



HulaFit Contact Details & PARQ

Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose a problem or hazard. The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions. If you answer yes to any of the following then you will have to gain written consent from your doctor before participating in the HulaFit session.

Please complete this form thoroughly and hand back to your tutor:

Name:

Tel:

Address:

Person we should contact in case of an emergency:

Name:

Relationship to you:

Tel:

Address:

Physical Activity Readiness Questionnaire (PAR-Q)

Please read the below questions carefully and answer Yes or No.

1. Has your doctor ever said you have a heart condition and should only do physical activity recommended by a doctor? **YES / NO**
2. Do you feel pain in your chest when you do physical activity? **YES / NO**
3. In the last 4 weeks have you noticed any chest pain when you were not doing exercise or physical activity? **YES / NO**
4. Do you lose balance due to dizziness, or do you ever lose consciousness? **YES / NO**
5. Do you have any bone or joint problems (for example hip, knee or back) that could be made worse by a change in physical activity? **YES / NO**
6. Is your doctor prescribing you medication for blood pressure or a heart condition? **YES / NO**
7. Are you pregnant, or have you given birth in the past 3 months? **YES / NO**
8. Is there any other reason why you should not partake in physical activity? **YES / NO**



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COVID-19

1. Have you had COVID-19? **YES / NO**
2. If yes, when?
3. If you answered yes to have COVID-19, have you experienced what you consider to be any signs or symptoms of Long COVID? **YES / NO**

Please note that no liability is accepted for any loss of or damage to any articles, which you may bring with you to classes.

Equally, liability is not accepted for loss of or damage to motor vehicles or their contents and these are left at the owner's risk.

"I confirm that where any medical condition, discomfort or injury which may be affected by physical activity applies or becomes applicable at any time when I am participating in a class, I am responsible for checking with my doctor to ensure I am able to participate in this activity."

Signed:

Print Name:

Date: