



LANHYDROCK HOTEL
and golf club

PARQ FORM – Physical Activity Readiness Questionnaire 2023/2024

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are age between 16 and 69 inclusive the PARQ will tell you if you should check with your doctor before you start. If you are over the age of 69, and are not very active, check with your doctor first.

Please read the following questions and answer each one honestly.

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Y	N
Do you feel pain in your chest when you do physical activity?	Y	N
Do you lose your balance because of dizziness or do you ever lose consciousness?	Y	N
Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?	Y	N
Do you have or have you ever suffered with high blood pressure?	Y	N
Do you have or have you ever had Diabetes?	Y	N
Do you have or have you ever suffered from Asthma?	Y	N
Is your doctor currently prescribing you drugs or medication that could prevent you from taking exercise?	Y	N
Have you undergone any surgery or medical treatment that could prevent you from taking exercise?	Y	N
Are you or could you be pregnant or have you recently had a baby?	Y	N
Do you know of any other reason why you should not participate in a programme of physical activity?	Y	N

If you answered YES to one or more questions:

If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness assessment. Tell your doctor what questions you answered “yes” to on PAR-Q or present your PAR-Q copy.

After medical evaluation, seek advice from your doctor as to your suitability for:

- 1) Unrestricted physical activity starting off easily and progressing gradually, and
- 2) Restricted or supervised activity to meet your specific needs, at least on an initial basis.

If you have answered NO to all questions:

If you answered the PAR-Q accurately, you can be reasonably sure that you can start to become physically active and take part in a suitable exercise programme.

I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Member Name:

Member Signature:

Date:

Additional Note:

I have taken medical advice and my doctor has agreed that I should exercise.

Signature:

Date: