Physical Activity Readiness Questionnaire (PAR-Q)

Please answer each question honestly, use common sense as your guide.

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 (for example, back, knee or hip) 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?

If you answered YES to one or more of the above questions, talk with your doctor BEFORE you start becoming much more physically active or BEFORE you start a coaching program. Tell your doctor about the PAR-Q and which questions you answered YES to.

You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO to all the PAR-Q questions, you can be reasonably sure that you can start becoming more physically active and start a coaching program. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 140/90, talk with your doctor before you start becoming more physically active or starting a coaching program.

By signing this form, I certify that I answered "No" to every question on this questionnaire and/or have been told that participating in a athletic program is okay by my doctor.

Athlete Name (print): _____

Athlete Name (signature): _____ Date: ___ / ___ / _____