

The PAR-Q (Physical Activity Readiness Questionnaire)

If you are planning to take part in physical activity or an exercise class and you are new to exercise, start by answering the questions below.

If you are between the ages of 15 and 69 the questionnaire will tell you if you should check with a doctor before you start. If you are over 69 years of age and you are not used to being active, check with your doctor. All the information will be treated confidentially by the instructor/trainer.

Circle **Yes** or **No**.

1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by the doctor?	Yes	No
2	Do you ever feel pain in your chest when you do physical activity?	Yes	No
3	Have you ever had chest pain when you were not doing physical activity?	Yes	No
4	Do you ever feel faint or have spells of dizziness?	Yes	No
5	Do you have a joint problem that could be made worse by exercise?	Yes	No
6	Have you ever been told that you have high blood pressure?	Yes	No
7	Are you currently taking any medication of which the instructor should be made aware?	Yes	No
8	Are you pregnant, or have you had a baby in the past 6 months?	Yes	No
9	Do you know of any other reason why you should not participate in physical activity/exercise?	Yes	No

Details

*If you have answered **Yes** to one or more questions:*

Talk with your doctor by phone or in person before you start becoming much more physically active or before you have a fitness assessment. Tell your doctor about the Par-Q Pre-Exercise Questionnaire and to which question you answered **Yes**.

You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow professional medical advice.

*If you have answered **No** to all questions:*

You can be reasonably sure that you can start becoming more physically active and taking part in a suitable exercise programme. Begin slowly and build up gradually. This is the easiest way to exercise.

Par-Q Pre-Exercise Questionnaire

Delay becoming more active if you feel unwell because of a temporary illness such as a cold or a fever – wait till you are better.

Please note: if your health changes so that subsequently you answer **YES** to any of the above questions, inform your fitness or health professional immediately.

Ask whether you should change your physical activity or exercise plan.

Disclaimer:

I have read, understood and completed this questionnaire. All questions were answered to my full satisfaction.

Name:

Address:

Postcode:

Telephone(s):

Signed:

Date:

Please complete and return to your trainer before starting any Indoor Rowing.