

# Dartmoor Forest Parish Council



Parish Clerk: Mr N K Tigwell,  
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Website: [www.dartmoorforestpc.net](http://www.dartmoorforestpc.net)

## VOLUNTEER GROUNDSMAN FITNESS TO PARTICIPATE FORM

Do you consider yourself to be physically capable of carrying out the work involved?

Carrying out grounds maintenance activity can be physically demanding and tiring.

If you are pregnant or have any pre-existing health problems, e.g. angina or back pain, or you are not sure whether you are fit enough to carry out the work involved, please seek advice from your GP before you complete this form.

<b>First Name</b>	
<b>Surname</b>	
<b>Address</b>	
	Postcode
<b>Contact number (Home/Mobile)</b>	
<b>Email address</b>	

I declare that I am fit to carry out grounds maintenance activities.

I have been briefed by the Parish Groundsman and/or have read the Grounds Maintenance Risk Assessment and the information covering the safe operations required for grounds maintenance provided on Dartmoor Forest Parish Council's website.

<b>Signed</b>	
<b>Date</b>	

Please return your completed form to the Parish Groundsman or Parish Clerk.