

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE



Arethusa Venture Centre strive to ensure the best possible service is given whilst using our facilities. In order to reach the high standards we aim to achieve you are required to fill out the form below. In doing so it will allow us to best serve you and your fitness needs.

Personal Details		
Name:	Date of birth:	
Email:	Occupation:	
Home/Mobile Contact Number:		
Home address:		
Emergency contact details:	Name:	
	Number:	
Pre Exercise Questionnaire		
Please circle accordingly to answer the following questions:		
Has your doctor ever advised you that you should not participate in any physical exercise or training?	Yes	No
Are you currently pregnant or post natal?	Yes	No
Do you suffer from asthma or any other breathing difficulties?	Yes	No
Have you recently been hospitalised?	Yes	No
Are you currently taking any medication?	Yes	No
Do you suffer from any allergies?	Yes	No
Have you or Do you feel pain in your chest when exercising?	Yes	No
Have you or Do you have any infections or infectious diseases?	Yes	No
Have you or Do you suffer from high or low blood pressure?	Yes	No
Have you or do you suffer from a joint problem that worsens with exercise?	Yes	No
Have you ever broken or dislocated a bone?	Yes	No
Are you prone to dizziness or fainting spells?	Yes	No
Are you currently receiving any treatment from a doctor or any other health professional?	Yes	No
Are there any issues not listed that you feel may hinder, harm or prevent you from undertaking any physical activity?	Yes	No
Have you or do you suffer from depression or anxiety related illnesses?	Yes	No
Do you suffer from sleep related issues?	Yes	No
Do you suffer from any learning difficulties that may hinder you?	Yes	No
If you have answered yes to any of the questions above please give full details below. Failure to disclose information that could affect your health with exercise may invalidate your insurance within the centre.		
Staff Notes:		
If any of the information within this PAR Q changes it is the responsibility of customer to report this to a member of the Arthusa Venture Centre in Writing.		