Aerobathon Challenge
Physical Activity Readiness Questionnaire

DEAFBLIND ·UK·
Registered Charity No: 802976

Name: _____

Address: _____

_____

Telephone:_____ Email: _____

Occupation:_____ Age:_____ Male/Female

Emergency Contact Name: _____Telephone:_____

Family Doctor:_____Telephone:_____

Medical History

1. Have you ever suffered from heart trouble? YES / NO

2. Are you presently taking any form of medication? YES / NO
If yes, please give details.....

3. Do you suffer from chest pains? YES / NO

4. Do you ever have spells of dizziness or feel faint? YES / NO

5. Have you ever had high or low blood pressure, and/or high cholesterol level? YES / NO

6. Have you ever had asthma, chronic bronchitis or any other chest ailments? YES / NO

7. Do you suffer from severe back pains or any orthopedic problem? YES / NO

8. Do you suffer from severe headaches or migraines? YES / NO

9. Are you recuperating from a recent illness/operation or injury? YES / NO
If yes, please give details.....

10. Have you any medical condition that we should be aware of? YES / NO
If yes, please give details.....

11. Are you pregnant? If yes, how many months? YES / NO

12. Is there any history of heart disease in your immediate family (under the age of 55)? YES / NO

PLEASE NOTE: If you answered YES to any of questions 1 to 12, you are advised to seek medical advice/approval before commencing any exercise session.

I have been informed both verbally and in writing that if I answer **YES** to any of questions 1 to 12 of this questionnaire I should seek medical advice/approval before commencing an exercise session. If I wish to continue without such advice, I do so entirely at my own risk. I confirm that I have read, fully understood and answered the above questions honestly. I understand that the instructor, or Deafblind UK cannot be held responsible for any injuries or ill health of any kind arising following the participation of the Aerobathon Challenge.

Signed:..... Printed:.....
Date:..... Instructors: *Mark Gordon & Sonia Cullington*
Fitness2Health / Wow Fitness