



Physical Activity Readiness Questionnaire (PAR-Q) for junior children (11 and under) to be filled out by a parent or guardian

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

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

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.

1. Child's personal details

Child's name	
Child's date of birth	
Child's home address	

2. Parent/guardian contact details

Personal details will be kept and used only for essential contact (e.g., emergencies, 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	
Relationship to child	
Contact numbers	
Email address	



3. Medical conditions (PAR-Q)

Question	Yes/No?
Does your child have or has she/he ever experienced any of the following?	
High or low blood pressure	
Elevated blood cholesterol	
Diabetes	
Chest pains brought on by physical exertion	
Epilepsy	
Dizziness or fainting	
Any bone, joint or muscular problems (e.g., hip, knee, back)	
Asthma or respiratory problems	
Any sustained injuries or illnesses	
Allergies	
Skin or other body surface problems that may be aggravated by the pressure of the hoop on the body (e.g., eczema, varicose veins)	
Recent wounds or surgery in the last 8 weeks	
Has your child ever been told that she/he should only do physical activity recommended by a doctor?	
Has your doctor ever advised your child to exercise?	
Is your child on any medication?	
If you have answered yes to any of the above, <u>please seek medical clearance prior to the session</u> and please give details below:	

4. Additional medical questions (PAR-Q)

Question	Yes/No
Do you consider your child to have a disability/impairment? (The Equality Act 2010 defines a disability as a physical or mental impairment which has substantial and long-term (lasting more than 12 months) adverse effect on a person's ability to carry out normal day-to-day activities.)	
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 your child?	
If you have answered yes to either of the above, please give details below:	



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 your child can participate in an aerial hoop class.

Question	Yes/No?
Occasionally when a person is learning a new hoop move it may be necessary for the instructor or another hoop student to touch the person on the hand, back, leg, etc. in order to ensure her/his safety or to guide her/him 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 photos taken of your child?	
Some hoop students are happy for us to post photos of them at hoop class on social media (e.g., Facebook, Instagram). Are you un comfortable with having photos of your child posted on social media?	

6. Your signature as parent/guardian

In signing this form, I the parent/guardian of the aforementioned child, affirm that I have read this form in its entirety and I have answered the questions accurately and to the best of my knowledge. I understand that my child is responsible for monitoring herself/himself throughout any activity, and should any unusual symptoms occur, my child understands the importance of informing the instructor immediately.

I agree to advise Outoftheblue if the answers to any of the above questions change while my child is attending hoop classes.

In the event that medical clearance must be obtained before my child's participation in an exercise session, I agree to contact my child's GP and obtain written permission prior to the commencement of the exercise activity, and that the permission be given to the instructor. I understand that if my child fails to behave in a manner that is polite and social, he or she could be suspended from that particular activity.

Signature (Parent or Guardian)	Date
Print Name	
Signature	



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. Please go through these practical and class conduct rules with your child.

Practicalities

- Toilet breaks will be instructed but if you need to go, please ask.
- Bring a bottle of drinking water, to be left at the side of the room.
- No jewellery can be worn apart from small earrings.
- Wear close-fitting clothes top and bottom. No bare legs. No combat trousers. Bring a long-sleeved top.
- For safety reasons, we have to work in bare feet or sticky/yoga socks.

Conduct

- Listen, respect others and don't be rough.
- Encourage and praise peers.
- Don't touch the hoops unless you are told to.
- Don't touch any of the other gym equipment at all. It's dangerous.
- Be careful around the hoops. They are heavy and swing and can knock a person out.
- During class, be alert. No social media, no messing about.
- 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, be encouraging and responsible.
- Never work on the hoop without a spotter unless instructed to do so.
- Never work on the hoop without an 8-inch (very thick) gymnastics 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.