

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

The PAR-Q is a simple screening tool used to identify individuals who should not be tested in a field setting without physician clearance. The PAR-Q was developed in Canada and is used throughout North America.

Yes	No	
___	___	1. Has your doctor ever said that you have a heart condition and recommended only medically approved physical activity?
___	___	2. Do you have chest pain brought on by physical activity?
___	___	3. Have you developed chest pain at rest in the past month?
___	___	4. Do you lose consciousness or lose your balance as a result of dizziness?
___	___	5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
___	___	6. Is your doctor currently prescribing medication for your blood pressure or heart condition (e.g., diuretics or water pills)?
___	___	7. Are you aware, through your own experience or a doctor's advice, of any other reason against your exercising without medical approval?

- Note:
- 1) This questionnaire applies only to those 15 to 69 years of age.
  - 2) If you have a temporary illness, such as a fever, or are not feeling well at this time, you may wish to postpone the proposed activity.
  - 3) If you are pregnant, you are advised to consult with your physician before exercising.
  - 4) If there are any changes in your status relative to the above questions, please bring this information to the immediate attention of your fitness professional.

I agree that Lebanon Police Department is not liable for any injury I sustain while participating in this physical testing.

Date

Applicant Signature

Witness Signature

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