



# Physical Activity Readiness Questionnaire (PAR-Q) Form

There are many health benefits to regular physical activity. This PAR-Q form provides details of your health and highlights any medical conditions that could affect your ability to participate, in order to ensure that the exercises in the class are safe and effective for you.

## GENERAL HEALTH QUESTIONS

PLEASE READ THE QUESTIONS BELOW CAREFULLY AND ANSWER EACH ONE: TICK YES OR NO	YES	NO
Have you ever been told NOT to participate in any physical exercise?		
Do you have a heart condition and been advised only to do specific activities?		
Do you suffer from heart-related problems?		
Do you feel pain in your chest when you take part in any physical activity?		
Do you have any breathing concerns?		
Do you lose balance because of dizziness or lose consciousness?		
Do you have bone, joint or soft tissue problems that could be made worse by a change in your physical activity?		
Do you have any medically prescribed medication for blood pressure or a heart condition?		
Do you know of ANY OTHER REASON why you should NOT do physical activity?		

**If you have answered YES to any of the above questions, we recommend getting medical advice before taking part in an exercise class.**

**If you have answered NO to all the questions, it is reasonably safe for you to participate in the physical activity. Gradually build up from your current level. You should not exercise beyond your own abilities.**

- You know your limits - only do as much as you can and what feels comfortable.
- We will respect and allow you to make your own decisions about what exercise you carry out.
- We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition to use and enjoy.
- We will take all reasonable efforts to make sure the tutors are qualified and insured.
- If you know or are concerned that you might have a medical condition which might interfere with you exercising safely, before attending a class you are required to get advice from a relevant medical professional and follow their advice. Please keep AVSED up to date on new concerns.
- Make yourself aware of all the instructions that the tutor provides throughout the class including health and safety notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
- Inform the tutor immediately if you feel ill before or during the class.

PLEASE READ THE BELOW STATEMENTS CAREFULLY AND COMPLETE WITH A TICK		✓
I have read, understood and accurately completed this questionnaire to the best of my knowledge.		
I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation may involve a risk of injury.		
I agree to keep AVSED informed of any changes to my health.		
I HAVE/HAVENOT (delete/circle as appropriate) consulted medical advice and accept all responsibility whilst attending the exercise class.		
Print Name:	Signature:	Date:

**PLEASE NOTE: This PAR-Q is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer yes to any of the above questions.**