



PAR-Q FORM

(Physical Activity Readiness Questionnaire)

All members are required to complete RJ4ALL PAR-Q form before taking part in any activities organised by RJ4ALL. In addition, this is also part of our terms and conditions. If you are unsure whether you can take part in physical activities at RJ4ALL, please do consult with your GP or Doctor.

All Information's collected from the PAR-Q will be treated as confidential.

1	Have you ever been advised by your doctor that you have a heart condition and should only do physical activity recommended by a doctor?	YES	NO
2	Do you ever feel pain in your chest when you do physical activity?		
3	Have you ever had chest pain when you are not doing physical activity?		
4	Do you ever feel faint or have spells of dizziness?		
5	Do you have a bone or joint problem that could be made worse by exercise?		
6	Have you ever been told you have high blood pressure?		
7	Are you currently taking any medication?		
8	Are you pregnant or have had a baby in the last 6 months?		
9	Have you had a surgery recently?		
10	Have you had COVID-19 in the last 6 months?		
11	Is there any other reason why you should not participate in physical activity?		
12	Are you under the age of 18 years? Date of Birth (dd/mm/yyyy) / /		

If you have ticked 'YES' to one or more questions

It is mandatory you speak with your GP or Doctor either in person or over the phone if you can take part in physical activities. Explain to your doctor regarding the questions you answered 'YES' to and your doctor might issue you a letter to give to RJ4ALL.

If you have ticked 'No' to all the questions

You can take part in physical activities organised by RJ4ALL and remember to always start slowly.

Please note - If there are any changes with your health and this requires you changing some of your answers from 'NO' to 'YES', please consult with your GP or Doctor immediately and inform a staff member at RJ4ALL.

- I have read, understood, and completed the questionnaire.
- All questions have been answered to the best of my knowledge.

Name: _____

Date: _____

Customer Signature: _____

Member of staff signature: _____



RJ4ALL **highly** encourages **ALL** new members to attend a free induction with our Fitness and Centre Manager. This allows us to show you our facilities and how to use our equipment's safely.

However, if you feel you do not need to attend an induction with our Fitness and Centre Manager, please sign the induction waiver declaration below.

I _____(name) agree, that exercise can be challenging physically and mentally, and it can cause serious harm/injuries if performed incorrectly. I _____ (**name**) have opted not to attend fitness induction offered to me by RJ4ALL and therefore take responsibilities for any possible injuries from exercises I choose to perform. I _____agree that I am physically fit and free from any illness that could affect me exercising.

Full Name: _____

Signature: _____

Date: _____