

Health Screening & Informed Consent Form

Please complete all sections fully and honestly. All information is held in strict confidence.

Section 1 — Personal details

Full name:	Date of birth:
Address:	
Telephone:	Email address:
Emergency contact name:	Relationship:
Emergency contact telephone:	
GP name:	GP surgery / practice:
GP telephone number:	

Section 2 — Medical history

Please circle Yes or No for each question and provide details where relevant.

Question	Response	If yes, details
Do you have any current or recent fractures?	Yes / No	Details:
Have you been diagnosed with osteoporosis or osteopenia?	Yes / No	Details:
Do you have any spinal conditions, injuries, or diagnoses? (e.g. disc problems, stenosis, spondylolisthesis,	Yes / No	Details:

Have you had any surgery in the last 12 months?	Yes / No	Details:
Are you currently under the care of any specialist (e.g. orthopaedic surgeon, spinal	Yes / No	Details:
Are you awaiting any investigations, assessments, or procedures? (e.g. injections,	Yes / No	Details:
Do you have any joint replacements or prostheses?	Yes / No	Details:
Do you have any joint hypermobility or instability?	Yes / No	Details:
Do you experience any numbness, tingling, or weakness	Yes / No	Details:
Do you have any cardiovascular conditions? (e.g. heart disease, high blood pressure, angina)	Yes / No	Details:
Do you have any respiratory conditions? (e.g. asthma, COPD)	Yes / No	Details:
Do you have any bladder or bowel dysfunction (e.g. leaking,	Yes / No	Details:
Do you have any neurological conditions?	Yes / No	Details:
Do you have any diagnosed chronic pain condition?	Yes / No	Details:
Do you take any regular medications? (please list below)	Yes / No	Details:
Do you have any allergies or adverse reactions to equipment	Yes / No	Details:
Are you pregnant, or have you given birth in the last 12 months?	Yes / No	Details:
Do you have any other medical condition not listed above that you feel I should be aware of?	Yes / No	Details:

Have you practised Pilates before? If so, please describe your experience:

Section 5 — Informed consent & agreement

Please read the following carefully before signing:

I confirm that the information I have provided on this form is accurate and complete to the best of my knowledge. I understand that it is my responsibility to inform my Pilates Instructor of any changes to my health, medication, or medical circumstances as they arise.

I understand that Pilates is form of exercise and can help also alongside any rehabilitation programme and that as with any physical activity, there is an inherent risk of discomfort or injury. I understand that my instructor will take all reasonable steps to minimise risk and will tailor all exercises to my current level and medical situation.

I understand that it is my responsibility to communicate openly about pain, discomfort, or any change in symptoms during and between sessions. I agree to stop any exercise that causes pain or significant discomfort and to inform my therapist.

I understand that Pilates is a complementary approach and does not replace advice from my GP, specialist, or medical team. I will continue to follow the advice of my medical team alongside this programme.

I give my consent for my instructor to keep written records of my sessions and progress. I understand these records are kept confidential and will not be shared with third parties without my consent, except in circumstances where there is a concern for safety.

Cancellation policy:

Single sessions: Cancellations made with more than 48 hours' notice will be refunded in full or rescheduled at no charge. Cancellations made with less than 48 hours' notice, or non-attendance without notice, will be charged at the full session rate.

Block-booked programmes: Sessions within a block programme are reserved exclusively for the client and represent a committed programme. Cancellations made with more than 48 hours' notice may be rescheduled within the agreed programme period where diary availability allows, but sessions cannot be carried over beyond the agreed end date of the programme, where an end date has been agreed. Cancellations made with less than 48 hours' notice, or non-attendance without notice, will be forfeited and cannot be rescheduled or refunded. Unused sessions at the end of a block programme period are non-refundable.

Illness and medical emergencies: Where a cancellation for either a single or block session is due to sudden illness or a verified medical emergency, this will be considered sympathetically. Credit may be offered or full refund by the instructors discretion.

The instructor reserves the right to cancel or reschedule a session if necessary and will provide as much notice as possible. In this case the client will not be charged, and for block programme clients, the session will be added back to the programme without affecting the agreed end date where possible.

Would you like to sign up to OBLI newsletter? (Please circle) YES NO

Client signature		Date

One Body.Love it.