**Plymouth Harriers - Physical Activity Readiness Questionnaire – PAR-Q**

**Please complete form before your first training session with Plymouth Harriers on 17 January 2024**

First name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Surname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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Email address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobile Number: ­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please answer all of the questions YES or No. The information will be held in the strictest of confidence**

Has your doctor ever said your have heart trouble? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you ever had pain in your chest? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you often feel faint or have spells of dizziness? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has a doctor said that your blood pressure is too high? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has a doctor said that you might have bone or joint problems,

Arthritis, that is aggravated by exercise? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you been in hospital in the last 3 years? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently taking any medication? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you pre/postnatal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you suffer from asthma, or breathing difficulties? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you suffer from diabetes or epilepsy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you suffer from an allergy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is there a good reason not mentioned here why you should not take part in training sessions with Plymouth Harriers? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you answer yes to any of the questions above please provide a doctor’s note before joining the Beginners training program with Plymouth Harriers.

Signature of participant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_