



# Physical Activity Readiness Questionnaire (PAR-Q) for Adults (18 and over)

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 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@ooftheblue.com](mailto:hello@ooftheblue.com).

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 any future hoop classes, 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 used for *Outoftheblue* marketing or promotions without obtaining your prior permission.

Full name	eg <i>Jonathan Read</i>
Preferred first name	eg <i>Jon</i>
Email address	
Contact numbers	
Home address	

## 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 (6 months 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, please give date and details.		
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?		
Aerial hoop can be very uncomfortable if you are extremely thin or very underweight. Could this apply to you?		
Do you have any medical conditions affecting your skin's surface that may be aggravated by a heavy weight pressing on it? (E.g., eczema, varicose veins, pernicious anaemia.)		
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. 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 your partner on the back, shoulder, knee, etc. in order to ensure their safety or to guide them into the correct and safe position, and usually involves standing close to them.

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 you and to touch you if this were necessary in order to keep you safe on the hoop?	
If you answered yes to the previous question, do you accept the potential infection risk to yourself (e.g., COVID-19) that this close proximity of persons might incur?	

## 6. Photos

The instructor often takes photos and videos in class in order to record progress and provide happy memories. If clients are agreeable, we also often post client photos on social media (Facebook and in future Instagram) and on the *Outoftheblue* website.

Question	Yes/No?
Are you <b>un</b> comfortable with having photos of you posted on social media?	

## 7. Your signature as confirmation

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

Signature	Date

## 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.)	

## 9. And finally...



Please read through and digest these practical and class conduct rules.

### Practicalities

- Bring a bottle of drinking water.
- No metal or hard jewellery to be worn apart from small earrings.
- Close-fitting clothes should be worn top and bottom. No bare legs.
- On cold days, wear or bring additional warm clothes, as the hoop room may be cold while the heating gets going.
- For safety reasons, we have to work in bare feet or sticky/yoga socks (socks with rubbery patches on the bottom).

### Conduct

- Listen and respect others.
- Encourage and praise peers.
- Don't touch the hoops until you are told to.
- Be careful walking around the hoops. They swing and can hit a passer-by.
- During class, be alert. No social media, no messing about, no casual chatter.
- When you are being the spotter, concentrate on the hoop work. 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) gymnastic crash 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.