

Physical Activity Readiness Statement (PAR -Q)

Image use agreement & Contact Form



Full Name	
Contact Number	
Are you on Whatsapp?	
Email	
Are you on Facebook?	
If we need to contact you, what's your preferred method?	
Post Code	
How did you hear about us?	
If it were a Poster, where was it?	
Emergency Contact person	
Emergency Contact number	
Membership number	<i>office use</i>

Regular physical activity is a key component of a healthy lifestyle, and safe for most people, however some people should check with their doctor before becoming physically active. Start by answering the seven questions below. If you are between the ages of 18 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, we advise you to check with your doctor first. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: YES or NO. To protect your privacy, please DO NOT WRITE anything next to the items:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?

6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES:

If you answered yes to one or more questions, are older than age 40 and have been inactive or are concerned about your health, consult a physician before substantially increasing your physical activity. You should ask for medical clearance along with information about specific exercise limitations you may have. In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines.

If you answered NO:

If you answered no to all the PAR-Q questions, you can be reasonably sure that you can exercise safely and have a low risk of having any medical complications from exercise. It is still important to start slowly and increase gradually.

PHYSICAL ACTIVITY WAIVER

I hereby confirm that I am voluntary engaging in an acceptable level of exercise which has been recommended to me. By signing this document, I expressly assume all risk for my health and well-being and expressly assume the other risks associated with participating in the classes. I also hereby release, waive, discharge and covenant not to sue any class instructor, any 4TLOD participating location, any sponsoring Organization or any of their subsidiaries or any other organization or individual providing or promoting classes, functions or other activities that I participated in at any time hereafter, from any and all demands, liabilities, losses, or damages (including death, bodily injury or damage to property) caused or alleged to be caused in whole or in part by the negligence of any of the foregoing people or entities. I have read, understand, had explained to me, and had the opportunity to ask questions concerning this waiver, release, and express assumption of risk.

PHOTOGRAPHY / VIDEOGRAPHY WAIVER

I hereby confirm that I understand that as part of the class my image may be photographed or videoed and I hereby give my permission for my image to be published and used in any media required.

Print Member's Name	
Member's Signature	
Date	
Activity Facilitator Signature	
Date	