
- Asian or Asian British/ Pakistani
- Asian or Asian British/ Bangladeshi
- Asian or Asian British/ Other
- Black or Black British/ African
- Black or Black British / Caribbean
- Black or Black British /Other
- Other
- Not disclosed

Please tell us how you found out about this scheme  
(please tick any that apply):

- GP/ Health professional referral
- Library
- Running / Walking Group
- Poster/advertisement
- Leisure centre
- Residents' Association
- Health trainer referral
- Told about it by someone (not covered above)

## Using your information

The information you give us here will be stored on a secure database managed by West Berkshire Council's Public Health & Wellbeing Team, who manage West Berkshire's Run England scheme.

This form will then be shredded or if needed stored securely by your scheme. West Berkshire Council will hold your information in accordance with the Data Protection Act 1998. Access to the database is strictly controlled and monitored.

Your information can only be viewed by those who need to do so at your local scheme, and others who work with us on the project. It will only be used to help evaluate and manage Run England and, if you agree, to contact you in connection with the scheme.

Our organisations will not pass on your information to anyone else without your permission. Your information helps us to show the success of the project and to help ensure your running groups continue.

Your local scheme would like to contact you to tell you more about running groups, events and other news.

How would you like to be contacted?

(Tick all that apply)

- Post  Phone  email  
 Please don't contact me

Signed

Date

**Thank you for completing this questionnaire**