



Health & Fitness

208-210 Old Kent Road, London SE1 5TY

Sunbed Tanning Questionnaire Screening Form

CLIENT'S DETAILS

Title

Sex (M/F) First Name Last Name

Address Mobile No.

Town HomeTel No.

City Work Tel No.

Post Code Age Group

Occupation Email Address

If under 21, enter Age (years)-
Prove of ID may be required

LADIES ONLY

If you are currently taking the contraceptive pill have you ever **noticed any unusual pigmentation** when sun-tanned?
(Yes/No)

Have you any reason to believe you are pregnant? (Yes/No)

DOCTOR'S DETAILS

Doctor's Name

Address

City Phone

Post Code

MEDICAL HISTORY

Choose your Skin Type

Have you ever consulted a dermatologist related to any skin problems? (Yes/No)

Have you ever had x-ray or radiation treatment? (Yes/No)

Have you ever had a cataract or any other eye operation? (Yes/No)

Are you currently taking any medicines? (Yes/No)

If yes please specify medicines being taken

HEALTH ISSUES

If you suffer from any of the following below, then click the ox adjacent to it, otherwise leave it ucheck:

Heart Condition

Chest Condition

Back Problems

Kidney or Urinary problems

Fits

Diabetes

Migraine

SUN BATHING EFFECTS

As a result of sunbathing, if you have had following below, then click the check box adjacent to it, otherwise leave it unchecked:

Sun burning

Blistering

Peeling

Heat rash

Sun stroke

Sore eyes

IT IS IMPERATIVE THAT SKIN WHICH IS TO BE EXPOSED TO ULTRA VIOLET LIGHT IS THOROUGHLY CLEANSED OF TRACES OF MAKE-UP, MOISTURISER AND PERFUME INCLUDING ALL COLOGNES, BATH PREPARATION AND AFTERSHAVES.

GOGGLES MUST BE WORN

CONTACT LENSES SHOULD BE REMOVED

REMOVE ALL JEWELLERY SHOWER

BEFORE SUNBATHING

RECOMMENDATIONS FOR EXPOSURE TIME:

Clients with Pale Skin (Skin type 2) are strongly advised to take a Maximum of 3 minutes on their first session.

To develop maximum & safe tan, follow the protocol below.

<u>Session</u>	<u>Exposure</u>	<u>Comment</u>
1st session	3 minutes	Minimum 24 hours rest
2nd & 3rd sessions	6 minutes	Minimum 24 hours rest
4th & 5th sessions	9 minutes	Minimum 24 hours rest
6th & 7th sessions	12 minutes	Minimum 24 hours rest
8th session and after	12 or 15 minutes	Do at least one session each week to maintain.

The number of minutes I want to do on my first session here is:

These sun tanning equipment reproduces some of the effects of natural sunlight. It is therefore essential that you:-Follow the instructions for the safe use of the equipment.

Do not exceed the recommended exposure time.

I have read and understood the foregoing and I undertake to inform the operator should there be any change in my medical background.

By checking the box you are agreeing to the declaration and the terms and conditions of the Miami Health Club.

Full name of Signatory:

Date of Signatory: