

# PAR-Q & YOU

(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 every day. 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 questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

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.
- Find out which community programs are safe and helpful for you.

## 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. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a 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:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

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

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_  
or GUARDIAN (for participants under the age of majority)

WITNESS \_\_\_\_\_

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**

**Gordon Wragg Athletic Centre  
Physical Activity Waiver Form**Name: \_\_\_\_\_ Student/Staff ID #: \_\_\_\_\_  
(Please Print)

I, the undersigned, do hereby acknowledge:

My consent to participate in any physical activity in the Gordon Wragg Athletic Centre (hereby known as 'the Institute') including, but not limited to the use of the gymnasium, weight room, cardio room, fitness classes, varsity athletics and campus recreation;

My understanding that the Institute's Athletics staff has the right to stop me from doing exercise which he/she feels would be harmful to me or make me stop exercising upon observation of any symptoms of distress or abnormal response;

My understanding that there are potential risks associated with physical activity such as, but not limited to, episodes of transient light-headedness, fainting, abnormal blood pressure, musculoskeletal injuries, and I wilfully assume those risks;

My obligation to immediately inform the Institute's Athletic staff of unusual pain, discomfort, fatigue, or any other symptoms that I may suffer during and immediately after physical activity;

That I have read, understand, and completed the Par-Q Form;

Humber's Athletic Centre aims to provide a safe and respectful environment for all people using and working in the Centre. All staff members are to be treated with respect and courtesy;

That I have read and understand the Athletic Centre Rules, Regulations & Policies and understand that failure to abide by such rules may entail loss of use and/or access to the facility;

**NOTE:** The Athletics Facility along with the College is closed during statutory holidays and Christmas break. Extensions or reimbursements are not granted for these periods of closure. Six month and one year memberships can be put on hold for periods of no less than one month, and no more than 3 months. No extensions are permitted for one month memberships. An extension will not be granted unless your membership card and parking pass are brought into the office prior to your absence. Reimbursements are not permitted for memberships on hold. Please refer to back of invoice for refund policy.

Questions regarding these policies should be directed to the facility or office manager.

I hereby release the Institute, its Board of Governors, Agents, Officers, and Employees from any liability with respect to any negligence, damage or injury (including death) that I may suffer during participation in physical activity at the Gordon Wragg Athletic Centre.

**I further confirm that I am over the age of majority (18 years at the time of signing).**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**In case of emergency, please contact:**

Name(s): \_\_\_\_\_ Relationship to You: \_\_\_\_\_

Phone #: \_\_\_\_\_ Alt. Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_