

# ***Physical Activity Readiness Questionnaire (PAR-Q)***

(A Questionnaire for People Aged 16 and above)

**Name:** \_\_\_\_\_

Welcome to Central London Shodokan Aikido.

Please read the questions carefully and answer each one honestly: Tick YES or NO.

**YES**

**NO**

1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?

2. Do you have chest pain brought on by physical activity?

3. Have you developed chest pain in the last month?

4. Do you tend to lose consciousness or fall over as a result of dizziness?

5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?

6. Has a doctor ever recommended medication for your blood pressure or a heart condition?

7. Are you aware, through your own experience or from a doctor's advice, of any other physical reason why you should not exercise without medical supervision?

8. Are you currently, or have you been pregnant in the last six months?

**If you answered YES to one or more of the above questions**

Talk to your doctor BEFORE you start Aikido. Tell your doctor about the PAR-Q and to which questions you answered YES.

**If you answered NO to all of the above questions**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

Start Aikido - begin slowly and build up gradually, the safest and most effective method.

If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better.

If you are or may be pregnant – talk to your doctor before you start becoming more active.

**Aikido is a contact sport**

Aikido is a contact sport and as a result there is the possibility of personal accident or injury.

I acknowledge this and take personal responsibility & accept all personal liability for my actions during training.

**I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ WITNESS: \_\_\_\_\_