

OurHouse

Physical Activity Readiness Questionnaire (Par-Q)

NAME:

DOB:

EMAIL:

PHONE NUMBER:

In order to take part in physical activities at an OurHouse club, we require each individual to complete a Pre-Activity Readiness Questionnaire (PARQ). This helps identify whether you are ready to undertake physical activity, whether you understand the associated risks, and whether any special measures are needed to ensure a safe and enjoyable experience.

If you answer yes to any of the questions, talk with your doctor BEFORE you become physically active. If at any stage your health changes, resulting in a 'yes' answer to any of the questions, please seek guidance from a GP.

	YES	NO
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
Are you diabetic?		
When you do any physical activity do you feel pain in your chest?		
Have you ever felt faint or had spells of dizziness?		
Do you have any bone or joint problems that could be made worse by a change in your physical activity?		
Have you ever suffered from high blood pressure?		
Are you currently on any medication that could affect your health by a change in your physical activity?		
Are you pregnant or have you had a baby in the last 6 months?		
Do you know of any reason why you should not exercise or increase your physical activity? (If yes, please give details below)		

OurHouse

I have completed the above questionnaire honestly and to the best of my knowledge. I accept that in the absence of negligence or other breach of duty by any club in the OurHouse Group I undertake any activities at OurHouse clubs at my own risk. If my health changes at any time so that I would answer yes to any of the above then I will cease exercising and consult my doctor.

Signature:

Date:
