Physical Activity Readiness Questionnaire (PAR-Q)

for Group Exercise to Music session

If you are planning to take part in physical activity, or an exercise class, start by answering the questions below. If you are between the ages of 18 and 69, the questionnaire will tell you whether you should talk to your doctor before you start. If you are over 69 years old, and you are not used to being very active, check with your doctor. **All information will be treated confidentially.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. | Have you ever been advised by your doctor that you have a heart condition and | | Yes | No |  |
|  | should only do physical activity recommended by a doctor? | |  |
|  |  |  |  |
|  |  | |  |  |  |
| 2. | Do you ever feel pain in your chest when you do a physical activity? | | Yes | No |  |
|  |  | |  |  |  |
| 3. | In the past month, have you had chest pain when you were not doing physical | | Yes | No |  |
|  | activity? | |  |
|  |  |  |  |
|  |  | |  |  |  |
| 4. | Do you ever feel faint or have spells of dizziness? | | Yes | No |  |
|  |  | |  |  |  |
| 5. | Do you have a bone or joint problem (e.g. back, knee or hip) which could be made | | Yes | No |  |
|  | worse by a change in physical activity? | |  |
|  |  |  |  |
|  |  | |  |  |  |
| 6. | Have you ever been told that you have high blood pressure? | | Yes | No |  |
|  |  | |  |  |  |
| 7. | Are you currently taking any medication? | | Yes | No |  |
|  |  | |  |  |  |
|  | a) If yes, what? | |  |  |  |
|  |  | |  |  |  |
| 8. | Are you pregnant or have you given birth in the last six months? | | Yes | No |  |
|  |  | |  |  |  |
| 9. | Is there any other reason why you should not participate in physical activity? | | Yes | No |  |
|  |  | |  |  |  |
|  | a) If yes, what? | |  |  |  |
|  |  | |  |  |  |
|  | |  |  |  |  |

**If you have answered YES to one or more questions**

Talk to your doctor by phone or in person before you start becoming more physically active. Tell him/ her about this questionnaire, and the kind of class you wish to participate in, and follow his/her advice.

**If you have answered NO to all questions**

You can be reasonably sure that a group exercise to music session will be suitable for you. Remember: begin slowly and build up gradually.

**Please note.** If your health changes so that subsequently you answer YES to any of the above questions,inform your fitness instructor immediately. Delay becoming more active if you feel unwell because of a temporary illness such as a cold – wait until you are better.

No liability is accepted for any loss or damage to any items which you may bring with you to classes. Equally, liability is not accepted for loss of or damage to motor vehicles or their contents and these are left at the owner’s risk.

“I confirm that I have read, understood and completed this questionnaire. All questions have been answered to the best of my knowledge. Where any medical condition, discomfort or injury which may be affected by physical activity applies, or becomes applicable, at any time when I am participating in a class, I am responsible for checking with my doctor to ensure I am able to participate in this activity. I consent to being contacted by Fitness with Alison, by phone, text or email.”

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| --- | --- |
| Signature: | EMERGENCY CONTACT: Name and Tel.No: |
| Name: |
| Tel.no.: |
| Address: |
| Email: | Date: |