

Physical Activity Readiness Questionnaire (PAR-Q)

The questions in this PAR-Q are designed to ensure your safety and well-being in Kangoo Club Southend fitness activities. These questions are appropriate for individuals aged 15 and above. If you are over 69 years of age and are not used to being very active, check with your doctor before signing. You should also check with your doctor before signing if you significantly change your physical activity patterns. Please read each question carefully and answer them to the best of your knowledge by indicating YES or NO.

Participant Information:

- Full Name: _____ Date of Birth: _____
- Emergency Contact: _____ Phone Number: _____

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES/NO
2. Do you feel pain in your chest when you do physical activity? YES/NO
3. In the past month, have you had chest pain when you were not doing physical activity? YES/NO
4. Do you lose your balance because of dizziness, or do you ever lose consciousness? YES/NO
5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in physical activity? YES/NO
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? YES/NO
7. Do you know of any other reason why you should not do physical activity? YES/NO
8. Are you pregnant, you suspect you could be or given birth in the last 6 weeks? YES/NO
9. Are there any other conditions or needs relevant to you/the participant of which we should be aware of? YES/NO (please continue overleaf if necessary)

If you have answered:

- ✓ **NO**, to all the above questions and you have reasonable assurance of your suitability for exercise, **sign the participant declaration.**
- ⛔ **YES**, to one or more questions, you can still sign the form. However, we strongly recommend you consult with your doctor before you sign to clarify that it is safe for you to participate in Kangoo Jumps rebound exercise at this current time and in their current state of health.



Delay becoming more active if:

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

Participant Declaration

In signing this form, I, the participant, affirm that I have read this form in its entirety and I have answered the questions accurately and to the best of my knowledge. I understand that I am responsible for monitoring myself throughout any activity, and should any unusual symptoms occur, I will ease participation and inform the instructor. I understand that it is my responsibility to inform Kangoo Club Southend of any changes to the information provided in this form.

Additional comments if applicable:

This document is an addition to Assumption of Risks and Waiver of Liability Agreement

Consent:

- Full Name and Signature: _____
- Date: _____

Medical Clearance:

Having answered "YES" to any of the questions above, I have sought medical advice, and my GP has agreed that I may participate in physical activities.

- Full Name and Signature: _____
- Date: _____