

Holleen Fitness Registration form - PAR-Q

An example of the Holleen Fitness Disclaimer and Health questionnaire

Holleen Fitness shall not be liable for any loss, damage or injury to any persons or property, however arising.

It is the responsibility of each individual to ensure they are medically fit to participate in any activity or training session arranged by Holleen Fitness.

Personal safety whilst training with Holleen Fitness is the responsibility of the individual and that you are responsible to assess and control personal risks and the risks you pose to others. If anything changes I agree to inform Holleen Fitness immediately.

I agree and understand the terms and conditions.

For most people physical activity should not pose any problem or hazard but the physical readiness questionnaire has been designed to identify the small number of people for whom it would be wise to receive advice before commencing exercise.

Has your doctor ever said that you have a heart condition and recommend only medically approved physical activity?

Do you have chest pain brought on by physical activity?

Have you developed chest pain at rest in the past?

Do you lose consciousness, or lose your balance as a result of dizziness?

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

Are you currently on any form of medication (e.g. tablets, inhaler)?

Are you pregnant, or have you been pregnant in the last three months?

Are you aware, through your own experience or a doctor's advice, of any other reason for not exercising without medical approval?

I understand that if I have answered YES to one or more of the questions, I should have consent of my doctor before undertaking a physical activity program and discuss with Holleen before beginning classes.

I agree to inform Holleen Fitness immediately of any changes to my health.