



PAR Q

Physical Activity Readiness Questionnaire

Physical activity brings a whole host of physical benefits begin increasing the amount of physical activity you do it's important to answer the questions below and assess if there are any risks. If there are any risks it is important to talk to your doctor before beginning any physical activity. Please read the questions carefully and answer them honestly before signing the declaration at the bottom.

	Yes	No
1. Do you have a heart condition of any kind? If yes, give details
2. Do you, or have you ever felt chest pain when doing physical activity? If yes, give details
3. Do you ever experience chest pain when NOT doing physical activity? If yes, give details
4. Do you have any bone or joint problems e.g. hip, knee, back, that could be made worse by physical activity? If yes, give details
5. Are you taking any prescribed drugs? If yes do they effect exercise?
6. Do you ever experience dizziness, loss of consciousness or loss of balance? If yes, give details
7. Do you have diabetes, asthma or epilepsy? If yes, circle which one
8. Are you pregnant or have you been in the past three months?
9. Have you been told you have high cholesterol levels (serum level above 6.2mmol/L)? If yes, when?
10. Do you know of any reason why you should not do physical activity? If yes, give details
11. Do you smoke? If yes, how many per day?
12. Have you been a smoker? If yes when did you stop?
13. Are you a heavy drinker (alcohol)?
14. Have you ever been told you have high blood pressure?

Your declaration;

"I have read, understood and completed this questionnaire and the **terms and conditions on the following page**. Any queries I had were answered fully and I have answered all questions truthfully. I also understand I am responsible for monitoring myself through my exercise programme and if any unusual symptoms occur I will stop and consult a health care professional. I understand I must notify Earlston Running Club and the trainers of any changes to my health." Sign below to confirm.

Earlston Running Club can assume no liability for persons who undertake physical activity. If you are in any doubt about your readiness for physical activity you must consult with your doctor.

Your name _____ Signature _____ Date / /

N.B Under 18's MUST have adult consent**

D.O.B _____ If under 18 Parental Consent _____

Mobile no _____ Email Address _____

Where did you hear about this class? e.g 'google' _____

Emergency Contact Name _____ Phone number _____

Doctors Name _____ Phone number _____

Facebook email address if different from above _____

Terms and conditions for Earlsdon Running Club

Earlsdon running club is a friendly and informal running club that likes to help beginners get off the ground and existing runners stay motivated. We're here to motivate, educate and get you moving.



Payments are made by pay as you go or by block booking. Pay as you go must be paid at the start of the class and block bookings are valid for 5 months. If you are doing a total beginners course this is paid up front for six weeks and is non refundable but is transferable as long as you cancel up to 24 hours before the course starts.

Any joining or membership fee must be paid upfront and is non refundable. This is used to administrate the running club and help towards covering our costs.

Sessions are subject to change and we will communicate this via our Facebook and whatsapp group. If you wish to be contacted by text message or email please let us know. Please check the session times, conditions and type of training to judge if it is suitable for your level of fitness. If you run in a class not suitable we will help to find you a more suitable class to run with and offer you our best advice.

You are responsible for your own health, wellbeing and safety on all runs. Earlsdon Running Club and any of it's trainers, instructors or run leaders can take no responsibility for your safety or wellbeing. Please ensure you tell your instructor or trainer or any concerns, illnesses or injuries before attending a run with us and please stay with the group and ask for help if you need it.

You must complete the above PARQ (Physical Activity Readiness Questionnaire) before attending a run. If you're unable to run with us due to any of the answers in your questionnaire you will not be charged for the run. It is your responsibility to keep us updated if anything changes on the questionnaire.

Data protection is very important to us and we will not share your details with any third party without your permission. **We will use images on social media so please just let us know if you do not want your photo taken** or your photo used on social media. We respect completely your privacy if you do not want your photo taken. Please ensure you support and are kind to any other runners. We are all here to help each other. We reserve the right to remove any runner from a group or social media group if it is causing harm or upset to another person.

We want to help inspire and support you on your running journey so please enjoy your run with us, ask if you need help or support and help motivate the other runners with positive mental attitude and support.

WELCOME ON BOARD!

Declaration

"I have read and understood the above conditions. I understand my responsibilities to be on time with payments and commit myself to running club. I understand Earlsdon Running Club or any employees/self employed workers are not responsible for my safety and I must inform them of any health issues I have including anything that changes in the future." I have signed the previous PARQ signature page to confirm these terms and conditions