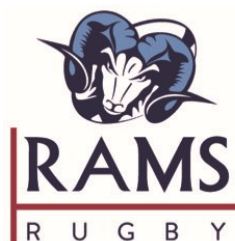


The Forest School

In partnership with

RAMS RUGBY



RAMS Rugby

Co-Curricular
Programme
2019 – 2020

We are delighted to have partnered with RAMS Rugby Club, to provide a complete rugby development programme for 16-18 year old male and female students in the Berkshire area. Starting in September 2019 the programme will encompass both physical and mental development and provide bespoke rugby coaching based upon individual player development.

The practicalities of the course include: * Full education provision at The Forest School * 2 bespoke rugby training sessions per week provided by Rams Rugby * Training throughout the whole academic year * Full programme of physical development (Strength and Conditioning) * Nutritional advice * Weekly games in competitive leagues.

Sign up today.

Name of Student:

Date of birth of student:

Name Parent/Guardian:

Address

Postcode

Tel Number (home)

Emergency Tel Number (mobile)

School attended

Medical Form Completed (overleaf)

Yes

Consents (please read and complete)

- I confirm I wish to undertake rugby training with coaches from **RAMS RFC at The Forest School**
- I will comply with laws and resolutions of the RFU and Berkshire RFU
- Whilst training or during matches RAMS staff may wish to take photos or videos of the team or players for training purposes and or for promotion and celebration of rugby achievements. Please indicate if this is acceptable. YES NO
- I consent to data being held and being contacted and informed by club officials in accordance with that policy. http://www.ramsrugby.com/d/documents.html?group_id=11011
- I have completed and signed the health and medication information form completely and accurately.

Signed:

Dated:

Please return your form to The Forest School. Main School Office.

Student Health History Questionnaire Form

Please Fill in CAPITAL LETTERS

Name _____ Date _____

Please answer the following questions:

Have you ever had chest pain and/or shortness of breath during or after exercise / practice?	YES NO Please Describe
Have you ever felt dizzy, lightheaded, and/or passed out during or after exercise / practice?	YES NO Please Describe
Have you ever been told that you have / had high / low blood pressure?	YES NO
Are you allergic to food, medication or insect bites or stings?	YES NO Please Describe
Are you presently taking/have you previously taken any allergy medications including the need for an EPI pen?	YES NO
Have you ever been diagnosed with asthma and/or exercised induced asthma?	YES NO Please Describe
Are you presently taking /have you previously taken any asthma medications / Use an Inhaler?	YES NO
Have you ever suffered a head injury / concussion (no matter how minor)?	YES NO Please Describe
Have you ever had seizures, convulsions, and/or epilepsy?	YES NO Please Describe
Do you routinely wear glasses?	YES NO
Do you routinely wear contact lenses?	YES NO
Have you ever suffered an injury to your cervical spine and/or neck?	YES NO Please Describe
Have you ever had any injury or illness other than those already noted?	YES NO Please Describe
Are you aware of any reasons why you should not participate in RAMS Rugby programme?	YES NO Please Describe

The information provided will be treated in confidence and used to help support your rugby training.
Please advise the coaches at the earliest opportunity of any injury or health concerns.