

PAR-Q and YOU: A QUESTIONNAIRE FOR PEOPLE AGED 15 and up

Regular physical activity is fun and healthy, and more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctors 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, 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.

YES NO

- 1. **Has your doctor ever said that you have a heart condition and that you should do only physical activity recommended by a doctor?**
- 2. **Do you feel pain in your chest when you do physical activity?**
- 3. **In the past month, have you had chest pain when you were not doing physical activity?**
- 4. **Do you lose your balance because of dizziness or do you ever lose consciousness?**
- 5. **Do you have a bone or joint problem that could be made worse by a change in your physical activity?**
- 6. **Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?**
- 7. **Do you know of any other reason that you should not do physical activity?**

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 your doctor's advice. You can also find out which programs are safe and helpful for you.

If you answered NO to all 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. You can also 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.

You should 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 you are or may be pregnant - talk to your doctor 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.

You are encouraged to copy the PAR - Q, but only if you use the entire form.

INFORMED USE OF THE PAR - Q: Neither the Canadian Society for Exercise Physiology, Health Canada, nor any of their agents, assume any liability for persons who undertake physical activity. If in doubt after completing this questionnaire, consult your doctor prior to physical activity.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction. I understand that there are inherent risks involved in competitive swimming and swim training and agree to personally assume such risks.

Signature: _____

Date: _____

Witness: _____

Date: _____

Medical and personal record for Lethbridge Masters Swimming.

Note: the contents of this form will be kept confidential. This form is intended to provide information for your own safety. Since we communicate mainly by email, please provide an email address if you have one. We do not share our email addresses with anyone without your permission.

Please fill out the form regardless of whether you've filled out the form before. We'd like to shred our files from previous years. Also For the 2011-12 season, two new questions have been added for each swimmer **These are required by Swim Canada.** See 10 below. Also note that we'll need an email address, if you have one, in order to properly register you with Masters Alberta. (If you do not have an email address, please contact the membership chair.)

1. Name: _____
2. Address: _____ Postal Code _____
3. Telephone: _____ E-mail _____
4. Next of kin: Name _____ phone number: _____
5. Alberta Health Care Number _____
6. Birth date (YYYY-MMM-DD, e.g., 1972-Aug-31) _____
7. Family Doctor's name & ph. number _____
8. List any allergies or limiting disabilities _____
9. List any form of medication that you are taking _____
10. Disabilities (**These questions are required by Swim Canada**).
 - a. Do you have a disability (Yes) (No).
 - b. If yes, which? Physical/Locomotor, Visual impairment/blindness, Intellectual.
 - c. Do you know your classification number? S_, SB_, SM_
11. Do you have aboriginal ancestry? (Yes) (No).
 - a. If Yes, are you: Status/Treaty, Non-Status, Métis, Inuit
11. Additional information, to help us improve our club:
 - a. Where did you find out about Lethbridge Masters? Poster; Friend; Notice in City Recreation Guide; Other (please explain): _____
 - b. What is your experience in swimming (e.g., swim club, lifeguard, lessons)?

 - c. What goal or goals do you have for Masters' swimming (e.g., fitness, improve strokes, social, competition, etc.)? _____
 - d. LMSC occasionally provides the phone numbers and email addresses of our members to other local swim clubs (e.g., LASC, Excalibur) to help them find volunteers for their swim meets. Is this okay with you? **O-Yes O-No (please check one)**