



Physical Activity Readiness Questionnaire (PAR-Q)

YES NO

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

I understand that if I have answered YES to any of the above questions that I should consult a medical physician BEFORE participating in any exercise program with GO Mammoth.

Should I wish to continue and participate in the exercise activity without consulting a medical physician then I am aware of the potential risks and that I have decided to participate in activity and use of equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilisation of equipment and machinery in my activities. If there are any changes in my health status I shall update GO Mammoth by e-mail or phone.

Full Name

Signature

Class Name

Date