



Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of PAR-Q 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 any problem or hazard. PAR-Q is 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 the best guide in answering these few questions. Please read them carefully and check the correct answer opposite the question if it applies to you.

<i>Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?</i>	Yes	No
<i>Do you have high blood pressure?</i>	Yes	No
<i>Do you have low blood pressure?</i>	Yes	No
<i>Do you have Diabetes Mellitus or any other metabolic disease?</i>	Yes	No
<i>Has your doctor ever said you have raised cholesterol (serum Level above 6.2mmol/L)?</i>	Yes	No
<i>Have you ever felt pain in your chest when you do physical exercise?</i>	Yes	No
<i>Is your doctor currently prescribing you drugs or medication?</i>	Yes	No
<i>Have you ever suffered from unusual shortness of breath at rest or with mild exertion?</i>	Yes	No
<i>Is there any history of coronary heart disease in your family?</i>	Yes	No
<i>Do you often feel faint, have spells of severe dizziness or have lost consciousness?</i>	Yes	No
<i>Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)?</i>	Yes	No
<i>Do you currently smoke?</i>	Yes	No
<i>Do you NOT currently exercise on a regular basis (at least 3 times a week) and/or work in a job that is physically demanding?</i>	Yes	No
<i>Are you, or is there any possibility that you might be pregnant?</i>	Yes	No
<i>Do you know of any other reason why you should not participate in a program of physical activity?</i>	Yes	No

If you answered:

- **Yes, to one or more questions** – if you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor what questions you answered 'yes' to on PAR-Q or present your PAR-Q copy. After medical evaluation, seek advice from your doctor as to your suitability for:
 - Unrestricted physical activity starting off easily and progressing gradually, and
 - Restricted or supervised activity to meet your specific needs, at least on an initial basis
- **No to all questions** – if you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:
 - A graduated exercise programme
 - A fitness appraisal

Name: Signature: Date:



Havering '90 Joggers: Temporary Club Membership

Thanks for coming along to Havering '90 Joggers! You are welcome to run with us for a few weeks before deciding whether to join the club, but we need you to register with us temporarily while you're here.

Around one month after you have been with us, you will receive an email requesting payment. If you don't wish to join, simply reply to that email or let the Membership Secretary know and we will unregister you. If you choose to take up the offer of the membership, then what will happen next is:

1. You pay via the link in the email you received. The link takes you to our subscription site, where you can pay via debit/credit card or PayPal. *(If you use PayPal, please ensure this is **NOT** set to auto-renew each year.)*
2. The Membership Secretary will then pass your details on to England Athletics, who will send you a competition licence. Please be patient, as EA often take many weeks to process the applications. If you need your competition number before your card arrives, contact the Membership Secretary.
3. All club members are asked to take a turn in covering the desk for one night of the year. This will be scheduled on the club calendar. You can swap dates or arrange for another member to cover for you, but please let the Membership Secretary know if you cannot make it.
4. Once you have joined, you will be asked to buy a club shirt or vest, as many competitions require you run in club colours. See the Kit Secretary (or anyone at the desk) who will arrange this for you. After you receive your shirt/vest, you will then get a payment request via email.

Please complete the form below (in BLOCK CAPITALS) for temporary membership.

Name: _____ D.O.B.: _____

Address: _____

Post Code: _____

Email: _____

Mobile Phone: _____ Home Phone: _____

Emergency Contact
Name & Phone Number: _____

Signature: _____ Date: _____