



Physical Activity Readiness Questionnaire (PAR-Q)

for junior children (11 and under) to be filled out by a parent or guardian, including:

- Contact details in case of emergency
- Medical questions
- Questions about being approached, being touched, and photos

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.

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 used for *Outoftheblue* marketing or promotions without obtaining your prior permission.

Your name	
Your 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?	
<p>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:</p>	

More medical questions on the next page...



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 pulling on and hanging from many parts of the body. Does your child have any bone or joint problems (e.g., back, knee, hip) that you think might be aggravated by aerial hoop work?	
Aerial hoop can be very uncomfortable if you are extremely thin or very underweight. Could this apply to your child?	
Does your child have any medical conditions affecting their skin's surface that may be aggravated by a heavy weight pressing on it? (E.g., eczema, varicose veins, bruises very easily due to a medical condition.)	
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 any of the above, please give details below or contact Debora at hello@outoftheblue.com:	

5. Spotting, being approached, and being touched

In class we usually work in pairs, one on the hoop, one spotting. Spotting is where a classmate provides different kinds of support for a person on the hoop. This might be reassurance, encouragement, support, guidance or very occasionally emergency rescue. The instructor teaches participants how to do the spotting, and also spots some moves herself. Spotting sometimes involves touching a person on the back, shoulder, knee, etc. in order to ensure their safety or to guide them into the correct and safe position, and it usually involves standing close to that person.

Important questions about spotting, being approached and being touched.	Yes/No?
Would you be happy for a classmate or the instructor to stand close to your child and to touch her/him if this was necessary in order to keep her/him safe on the hoop?	
If you answered yes to the previous question, do you accept the potential infection risk to your child (e.g., COVID-19) that this close proximity of persons might incur?	

6. Photos

If clients are agreeable, we often post class photos on social media (Facebook and in future possibly Instagram) and sometimes on the *Outoftheblue* website.

Important question about photos	Yes/No?
Are you <u>UN</u> comfortable with having photos of your child posted on social media?	



7. 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	

8. Keeping in touch

Question	Yes/No?
Would it be acceptable to you if we occasionally sent you a message telling you about new classes or other hoop events we are holding? (You can, of course, change your mind about this at any time, and ask to have your contact details removed from our records.)	

Continued on the next page...



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

Practicalities

- **Ask the instructor if/when you need to a toilet break.**
- **Bring a bottle of drinking water, to be left at the side of the room.**
- **No metal or hard jewellery to be worn apart from small earrings.**
- **Wear close-fitting clothes top and bottom. No bare legs. No combat trousers. On cold days, wear or bring additional warm clothes, as the hoop studio may be cold at the start while the heating gets going.**
- **For safety reasons, we have to hoop in bare feet or sticky/yoga socks (socks with rubbery dots on the bottom).**

Conduct

- **Listen, respect others and don't be rough.**
- **Encourage and praise peers.**
- **Don't touch the hoops until you are told to.**
- **Don't touch any of the other items in the studio.**
- **Be careful around the hoops. They are heavy and swing and can knock you over.**
- **During class, be alert. No phones, no messing about.**
- **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 unless instructed to do so.**
- **You will be taught how to dismount from the hoop. Never intentionally jump or fall 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.**