

**Physical Activity Readiness
Questionnaire (PAR-Q)**



Name:

In order to use the fitness facilities at Rame Gig Club you must complete the following questionnaire to the best of your knowledge. The questionnaire will tell you if you need to check with your doctor before you start exercising. If you are over 69 years of age and you are not used to being very active, check with your doctor prior to undertaking any physical activity.

All information will be treated confidentially.

Answer YES (Y) or NO (N) (Please circle)

1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?

Y N

2. Do you ever feel pain in your chest when you do physical activity? Y N

3. Have you ever had chest pain when you were not doing physical activity? Y N

4. Do you ever feel faint or have spells of dizziness? Y N

5. Do you have a joint problem that could be made worse by exercise? Y N

6. Have you ever been told that you have high blood pressure? Y N

7. Are you currently taking any medication of which the instructors should be made aware? Y N

7a. If yes, what?

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8. Are you pregnant or have you had a baby in the last six months? Y N

9. Is there any other reason why you should not participate in physical activity? Y N

9a. If yes, what?

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If you have answered 'YES' to one or more of the questions:

Talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness induction. Tell your doctor about the questionnaire and which question(s) you have answered yes to. You may be able to do any activity you want – as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kind of activity you wish to participate in and follow his/her advice.

If you have answered 'NO' to all questions:

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Remember to begin slowly and build up gradually.

Please note: If your health changes so that subsequently you answer yes to any of the above questions, you are required to inform an instructor immediately. Ask whether you should change your physical activity or exercise plan. Delay becoming more active if you feel unwell because of a temporary illness such as cold or flu – wait until you are better. **It is your personal responsibility to gauge if you should participate in any form of physical activity and use the equipment available at the fitness suite not the instructors/ volunteers at Rame Gig Club.**

Sign to confirm that you have read, understood and completed this questionnaire honestly.

All questions have been answered to the best of my knowledge.

Name: Signature:

Address:

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Contact number: Date:

Emergency contact

Name: Contact number: