

Physical Activity Readiness Questionnaire (PAR-Q)

Club Name:

The session you are about to attend involves physical activity and exertion and therefore we require every player to complete a "Physical Activity Readiness Questionnaire (PAR-Q)".

Player Name:

Physical Activity Readiness Questionnaire (PAR-Q)		Yes	No
1.	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
2.	Do you ever feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3.	Have you ever had chest pain when you are not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
4.	Do you ever feel faint or have spells of dizziness?	<input type="checkbox"/>	<input type="checkbox"/>
5.	Do you have a joint problem that could be made worse by exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6.	Have you ever been told that you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
7.	Are you currently taking any medication of which the instructor should be made aware? If so what?	<input type="checkbox"/>	<input type="checkbox"/>
8.	Are you pregnant or have you had a baby in the last 6 months?	<input type="checkbox"/>	<input type="checkbox"/>
9.	Is there any other reason why you should not participate in physical activity? If so what?	<input type="checkbox"/>	<input type="checkbox"/>
10.	If you have answered 'Yes' to any of the questions above have you sought advice from your doctor about whether it is safe for you to participate in physical activity.	<input type="checkbox"/>	<input type="checkbox"/>

EMERGENCY CONTACT – please detail who you would like us to contact in case of an emergency

Name of Contact

Phone Number:

Mobile phone number:

MEDICAL INFORMATION – please detail any medical conditions that you wish to make us aware of (e.g. epilepsy, asthma, diabetes, allergies etc)

Disclaimer

Every physical activity carries potential risks. Whilst every precaution will be taken to ensure your safety, you should recognise that you take part at your own risk. The organisers take no responsibility for any injuries sustained unless they occur through negligence.

Signed:
(If under 19, a parent/guardian must sign, giving permission to participate.

Date: