

# Sports Project Referral Form



You can post the referral to: The Advocacy Team, the Elfrida Society, 34 Islington Park Street, London N1 1PX or Email it to [advocacy@elfrida.com](mailto:advocacy@elfrida.com)



Please give as much information as you are comfortable with. If you would like help please call The Sports Project on 020 7359 7443.

## Contact

### Details



Name:



Address:


Phone Number:



Birthday:



Do you have a learning disability?  Yes  No

## Emergency Contact Details



Name:

Phone Number:

Can we ask them for more information?  Yes  No

## Your Doctor's Contact Details



Your GP's Name:

Address:


Phone Number:

## Your Safety



Is there anything we should know to help keep you and others safe?

# Your Health



Do you have a heart condition?  Yes  No



Do you have chest pain when  
No you exercise?  Yes



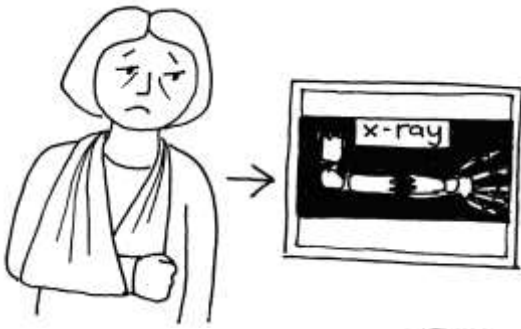
In the last month have you had  Yes  No  
chest pain when not exercising?



Do you lose your balance  
because you feel dizzy?  Yes  No



Do you ever pass out?  Yes  No



Do you have a bone or joint  Yes  No  
problem that could be made worse by  
exercising?



Do you have diabetes?  Yes  No



Do you have asthma?  Yes  No



Do you have epilepsy?  Yes  No



Do you have any other  Yes  No  
conditions we should know about?

You must speak to your GP if you answered yes to any of these questions. They must give you a letter saying you can do the sport or activity. We must have this letter **before you start**.

## Your Medication



Do you take any medication?

Yes  No

If you do take medication, please tell us about it here:



Name of medication:



How much you take:



When you take it:

## Allergies



If you have any allergies, please tell us about them here:

## Your Support

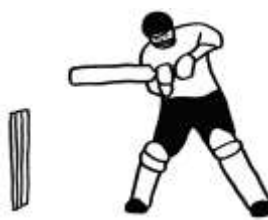


What support do you need with travel, changing and doing sports or physical activity?

**Which Sports or Activities You Would Like to Do** Please tick all the ones you might be interested in.



Tennis



Cricket



Boccia



Football



Walking



Badminton



Netball



Cycling



Please tell us about other sports and activities you might be interested in:

Signature:

Date:

Referred by:

Relationship:



## Your personal information

Personal information is things like your name, your address and your telephone number



The Elfrida society will keep and use your personal information in different ways.

Sometimes we might need to share it with other people.



We will follow rules if we do this. These rules are called General Data Protection Regulations, or GDPR for short.

These rules mean that we can only use your information for a good reason.



If you have any questions, please ask us.



**Can we keep your personal information?**

Yes

No



Please ask us or click [here](#) if you would like an easy read copy of Your rights about your personal information.



Please ask us if you would like a copy of the Elfrida Society's Data Security and Data Retention Policy and Procedure.