



# Physical activity readiness questionnaire (PAR-Q)\*

This form is a tool to determine whether you need to check with a doctor before starting a new form of exercise. If you are under 16, please let your instructor know so we can discuss whether this class is suitable or to discuss alternative classes. If you are over 69 years of age and not used to being active, please make sure you check suitability with your GP.

Please read each question carefully and answer **completely and honestly** by indicating YES or NO.

PHYSICAL HEALTH NO	YES	
Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?		
Have you ever suffered from unusual shortness of breath at rest or with mild exertion?		
Do you feel pain in your chest during activities of daily living?		
Do you ever feel chest pain when you do physical activity?		
Is there any history of coronary heart disease in your immediate family?		
Are you currently prescribed any medication for blood pressure, diabetes or a heart condition?		
Do you have asthma or exercise induced asthma?		
Do you often feel faint, have spells of severe dizziness or have you ever lost consciousness?		
Do you have a bone or joint problem that could be made worse by exercise?		
Do you have Arthritis, Osteoporosis, Osteopenia or disc problems?		
Is there any history of Osteoporosis or Osteopenia in your immediate family?		
Do you have cancer or are you currently receiving cancer therapy?		
Are you pregnant now or have given birth within the last 6 months?		
Have you had surgery in the past 12 weeks?		
Do you know of <b>ANY</b> other reason why you should not do physical activity?		

If you answered YES to any of the above, you should ensure your GP has confirmed that it is safe for you to become physically active at this current time and in your current state of health. **By signing this form you confirm that your doctor has given specific clearance to undertake this class.**

If the answer to all questions is 'NO' we can assume it is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. However, if you have any concerns you need to talk to your instructor **BEFORE** the class starts.

If your health changes in any way you NEED to tell your instructor before you start your next class.

EQUALITY AND INCLUSION NO	YES	
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Do you have any learning difficulties or impairment that might require some additional support, either during the lessons or in future communications (including visual or hearing impairment)		
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**INFORMED CONSENT**

Pilates can have great health benefits and improve cardiovascular fitness, muscle strength, endurance and flexibility. However exercise can contain certain risks such as muscle strains, joint sprains, aches, pains and injury. Your instructor will provide different levels for the exercises to minimise these risks, however, **if at any time during the exercise programme you feel pain, discomfort or you feel unwell you must stop immediately.**

I confirm that I am voluntarily engaging in exercise knowing that my participation involves some risk of injury or even death.		
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I understand that the instructor will provide different levels of the exercises and it is my responsibility to ensure I choose the appropriate level for my current ability.		
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I participate at my own risk and accept full responsibility for the risk of any injuries or damages that may occur during or following my lesson.		
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- I have read, understood, and honestly completed the questionnaire
- I understand that I must notify you immediately of any changes in my health.
- I will act with all due care to safeguard my own safety and that of fellow students.
- I have had the opportunity to ask any questions or express any concerns.

Print name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact Details: \_\_\_\_\_

Main Goal: \_\_\_\_\_

**Data Protection information**

*Your personal information is requested to allow us to ensure safe practice. The information you provide will be kept securely and is not shared with any third parties. Although regular updates will be requested, unless otherwise instructed by you, this form will be kept for 6 years.*

**IMPORTANT POINTS TO REMEMBER AT A PILATES CLASS**

- Always work at your own pace
- Work within your body’s limitations at all times.
- Be patient and allow gradual progression.
- Feel free to stop and rest at any time.
- Some moves may feel stiff or uncomfortable, but you should never feel pain.
- If you experience any difficulties or discomfort, tell your instructor so they can assist or modify the exercise.