



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

For most people, physical activity should not pose a problem or hazard, while tai chi and qigong are very safe forms of exercise. This PARQ has been designed to identify the small number of people for whom physical activity might be inappropriate or those who should seek medical advice concerning the type of activity most suitable for them. The information on this form is given **in confidence** to the Instructor and his representatives and will be stored in accordance with our Data Protection Policy, a copy of which is available on our website or upon request. Please tick the box to indicate that you have understood **and consent** to our use of your information in these ways.

Name:

Emergency contact name:

Emergency contact phone:

Please read each question carefully and answer honestly by indicating YES or NO. If you are between the ages of 15 and 69, your answers will tell you if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years of age and are not used to being very active, check with your doctor.

	YES	NO
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
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?	<input type="checkbox"/>	<input type="checkbox"/>
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
Do you know of any other reason why you should not take part in physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered YES to any of these questions, please comment/explain further:

If you answered YES to one or more questions, you should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you answered NO to ALL of the questions, It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

DECLARATION:

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and understand that my participation involves a risk of injury. I understand that this PARQ may become invalid should my condition change and I will inform my instructor of any changes in my health which might affect my ability to exercise.

Signed:

Date: