

Screening and Consent Form



Name		Date	
Address		Emergency contact name & number	
Contact number		Occupation	
Email		Baby's name	
Age		Baby's D.O.B	
How did you hear about BuggyBabes?			

The following information is to ensure the exercise is as safe & appropriate for you as possible. Please read the questions carefully and answer each one honestly. (All answers will be treated with the strictest of confidence).

Type of delivery?	Vaginal	C-section	Have you had your 6-8 week	
Did you have an episiotomy?	Yes	No	Are you breastfeeding?	
Any stitches?	Yes	No		
Did you exercise during pregnancy? If Yes, please give details in the box at the bottom of page	Yes	No	Did you develop pelvic girdle pain during pregnancy or after delivery?	
Are you pregnant again? If yes, congratulations!	Yes	No		
How many weeks?				

Please circle your answer below. **IMPORTANT - If you answer YES to any of the questions below, you must consult your GP BEFORE attending BuggyBabes.**

Yes	No	Has your doctor ever said you have a heart condition?
Yes	No	Do you ever feel pain in your chest when you do any physical activity?
Yes	No	In the past month, have you ever had any chest pain when you were not doing physical activity?
Yes	No	Do you ever lose your balance because of dizziness or do you ever lose consciousness?
Yes	No	Do you have back, pelvic or joint pain that could be made worse by a change in your physical activity? If YES please give details
Yes	No	Do you have high blood pressure? If YES, is this pregnancy related and how is it being treated?
Yes	No	Do you have diabetes? If YES, what type and how is it being treated?
Yes	No	Do you know of any reason that could affect your participation in exercise? If YES, please give details
Yes	No	Are you taking any medication? If YES, please give details

Use this box to provide additional information if you answered YES to any of the questions above or if there is anything else you think the instructor should be made aware.

I confirm that I have read the BuggyBabes safety guidelines and I understand that I take part at my own risk and I waive any legal recourse for damages to myself, my child or property arising from my participation. I understand that I am free to withdraw at any time but that no refund will be issued. The information obtained by the instructor will be treated as privileged and confidential.

Print name:		Signature:	
Instructor signature:		Date:	

I would like to receive a BuggyBabes e-newsletter?

I am happy to be contacted by BuggyBabes or its partners in the future

Safety Guidelines

Please read the guidelines below carefully before completing and signing the screening form.

- You must have had your 6-8 week post natal check and clearance from your doctor before taking part. If you had a caesarean delivery, you should wait a further few weeks (8-12 weeks) before joining BuggyBabes.
- All prams/buggys should be suitable for BuggyBabes but you are responsible for maintaining it's safety and ensuring tires are pumped up (if appropriate).
- Babies/toddlers MUST be securely fastened into the buggy at all times unless the instructor indicates they can come out i.e. during mat work in the summer.
- If you feel any pain during the session or your circumstances change from those given on the screening form, STOP immediately and inform the instructor.

About BuggyBabes

BuggyBabes has been designed to provide a safe and effective postnatal workout for women who have recently had a baby. The workout will incorporate fat burning elements (powerwalking across varied terrain and gradient) and resistance elements (using body weight and resistance bands). You will not be asked to run or jump during the session. The session will cater for a range of fitness levels and alternatives to exercises will be given. However only you know how you feel so please listen to your body. Sleep deprivation and hormone changes can make you more susceptible to injury so if you need to miss a session or take a breather, please do so. You can always meet us in the café afterwards.

What to bring bring/wear - checklist

- Dress appropriately for outdoor exercise. Layers are good as you will warm up quickly once the session has started. Wear comfortable supportive trainers.
- A supportive bra or two and breast pads if you are breastfeeding
- Hat and sun tan lotion for you and baby in summer
- Waterproof for you and rain cover for buggy
- Water for you and a drink/snack for an older baby/toddler
- Toys/books/drinks/snacks etc to keep baby entertained and ration them out throughout the session
- Blanket/towel for floor exercises in the summer
- It's a good idea to feed baby before a session and if you are breastfeeding this will lighten your load too!

BuggyBabes - the benefits:

- A safe and effective postnatal workout combining cardio (fat burning) and strength training (toning) elements
- Help you adjust to the physical demands of looking after a new baby or young toddler
- Improve posture, relieve tension and strengthen the core muscles
- A social, fun class - plenty of time to chat to other new mums
- Suitable for all levels of fitness - and for those with double buggies or another on the way!
- Not just for mums... carers and dads welcome too!

I hope that you enjoy the workout and that after a few sessions you feel the benefits. If you have any questions about BuggyBabes, please feel free to ask at any time.