

# Physical Activity Readiness Questionnaire - PARQ

This PARQ is designed to help you determine if you should take part in this physical activity class and whether you should seek medical advice before becoming more physically active.

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

Email address: \_\_\_\_\_ Age: \_\_\_\_\_

Contact number: \_\_\_\_\_

Next of kin's name: \_\_\_\_\_

Emergency Contact number: \_\_\_\_\_

## PART 2

Has your doctor ever said that you have a heart condition and that you should only physical activity recommended by a doctor? YES /NO

Do you ever feel pain in your chest when you do physical activity? YES /NO

Do lose your balance because of dizziness or do you ever lose consciousness? YES /NO

Do you have any bone or joint problems (back, knee or hip for example) that could be made worse by a change in physical activity? YES /NO

Is your doctor currently prescribing drugs for a condition such as your blood pressure or a heart condition? YES /NO

Have you ever tested positive for COVID19? YES /NO

If Yes When?

*If you've answered "NO" to the previous question please state "N/A"*

If Yes, have you experienced what you consider to be any signs/symptoms of "Long Covid" YES /NO

If No, have you noticed any changes to your normal level of energy, physical activity or exercise that has been altered or seems to be worsened since your exposure to the virus. YES /NO

Are you pregnant? YES /NO

Do you know of any other reason why you should not do physical activity? YES /NO

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in the group exercise to music session.

## DECLARATION:

I confirm: I am aged 18 years or over and completing this form in relation to my own participation. I have answered this questionnaire truthfully and to the best of my knowledge. I have read, understood and agree to abide by the terms of participation on page 2.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Disclaimer & Terms of Participation

Zumba Fitness including Zumba Gold, is a Dance Fitness exercise workout. Dance Fitness is a great way to get fit and have fun, but I understand that Zumba Fitness sessions involves physical exertion that may be strenuous, may cause physical injury, including death, and I am fully aware of the risks and hazards involved. I further understand the scope of this disclaimer/terms of participation relates to my attendance in person or to an online class with Eve Packwood.

1. Where I have answered yes to any of the questions on page 1, I understand that I am expressly recommended to consult with my medical caregiver and seek their clearance to take part before participating in the class. I further understand that if I have answered yes to any question on page 1 and choose to participate without first seeking clearance from my medical caregiver, I do so entirely at my own risk.
2. The instructor (s) accept no responsibility for any loss, damage or injury to any participants / non-participants, or to the personal property of any participant / non-participant (or to any person accompanying whether by invitation or otherwise) who enters upon the hired premises for whatever purpose and whether such loss, damage or injury is caused directly or indirectly by the Instructor.
3. The instructor may use the contact information I have provided to get in touch with me regarding class cancellations, events or other relevant information about the classes. I understand I have the right not to be informed about this and can request this by emailing [evesclasses@gmail.com](mailto:evesclasses@gmail.com) and requesting that my contact information is not used for these purposes.
4. I am aware that I can read the full disclaimer at [www.zumbawitheve.co.uk/disclaimer](http://www.zumbawitheve.co.uk/disclaimer)