

COPY AND PASTE INTO A NEW DOCUMENT WITH YOUR BRAND:

HEALTH FORM DISCLAIMER

Section 1: Personal Information (Required)

Full Name:

Date of Birth:

Email Address:

Phone Number:

Section 2: Emergency Contact Information (Required)

Emergency Contact Name:

Relationship to Participant:

Emergency Contact Phone:

Section 3: Allergy Information (Required)

- Do you have any allergies (e.g., medication, food, environmental)?
 - Yes ☐ No ☐
 - If yes, please specify the allergy and any emergency protocol:

Physical Activity Readiness Questionnaire (PAR-Q)

A Questionnaire for People Aged 15 to 69

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active everyday. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 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, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the question carefully and answer each one honestly by checking YES or NO.

	Y	N
<i>Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?</i>		
<i>Do you feel pain in your chest when you do physical activity?</i>		
<i>In the past month, have you had chest pain when you were not doing physical activity?</i>		
<i>Do you lose your balance because of dizziness or do you ever lose consciousness?</i>		
<i>Do you have a bone or joint problem that could be made worse by a change in your physical activity?</i>		
<i>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</i>		
<i>Do you know of any other reason why you should not do physical activity?</i>		

If you 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 appraisal. Tell your doctor about the PAR-Q and which questions 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 which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can: Start becoming much more physically active. Begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal. This is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming much more active: If you are not feeling well because of a temporary illness such as cold or a fever - wait until you feel better; or if you are or may be pregnant - talk to your doctor before you start becoming more active. *Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.*

Informed Use of the PAR-Q. _____ (Host / Teacher) assumes no liability for persons who undertake physical activity. If in doubt after completing this questionnaire, please **consult your doctor prior.**

Disclaimer:

All personal and medical information will be treated as confidential. The courses and events offered by _____ (Host / Teacher) may contain an element of personal risk and however unlikely, the risk can become a reality. It is the nature of adventure activities that there is a certain degree of risk. The experienced leader will endeavour to ensure the safety of participants at all times. Every effort will be made to minimise risk and full safety guidelines will be explained at the start of the course. Students will be given guidance by the instructor for all activities, and participate at their own risk.

_____ (Host / Teacher) will hold no responsibility for any loss, accident or injury that may occur.

Declaration:

Signed by the person named above. I recognise and agree that, as with any outdoor activity, the course and events offered by _____ (Host / Teacher) may contain an element of personal risk and however unlikely, the risk can become a reality.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction. By signing below, I agree to accept this risk and to obey all safety instructions given by the instructors for the duration of the course.

Signature _____

Please Print Name _____ Date _____