



Physical Activity Readiness Questionnaire (PAR-Q)

including

- ICE: In Case of Emergency
- PAR-Q: Physical Activity Readiness Questionnaire
- Safeguarding

for Adults (18 and over)

The purpose of this form is to protect your health and safety. **Please read this form before you attend your first aerial hoop class** in order to discover whether there is any reason why aerial hoop exercise may not be safe for you. If you are in any doubt, email hello@outoftheblue.com. You will be given a hard copy of this form to fill out and sign at the beginning of your first aerial hoop class. Or you can print it out at home and bring the filled form with you.

Depending on your answers to these questions, **it may be unsafe for you to practise aerial hoop**, and you may be asked to withdraw. Outoftheblue may also suggest that you see a health professional to determine whether aerial hoop is safe for you.

Your answers will be stored and used in line with the GDPR and Data Protection Act 2018 and will **not** be shared with any other parties. The information you provide will be kept in confidence. At hoop class, for your own safety you will be regularly asked whether your answers to any of these questions have changed.

1. Personal details

Your personal details will be kept and used only for essential contact (e.g., essential information, time changes, cancellations). They will not be shared with any other parties and will not be added to any Outoftheblue marketing or promotional mailing lists without obtaining your prior permission.

Name	
Email address	
Contact numbers	
Home address	
Approximate age (optional)	

2. ICE: In Case of Emergency

These details will be used only in the case of an emergency.

Name of kin/contact	
Relationship to you	
Contact numbers	



3. Physical Activity Readiness: Absolute contraindications

If you reply YES to one or more of the following questions, you will need to speak with your doctor to find out whether aerial hoop is safe for you before you begin practising aerial hoop.

Question	Yes/No?
Has your doctor ever said that you may have a heart condition and that you should only do physical activity recommended by a doctor?	
Do you feel pains in your chest when you do physical activity?	
In the past month, have you had chest pain when you were not doing physical activity?	
Do you have spells of dizziness or feeling faint, or do you ever lose consciousness?	
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	
Are you pregnant or have you given birth within the last 6 weeks (12 weeks for a Caesarean)?	

4. Physical Activity Readiness: Relative contraindications

If you reply YES to one or more of the following questions, you may need to discuss the condition with Outoftheblue, and/or the condition may need closely monitoring during classes.

Question	Yes/No?	If yes, some detail here please
Do you have any wounds of any kind, including birth injuries?		
Have you had surgery in the last 8 weeks? If yes, which body part and when was the surgery?		
Do you have high or low blood pressure?		
Aerial hoop involves pulling on and hanging from many parts of the body. Do you have any bone or joint problems (e.g., back, knee, hip) that you think might be aggravated by aerial hoop work?		
Do you have any medical conditions affecting the surface of your skin that may be aggravated by a heavy weight pressing on it? (E.g., eczema, varicose veins)		
Aerial hoop involves muscular strength work, cardiovascular work, and the pressure of the hoop pressing hard on many parts of the body. It also involves a lot of inverted work. Bearing these things in mind, can you think of any other reason why aerial hoop might not be safe for you?		



5. Safeguarding

Outoftheblue will endeavour to take into consideration your preferences during hoop class. If you answer NO to the first safeguarding question below, you will need to discuss this issue with Outoftheblue before participating in an aerial hoop class.

Question	Yes/No?
Occasionally when you are learning a new hoop move it may be necessary for the instructor or another hoop student to touch you on the hand, shoulder, knee, etc. in order to ensure your safety or to guide you into the correct and safe position. Is this acceptable to you?	
Some hoop students like having their photograph taken on the hoop for personal use. Are you un comfortable with having your photo taken?	
Some hoop students like us to post photos of them at hoop class on social media (Facebook, Instagram). Are you un comfortable with having photos of you posted on social media?	

6. Your signature as confirmation

Please sign and date below to confirm that the information you have given is correct.

Signature	Date

7. Contact preferences

Question	Yes/No?
Would you like to be kept up to date with our news and activities?	
If yes, please indicate how we may contact you.	Email
	Telephone
	Post

8. And finally...



Please read through and digest these practical and class conduct rules

Practicalities

- No food or drink can be taken into class apart from a bottle of drinking water.
- No jewellery can be worn apart from small earrings.
- Close-fitting clothes should be worn top and bottom. No skirts. No bare legs.
- For safety reasons, we have to work in bare feet or sticky/yoga socks.

Conduct

- Listen and respect others.
- Encourage and praise peers.
- Don't touch the hoops unless you are told to.
- Be careful around the hoops. They swing and can hit a passer-by.
- During class, be alert. No social media, no messing about, no casual chatter.
- During class we share the hoops in twos and threes. One of you works while the others spot. Spotting is how we keep each other safe. You will be taught how to spot each other.
- When you are being the spotter, concentrate on the hoop work. Be encouraging and responsible.
- Never work on the hoop without a spotter.
- Never work on the hoop without an 8-inch (very thick) gymnastic crash mat.
- You will be taught how to dismount from the hoop. Never intentionally jump out of the hoop onto the mat.
- Don't let go of the hoop unless your feet are very near the mat.
- Don't practise or make up your own moves on the hoop. If there is something different you want to try, discuss it with the instructor first.
- Be aware of the way your own body is responding to hoop work. If something hurts, is too difficult, or too strenuous, tell the instructor. Remember, hoop is meant to be fun. It's not a test. Don't overdo it.