

# Informed Consent Form

I desire to participate voluntarily in a progressive exercise program and/or fitness testing in an effort to assess and improve my physical well-being.

I understand that these physical activities and/ or fitness tests are designed to gradually increase the workload on my circulatory systems as well as my musculoskeletal system in an effort to improve their function. The reaction of the system(s) to such activities cannot be predicted with complete accuracy.

The possibility of certain unusual changes during or following the exercise sessions does exist. These changes could include abnormalities in blood pressure or heart rate, ineffective heart function, fainting, muscle soreness, muscle strains, and possibly heart attack or cardiac arrest.

The benefits obtained from the exercise program may include a more efficient cardiovascular system, a decreased risk of heart disease and other chronic diseases, improved muscular and skeletal systems, and an increased quality of life.

I realize that it is necessary for me to report, promptly, any signs and/or symptoms indicating abnormalities or distress. I know that if there are any questions about the procedures or methods used during an exercise session or test, I should ask my trainer. If I have any doubts, concerns or questions I should ask for further explanation.

I am also aware that I may decide to discontinue a session at any time should I be in any distress.

I have read this form and voluntarily consent to participate in this exercise program and / or fitness test and realize that I am free to withdraw at any time.

Client Name: .....

Client Signature: .....

Date:.....

# Physical Activity Readiness Questionnaire (PAR-Q)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active very day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly; check YES or NO.

1. has your doctor ever said that you have a heart condition and that you 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 past month, have you had chest pain when you were not doing physical activity?	YES	NO
4 do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
5. do you have a bone or joint problem (for example, back, knee or hip] that could be made worse by a change in your physical activity?	YES	NO
6. is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
7. do you know of any other reason why you should not do physical activity?	YES	NO

if you answered YES to one or more questions:

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES

you may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice  
find out which community programmes are safe and helpful for you

if you answered NO to all questions:

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

- start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active

**DELAY BECOMING MUCH MORE ACTIVE:**

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or
- If you are or may be pregnant – talk to your before you start becoming more active

PLEASE NOTE: if your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

NO CHANGES PERMITTED. YOU ARE ENCOURAGED TO PHOTOCOPY THE PAR-Q BUT ONLY IF YOU USE THE ENTIRE FORM.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity programmer or a fitness appraisal, this section may be used for legal or administrative purpose.

“I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.”

Client name:.....

Client Signature:.....

Date:.....

Witness Name:.....

Witness Signature:.....

Note: This physical activity clearance is valid for a maximum of 2 months from the date It is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.