PAR-Q: Physical Activity Readiness Questionnaire

For most people physical activity should not pose any problem or hazard. The physical activity readiness questionnaire has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

YES	NO	
		 Has your doctor ever said 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 that could be made worse by a change in your physical activity?
		6. Is your doctor currently prescribing drugs (for example, water pills) for you 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 questions...

Talk with your doctor and have them fill out a Physician Release form (available at the front desk or at www.ci.broomfield.co.us/recreation) BEFORE you participate in a personal fitness training or Pilates reformer session. Tell your doctor about the PAR-Q and which questions you answered yes to.

If you answered NO to all the questions...

If you answered NO honestly to ALL the PAR-Q questions, you can be reasonably sure that you can:

- Start becoming more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a personal fitness trainer appointment; this is an excellent way to determine your basic fitness so you can plan the best way for you to live actively.

You should delay becoming more physically active if you are NOT feeling well because of temporary illness such as a cold or a fever OR if you are or may be pregnant (please consult your physician before becoming physically active.

RELEASE AND INDEMIFICATION AGREEMENT – I understand that participating in any athletic sports program or any physically related activity may be dangerous and involves risk of injury, loss or damage. By signing this agreement, I hereby release the City and County of Broomfield, it's employees, agents, insurers and self-insurance pool, and it's officials, from any and all claims from injury, loss, death or damage that may occur as a result of participation in Recreation Services programs or while using the City and County facilities, whether or not cause by the act, omission, negligence or other fault or the City and County of Broomfield, it's officials, it's employees, or by any other cause. I further agree to defend, indemnify and hold harmless the City and County of Broomfield, it's officials, it's employees, agents, insurers and self-insurance pool, from and against all liability claims and demands, court costs, and attorney fees, on account or injury, loss, damage whatsoever.

Participant Signature and Date
