

Challenge yourself with... *ChallengePaula*

Physical Activity Readiness Questionnaire (PAR-Q) & Informed Consent Form

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problems or hazards. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check **YES** or **NO** opposite the question if it applies to you. If yes, please explain.

Once completed, please return to ChallengePaula (hello@challengepaula.com) at least 48 hours before your first session.

QUESTION	YES	NO
1. Has your doctor ever said you have heart trouble? If yes, please state:		
2. Do you frequently have pains in your heart and chest? If yes, please state:		
3. Do you often feel faint or have spells of severe dizziness? If yes, please state:		
4. Has a doctor ever said your blood pressure was too high? If yes, please state:		
5. Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise? If yes, please state:		
6. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to? If yes, please state:		
7. Are you or have you been pregnant in the last 6 months?		
8. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness? If yes, please state:		
9. Are you currently taking any medications? If YES, please specify.		
10. Do you currently have a disability or a communicable disease? If yes, please state:		

If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise. If you answered Yes to any of the above questions, then you may need written permission from a physician before participating in physical and aerobic fitness activities.

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Informed Consent:

By joining a session, be that in person or via online methods, with ChallengePaula (Paula Aldred) means that you agree to the following statement:

I understand that I have agreed to participate in physical/online sessions (of which may include but not exclusive to; General Physical Activities (Personal Training), Pilates or Run specific related training) which may include strenuous physical activity. I agree that I will only participate if I am fit and well and will notify ChallengePaula at the start of the session if there is any new information or changes concerning my fitness or wellbeing to participate. I agree that I will follow all instructions given by ChallengePaula, including abstaining if I am told an exercise is not suitable for me. I also agree not to record the lesson in any form without pre agreed consent from ChallengePaula.

Please ensure that you take of the following advice:

- For online sessions, this will be a means of general guidance and motivation plus learning. I will endeavour to observe your activities on screen but please take responsibility for your own capabilities and only do what you are comfortable with.
- Participants should check their surroundings are clear and keep any distractions where feasibly possible to a minimum when joining online sessions.
- All participants; Medical advice should be sought if there is any doubt about your health and suitable movement.
- Please remember to stay hydrated throughout the session.
- Please stop your training should at any point during the session you become/feel unwell and inform ChallengePaula. Should you need to leave a session without being able to give due notice, please contact me at your earliest convenience.
- Do not participate in physical activity if you are feeling unwell for any reason.

Agreement to this document will act as my continued agreement to all ensuing physical or online sessions.

Print Name

Date of Birth

Signature

Date

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The Small Print

By signing the above you agree to the terms and conditions set out below:

My participation in any form of exercise carried out by ChallengePaula is voluntary. The information I have provided is correct to the best of my knowledge and any changes to my health will be provided from hereon. Apart from any conditions previously mentioned, I am in good physical condition, capable of performing active or passive exercise without detriment to my health, safety or physical comfort.

Training sessions consist of activities that are designed to gradually improve the efficiency with which the body functions, no guarantee of improvements can be made. Exercise levels will be progressive and regulated by the teacher. During the exercises sessions and for a period after, you may experience local muscular soreness and some fatigue. These minor discomforts very often disappear within 48 hours.

The reaction of the body to such activities cannot always be predicted. There are risks during or following exercise. These include abnormalities of blood pressure, heart rate or in very rare cases cardiac complications. Should you feel unwell during any training session please let the trainer know immediately. I am a qualified first aider and am aware of emergency procedures. If you are still unsure please discuss your participation with your doctor prior to any activity offered by ChallengePaula.

I have been advised by ChallengePaula that any current health conditions or age may affect my exercise routine in a negative way. I may have also been advised to see my doctor before participating in an exercise programme. If I decide not to visit my doctor I am aware of the risks and take full responsibility if anything should happen to me while under instruction of ChallengePaula.

Therefore, in consideration of gaining access to participate in physical activities I do hereby waive, release and forever discharge ChallengePaula from any of the responsibilities or liability for injuries or damages resulting from my participation.

I understand the policies and procedures set forth by ChallengePaula and have had the opportunity to discuss my specific needs in relation to participatory activity and as a result, I do voluntarily request the right to participate in the preventive programme of exercise.

In consideration of the above factors, I acknowledge the existence of the risks in connection with these activities, assume such risk and agree to accept the responsibilities for any injuries sustained by my participation in any of the above aforementioned services offered by ChallengePaula.

At no time will your details be shared with a third party without your consent or prior agreement. Online sessions may be recorded for the use of Paula Aldred/Challenge Paula for the purpose of quality control. Please refer to my Privacy Policy for further information.

Having read the preceding, I acknowledge full understanding of these risks set forth herein and knowingly agree to accept full responsibility for my own exposures to such risk and waive full responsibility and liability on behalf of ChallengePaula .

All information acquired is treated with the strictest confidentiality and not shared. Please refer to the Privacy Policy (available upon request) for full information on how your data is used.

Full terms and conditions in relation to the completion of any bookings/services purchased can be found in our Terms and Conditions policy.

This PAR-Q form must be completed, signed and returned to ChallengePaula at least 48 hours before attending your first session.