

CUSTOMER

PRE-ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)



Introduction:

The information contained within this form will help determine if you are safe to train or not. If there is ever **any** doubt regarding your fitness to train you should seek advice from your GP.

Health:

Before you start, we need to ask you some questions about your health. Don't worry, we won't share your information and it will be kept strictly confidential.

Questions (Please tick Yes or No)	Yes	No
Has your doctor ever said that you have a heart condition?		
Do you have pains in your chest when performing physical activity?		
Have you had chest pain when you were not doing physical activity?		
Do you lose your balance due to dizziness, or ever lose consciousness?		
Is there a history of coronary disease in your immediate family?		
Do you suffer from high or low blood pressure?		
Do you suffer from high cholesterol		
Are you pregnant now or have you given birth within the last 6 months?		
Have you had surgery recently?		
Do you have any chronic illness or physical limitations such as asthma, diabetes?		
Do you have any injuries, bone/joint or orthopedic problems such as bursitis, bad knees, back, shoulder, wrist or neck issues?		
Do you take any medications, either prescription or non-prescription regularly and does this medication affect your ability to exercise or achieve your fitness goals?		
Do you know of any other factor which may affect your ability to participate in physical activity?		

If you answered YES to one or more questions:

Always consult with your Doctor either in person or by phone *before* you start becoming more physically active and/or taking a fitness appraisal. Tell your Doctor what questions you answered yes to on this form and have them appropriately advise you prior to any activity.

Do you need help?

If you need to be shown how to use any of the equipment on offer, then we are more than happy to give you an induction.

Induction Required (Please tick an option below)	
Yes! Please give me an induction.	
No, I know what I'm doing.	

Tips and Tricks:

Here are a few Tips and Tricks that will help you to use the Gym:

- Always bring a towel with you when you train
- Stay well hydrated and bring your own drink bottle
- Remember to wipe down the machines before and after use.
- Always wear appropriate Gym attire.
- Always consider your own personal safety - Never use broken or faulty equipment. If you find something wrong, report this to the accommodation team.
- Warm up and Warm down before and after physical activity.
- Bring a mobile phone with you while you train in case you need to call for assistance.
- Our Gyms are unmanned, so it is always best to 'train in pairs or with a friend'.
- It is your responsibility to ensure you are medically fit before using the Gym.
- Reminder in an emergency, call 999!

The Small Print:

I confirm I have read and understood this PAR-Q and have completed it to the best of my knowledge. If I answered 'YES' to any questions on this form I acknowledge that I have discussed these items with my doctor and they have approved my activities. If there are any changes to my health or if I feel light-headedness, faint, chest discomfort, leg cramps, fatigue, discomfort, pain or nausea then I will immediately stop using the equipment until I have had a further consultation. I agree to only use equipment which is suitable to my levels, abilities and competencies and will seek appropriate external advice on the use of the equipment if I do not know how to correctly use or operate it. I understand that the gym provided is unmanned and that there is a risk associated with using the equipment, however I fully indemnify the Landlord, Managing Agent and Staff (as non-technical experts) for, from and against all liabilities associated with its use. I will also wear suitable gym attire, treat the equipment with respect and in the manner in which it was intended to use and will at all times act responsibly and be respectful of others.

Name:	
Non-term time Address:	
Date:	
Signature:	