

IMPORTANT

Read Before Joining Any Class

Physical Activity Readiness Questionnaire

Welcome to my classes! Regular physical exercise is fun and healthy, and becoming more active is very safe for most people. However, before participating in any class, please read the assessment below.

- Do you have any medical condition, discomfort or injury which may be affected by physical activity, such as: a heart condition, angina, high/low blood pressure, dizziness, stroke, epilepsy, diabetes, asthma, an operation within the last 12 months, osteoporosis, back injury, arthritic joints or joint replacement? Y/N
- Are you pregnant or have given birth within the last 6 weeks? Y/N
- Are you taking any prescribed medicines (please ensure you have angina/asthma medication with you)? Y/N
- Do you have any allergies? Y/N

If you respond yes to any of the questions, please seek medical advice before joining the class. Please note that your teacher is not a medical practitioner and cannot advise whether any condition could be adversely affected by attending this class. However, your teacher reserves the right to suggest you do not participate in activity until discussion with a medical practitioner has taken place. The responsibility lies with each participant to decide whether they wish to join or continue with a class.

“I recognise that my body’s reaction to physical activity is not totally predictable. I confirm that should I develop any injury or condition that affects my ability to exercise, I will inform my teacher and stop exercising if necessary. I take full responsibility for monitoring my own physical condition.”