

Pre & Postnatal Classes

Application Form & Class Information

Beau Sejour are proud to offer a range of pre- and postnatal classes led by our fully-qualified BodyZone staff, to help you keep active during and after your pregnancy.

Please fill in and return this form before attending your first class. After this, a member of the pre- and postnatal team will be in touch.



BEAU SEJOUR
LEISURE CENTRE

Physical activity during pregnancy has many health benefits and is generally not a risk for you and your baby.

Prenatal benefits

- Maintains general fitness levels
- Reduces risk of hypertension
- Lowers gestational weight gain
- Improves sleep and mood
- Improves posture and reduces back pain
- May reduce risk of gestational diabetes
- Increases body awareness and improves self image

Postnatal benefits

- Faster postnatal recovery
- May reduce the risk of postnatal depression
- Aids the return to normal weight
- Improves sleep, mood and energy levels
- Provides functional fitness
- Helps to strengthen and tone abdominal muscles
- Increases body awareness and improves self-image

However, for some conditions, physical activity is not recommended. This questionnaire is to help determine whether you should speak to your GP or midwife before you begin (or continue to be) physically active.

Please complete and return this form before your first class. After this, a member of the pre- and postnatal team will be in touch.



Applicant details

Name:Date of birth:

Address:
.....Postcode:

Email:.....Phone no:

Doctor's name:Phone no:

Referred by:Due date:

Have you ever experienced any of the following, past or present? (Please tick)

	Shortness of breath		Heart disease		Diabetes
	Chest pains		Hypoglacaemia		Multiple births
	Miscarriage		Pelvic/abdominal cramps		High blood pressure
	Eating disorder		Vaginal bleeding		Knee problems or pain
	Seizures		Arthritis		Back problems or pain
	Vaginal disorder		Incompetent cervix		Neck problems or pain
	Blood disorder		Multiple gestation		Previous pregnancies

If you have answered ‘yes’ to any of the above, please provide more information:

Are you taking any medication? If 'yes', please specify below.

Previous exercise history:

Is there anything about your pregnancy or birth you feel is relevant to your participation in an exercise programme? If 'yes', please specify below.

Do you have any concerns about pregnancy, birth or the postnatal period?

For postnatal use only:

Date baby was born:		Type of delivery	
Did you have an episiotomy?		Are you breastfeeding?	
Are you getting up at night?		Are you napping during the day?	

If you answered 'no' to all of the questions:
It is reasonably safe for you to participate in physical activity. Please sign the Applicant Declaration below.

If you answered 'yes' to one or more questions:
You should consult with your GP or midwife to clarify that it is safe for you to begin or continue to be physically active at this current time and in your current state of health. Please tick the box to confirm the following statement and sign the Applicant Declaration.

☐ "I have sought medical advice and my GP or midwife has recommended that I take part in physical activity during or after my pregnancy."

Applicant declaration

I have read, understood and accurately completed this questionnaire. By signing I consent to the pre- and postnatal terms and conditions (available on our website or in the Centre), and to my details to be retained in accordance with GDPR*.

Print name:

Signature:

Date:

Please return the application form to us at:
Beau Sejour Leisure Centre, Amherst, GY1 2DL
or email us at **ActiveHealth@gov.gg**

For more information, please contact the Active Health team on the email address above, or by calling **220508**.

Website: **www.beausejour.gg**

* We collect information to help manage your account. All personal information we collect will be used and recorded by us in accordance with the Data Protection Law 2017 and the General Data Protection Regulation (GDPR).