

Physical Activity Readiness Questionnaire (PAR-Q)

Name: _____ Mobile: _____

DOB: _____ Email: _____

Address: _____

Regular physical activity is fun and healthy. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

Read the questions below carefully and answer each one honestly. Tick YES or NO.

1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor?
Yes___ No___ Details_____
2. Do you feel pain in your chest when you do physical activity?
Yes___ No___ Details_____
3. In the past month, have you had any chest pain when you were not doing physical activity?
Yes___ No___ Details_____
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes___ No___ Details_____
5. Do you have a bone or joint problem (e.g. back, knee or hip) that could be made worse by a change in your physical activity?
Yes___ No___ Details_____
6. Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart condition?
Yes___ No___ Details_____
7. Do you have diabetes, asthma or epilepsy?
Yes___ No___ Details_____
8. Are you pregnant or have you given birth in the past 3 months?
Yes___ No___ Details_____
9. Do you know of any other reason why you should not do physical activity?
Yes___ No___ Details_____

If you answered YES to any of the questions:

Talk with your doctor BEFORE you start becoming much more physically active. Tell your doctor which questions you answered YES to. You may have to start exercising more gradually, or you may be restricted in the type of exercise that you do.

If you answered NO to all the questions:

You can be reasonably sure that you can start becoming more physically active. Begin slowly and build up gradually. If you are not feeling well due to a temporary illness, wait until you are feeling better to start increasing your physical activity.

Please note:

If your health changes so that you then answer YES to any of the above questions, talk with your doctor, and inform myself.

I have read, understood and completed this questionnaire.

Your name: _____

Date : _____

Your signature: _____

In signing this form I affirm that I have answered the questions accurately. In the event that I have been advised to seek medical clearance prior to undertaking exercise, I agree to contact my Doctor and take responsibility for obtaining written permission prior to the commencement of my exercise program at this club. I understand that I am responsible for monitoring myself throughout the exercise programme and that should any unusual symptoms occur, I will cease participation and inform the doctor of those symptoms. I understand that I must notify you of any changes in my health.

Terms and conditions

I/We acknowledge and/or authorize:

Membership

- Ezy pay to make debits upfront on behalf of Micky's Fitness on a fortnightly basis. If I choose to pay my membership this way.
- I have 7 days to cancel my membership from the day of joining as a cooling off period.
- I can freeze my membership for periods of 2 weeks to 4 weeks, in multiples of 2 weeks, up to a maximum of 8 weeks each calendar year. Each time freeze period must start and end on a fee payment day. There is a small suspension fee of \$4 per week with Direct Debit memberships.
- Foundation memberships are non-transferable.
- If you don't fully pay your membership fees on the due date, we will suspend your club access until your payments are up to date and you have given us your direct debit account details. We may need to pass on bank fees of up to \$35 per failed payment, with recovery costs of up to \$50, and you authorise us to do this.
- To cancel your membership, simply tell us in writing. You must give 4 weeks written notice if you wish to cancel your membership.
- You cannot lend your access card to anyone else or allow anyone else to use it. The card is our property, so please return it to the club if you cancel your membership.
- 12 month & 6 month memberships paid up front are non-refundable, but are transferable.

Health

- If you believe there is a risk to your health from doing any club fitness activities, you must tell us this in writing, with full details. You must also tell us if your medical condition changes after you join.
- Micky's Fitness are not responsible or liable for any injury caused whilst using our gym facilities or any other kinds of claims which occur as a result of your gym participation.

Parking

- You park in the clubs car park or on club premises at your own risk. Micky's Fitness are not liable for any loss or damage to your vehicle or its contents.

Personal belongings

- Micky's Fitness is not liable for any loss or damage to your personal belongings.

Personal Training 24 hour Cancellation policy

We aim to provide our clients with the highest quality service and pride ourselves on our exceptional team. If you should cancel your appointment less than 24 hours of your scheduled training session, we not only lose your business, but also the potential business of other clients who may have taken your scheduled reservation time.

The full fee will be charged to you for missed appointments that are rescheduled or cancelled less than 24 hours' notice.

IF you are late for your training session you will only be trained to the scheduled finishing time and you will still be charged the full rate for your session.

Signed: _____ Date: _____

Emergency Contact Information :

Name : _____

Relationship : _____

Contact Number : _____