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Ghatkopar Jolly Gymkhana Marathon & Fitness Group




SEASON : 2019- 2020

ENROLMENT CUM SELF DECLARATION FORM

Name of Participant: _____

Please  : Life Member /Associate Member

Sr.#	CREDENTIALS	PHYSICAL DATA
1	Membership Type & #	Chest size _____ Inches (for T- shirt)
2	Sex <input checked="" type="checkbox"/> 	Male/Female Height _____ Inches
3	Date of Birth (dd/mm/yyyy)	Weight _____ Kgs
4	Age as on 1 st February _____ Years	
5	Mobile #	
6	Email id	

Please  the programme for which you wish to undergo training:

Full Marathon 42Kms Half Marathon 21Kms FITNESS Kids Training

Health related self-declaration:

Fees: Rs. 4000/- for the season

During the last 5 years, have you ever had a surgery & /or suffered from a disease/ medical condition like heart attack, high blood pressure, anaemia, leukaemia, chest pain, shortness of breath, epilepsy/fits, migraines, hernia/rupture, hepatitis, cirrhosis, speech defects, hearing impairment, nervous or mental condition, stress/depression, back / neck / shoulder / leg / feet pain / injury, arthritis, allergies, psoriasis, eczema, & /or lost time from effective work /school/college due to fatigue/ sleeplessness/injury/hazardous work environment & /or made any claim against the employer/availed superannuation due to injury, & /or occasionally taken illicit or stimulants/sedatives/drugs/alcohol regularly/occasionally, or aware of any of your condition that affect you performing your duties. (Please answer the question in the box below:)

Member's General Self-Declaration:

I _____, hereby declare that

- (1) the above information is based on my medical report and are TRUE and CORRECT to the best of my knowledge and belief,
- (2) I am also fully aware that I may be exposed to undergo rigorous physical training including long distance practice runs and some qualifier races as may be required during the year for the training programme I opted for,
- (3) I am solely responsible for my decision to opt & under go the above training programme and
- (4) I and / or any of my family members shall not hold Ghatkopar Jolly Gymkhana &/or the Coach/es or others responsible for any of my health-related issue or otherwise that may arise whenever and/or wherever during or after the above training programme.

Place :

Date:

Signature of the Member Participant 