

Pre-Activity Readiness Questionnaire



ESTABLISHED 1880

The Boat House, Shalford Road, Guildford, Surrey GU1 3XL
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In order to take part in Guildford Rowing Club activities, our Risk Assessment requires each individual to complete a Pre-Activity Readiness Questionnaire (PARQ). This is to determine whether you are ready to undertake the new exercise activity, that you accept the risks or if any special measures are required to ensure a safe and enjoyable experience. Should a medical condition exist, this will not necessarily preclude you from participation, but it must be declared. Please write or circle answers.

Full Name:	Email:
Age:	Telephone number:
Address:	NEXT OF KIN Emergency contact name and number:

How active are you each week?*: <i>*At least 20 minutes of activity raising the heart rate</i>	Inactive / Once a week / Twice a week / More
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Have you or a blood relative suffered from heart disease?	Y / N	Have you ever experienced chest pains when NOT exercising?	Y / N
Do you have elevated cholesterol levels?	Y / N	Have you had surgery recently?	Y / N
Do you have high blood pressure?	Y / N	Are you pregnant or recently given birth?	Y / N
When exercising, do you feel dizzy; lose your balance or lose consciousness?	Y / N	Are you diabetic?	Y / N
Do you have a heart condition?	Y / N	Do you suffer from any joint problems?	Y / N
Have you ever experienced chest pains when exercising?	Y / N	Is there anything you are aware of which could affect your ability to row which we have not listed?	Y / N

Please complete in Block capitals

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If you have answered YES to one or more questions, please let us know how you are managing your health safely i.e. have you had a health check recently?, are you taking medication?, are you regularly reviewed by a medical practitioner? We may need you to consider contacting your doctor before starting to exercise with us. Please explain a little more below so we can discuss it with you, or discuss in confidence with an official of the Club:

<p>Explanation:</p>

If your health changes so that you may then need to answer YES to any of these questions, tell a member of Guildford Rowing Club as soon as possible. Please note that drinking heavily before exercise is not recommended and staying hydrated is very important in all physical activity.

I accept that rowing in a boat on the river may incur discomfort and exposure to the elements. I am fit to participate in this activity. I am willing to comply with all health and safety requirements and briefings. I can swim 100 metres in light clothes. I accept that I am responsible for my own actions and have a duty of care to other people on board the rowing boat or any support vessels, and in and around the club premises. In wishing to row, or take part in any other activities as part of the rowing experience, I do so at my own risk and agree that Guildford Rowing Club, and any of its representatives or associates, will not be held liable for any loss or injury whilst rowing or carrying out activities with them.

<i>Signed</i>	
<i>Print Name</i>	
<i>Date</i>	
<i>Parent/Guardian name for under 18</i>	
<i>Print</i>	