



# CrossFit Wings

## Physical Activity Readiness Questionnaire (PARQ)

### Personal Details

First Name(s) ..... Surname .....

Address ..... Mobile .....

..... Home Tel. ....

Postcode .....M/F..... D.O.B ..... Age .....

I confirm that the following medical profile is true and accurate. All the information given will be treated as confidential.

### Medical Profile

**YES NO**

- 1. Have a heart condition and advised only to do physical activity recommended by a doctor
- 2. Have chest pain brought on by physical activity
- 3. Have developed chest pain in the last month
- 4. Have lost consciousness or fallen over as a result of dizziness
- 5. A doctor has recommended medication for my blood pressure or heart condition.
- 6. I suffer from breathlessness after slight exertion
- 7. I have a joint problem that could be aggravated by exercise
- 8. I am currently pregnant or there is a possibility that this may be the case
- 9. I am aged over 60 and unaccustomed to regular exercise.
- 10. I am taking medication for diabetes/epilepsy or any other illness
- 11. Do you know of any other reason why you should not take part in an exercise programme

**If you have answered NO to all of these questions**

The participant is probably ready to commence a moderate-vigorous exercise programme.

**If you have answered YES to one or more these questions**

If you haven't already done so, consult a doctor before increasing activity levels. Take a copy of this questionnaire and ask the doctor to evaluate the situation, and see whether an exercise programme can be started. If it can, ask the doctor to countersign this form and return the signed questionnaire to your Wings instructor.

Signature..... Printed .....

Date ..... (If required, Doctor Countersignature .....

Participants using Wings, or others, equipment, services or programmes do so at their own risk. Wings, its partners and management disclaim all liability for all injuries, unless caused as a direct negligence. Wings or its partners shall not be liable for consequential losses arising as a result of personal injury occurring on the premises or for any items of personal property left at any centres.