

PAR Q

Physical Activity Readiness Questionnaire



Physical activity brings a whole host of physical benefits to your body and life style. Before you begin increasing the amount of physical activity you do it's important to answer the questions below and assess if there are any risks. If there are any risks it is important to talk to your doctor before beginning any physical activity. Please read the questions carefully and answer them honestly before signing the declaration at the bottom.

	Yes	No
1. Do you have a heart condition of any kind?
2. Do you, or have you ever felt chest pain when doing physical activity?
3. Do you ever experience chest pain when NOT doing physical activity?
4. Do you have any bone or joint problems e.g. hip, knee, back, that could be made worse by physical activity?
5. Are you taking any prescribed drugs?
6. Do you ever experience dizziness, loss of consciousness or loss of balance?
7. Do you have diabetes, asthma or epilepsy?
8. Are you pregnant or have you been in the passed three months?
9. Have you been told you have high cholesterol levels (serum level above 6.2mmol/L)?
10. Do you know of any reason why you should not do physical activity?
11. Do you smoke?
12. Have you been a smoker?
13. Are you a heavy drinker (alcohol)?
14. Have you ever been told you have high blood pressure?

Your declaration;

"I have read, understood and completed this questionnaire and the **terms and conditions on the following page**. Any queries I had were answered fully and I have answered all questions truthfully. I also understand I am responsible for monitoring myself through my exercise programme and if any unusual symptoms occur I will stop and consult a health care professional. I understand I must notify Mudless Bootcamp and the trainers of any changes to my health." Sign below to confirm.

Mudless bootcamp can assume no liability for persons who undertake physical activity. If you are in any doubt about your readiness for physical activity you must consult with your doctor.

Your name _____ Signature _____ Date / /

N.B Under 18's MUST have adult consent**

D.O.B _____ If under 18 Parental Consent _____

Mobile no _____ Email Address _____

Where did you hear about this class? e.g 'google' _____

Emergency Contact Name _____ Phone number _____

Doctors Name _____ Phone number _____

Joining instructions and terms and conditions for Mudless Bootcamp

Bootcamp is a set monthly fee which must be **paid directly into the Mudless boot camp bank account by the 3rd of each calendar month** for payment of that same month. Payment can be made before this date but all payments must be labelled with your name as a reference. We suggest you set up a standing order from your bank account so you don't have to worry.

Bank details

Name: Mudless Boot camp

Acc number: 50591525

Sort Code: 60-07-40



Payments are non negotiable and non refundable. We keep our admin costs to a minimum by keeping the price the same for everyone.

There is no joining fee and no minimum term so you can sign up for one month and if you don't like it, there is no pressure to continue.

If you wish to cancel your bootcamp membership, please let us know so we can offer the place to someone else as soon as possible.

You're able to attend any of the sessions we put on during the week. All sessions are 55 minutes and are coached by qualified fitness professionals.

All you need to do to join bootcamp is complete your PARQ questionnaire and send it back to us ensuring payment is made for the following month. If you join part way through the month we will let you know the remaining cost for that month. You can send your form by email to getfit@mudlessbootcamp.co.uk or by post to Lean Body Vision, 1 Earlsdon Ave South, Coventry, CV5 6DU.

If you want great fun and great results then we can't wait to help you get there!

Mudless bootcamp is brought to you by Lean Body Vision and Emma Hendrie Personal Training. We're here to help you and support you the whole way.

WELCOME ON BOARD!

Declaration

"I have read and understood the above conditions. I understand my responsibilities to be on time with payments and commit myself to bootcamp. I understand Mudless bootcamp or any employees/self employed workers are not responsible for my safety and I must inform them of any health issues I have including anything that changes in the future."

Date

Sign