



Return to Competition Evidence of Minimum Training Hours

Name:

Date of Birth:

BJA Membership Number:

Club:

Coach:

Coach Membership Number:

Using the table below please complete a log of the hours of training you have completed before your competition. Each session must be signed off by your coach. Please note that the minimum is 10 hours of training and a minimum of 6 weeks since starting training.

Date	Number of Hours	Coach Signature

By signing below, you agree to the following:

- I confirm that the information provided is accurate and correct.
- I accept that the minimum training requirement to return to competition is set as a standard and that I am responsible for ensuring I am prepared to return, safely, to competition before doing so.

Print Name:

Signature:

Date:

If Named person is under eighteen years of age:

Parent/ Guardian Print Name:

Signature:

Date: