

# PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR- Q)

Congratulations on being here for Everybody Dance Now ☺  
Please read and fill out this form.  
All responses are confidential.

## 1. CONTACT DETAILS

<b>First Name:</b>	<b>Last Name:</b>
<b>Address:</b>	
<b>Contact Number:</b>	
<b>Contact Email:</b>	
<b>Gender:</b>	<b>Birth Date (DD/MM/YYYY):</b>

## 2. EMERGENCY CONTACT DETAILS

<b>Emergency Contact Name:</b>	<b>Emergency Contact Phone:</b>
<b>Relationship to you:</b>	

## 3. MEDICAL CONDITIONS

Please list any medical conditions, medications, injuries, or any other health concerns here:

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## 4. DIETARY REQUIREMENTS

After class we share morning tea. Do you have any eating restrictions or allergies?

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## 5. CONDITIONS OF ENTRY / PHOTORAPHY DISCLAIMER

*I understand that by participating in any exercise programme, including group fitness classes, there is a potential risk of injury. I agree to inform the instructors of any current injury, illness or condition and understand that by not doing so could put myself and others at risk. By signing this, I accept full responsibility for my own health and safety while participating in group fitness classes and will not hold the Hutt City Council, its employees or contractors accountable for any injuries that have occurred during the group fitness class.*

*Participation in a HCC Class grants HCC or agents of HCC permission to take photographs and/or video footage of those participants participating. HCC has the right to distribute these images/videos for promotional purposes. Please inform HCC in advance if a participant wishes not to be photographed/videoed.*

**PLEASE TURN OVER AND COMPLETE OTHER SIDE**

## 6. TRAVEL TO AND FROM CLASS

How will you travel to and from class? Walk, public transport, friend or family transport, drive?

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## 7. SUPPORT

Will you be bringing a support person? Circle one.

YES

NO

Do you have any individual support needs?

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## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR- Q)

Regular physical activity is fun and healthy, and increasingly 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 doctor before they start becoming much more physically active.

Please read the questions carefully and answer each one honestly: **please tick YES or NO.**

YES	NO	QUESTIONS
		1. Has your doctor ever said that you have a heart condition and that you should only do 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 (e.g. back, knee or hip) that could be made worse by a change in your physical activity?
		6. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
		7. Do you know of any other reason why you should not do physical activity?

If you answered **YES** to one or more of the above questions, talk with your doctor by phone or in person **BEFORE** you participate in the class and get their advice and approval.

If you answered **NO** honestly to all of the above questions, you can be reasonably sure that you can start becoming more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.

**Please note:** 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 doctor before you start becoming more active; or if your health changes so that you then answer YES to any of the above questions – tell your health professional.

**"By signing below, I have read, understood and completed this questionnaire and agree to the conditions. Any questions I had were answered to my full satisfaction and the information provided is correct"**

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**PRIVACY STATEMENT** Personal information concerning you provided to the Hutt City Council ("the Council") at Hutt City Classes, whether contained in this form or otherwise obtained is provided and may be held, used and disclosed by the Council to enable the Council to communicate with you and for any purpose; to enable the Council to provide you, or have provided to you, advice and information concerning products and services that the Council believes may be of interest to you; and to enable the Council to administer and maintain its records and carry out its required functions. You are entitled to access the personal information the Council holds about you, to review or amend it. This can be done by contacting Active in the Hutt at [active@huttcity.govt.nz](mailto:active@huttcity.govt.nz) or Pelorus Trust Sports House, 93 Hutt Park Road Seaview, Lower Hutt.