



PAR-Q and YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. 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.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example: back, knee, or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example: water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity? Please list. _____

If you answered...

NO TO ALL QUESTIONS

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.



DELAY BECOMING MUCH MORE ACTIVE:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better; or
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

YES TO ONE OR MORE QUESTIONS

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active. Tell your doctor about the PAR-Q and which questions you answered yes.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

PLEASE NOTE:

If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

HOLD-HARMLESS & INDEMNITY AGREEMENT

The undersigned recreation participant ("Participant") shall defend, indemnify and generally hold harmless Community Center & Playground District No. 3 of Ward 7 of Calcasieu Parish, Louisiana, its parents, subsidiaries, affiliates and each of their respective present and future officers, directors, employees and agents (collectively, "Indemnified Parties") from and against any and all losses, damages, expenses, liabilities, penalties, fines, forfeitures, demands, claims, causes of action, suits, direct costs and expenses incidental thereto (including cost of defense, settlement, and reasonable attorney's fees) (collectively, "Claims") of any nature whatsoever, whether brought by any individual, business entity, any other person or any third party, including any customer, player or participant, including, but not limited to; Claims arising as a result of bodily injury (including death) to any person, damage to any property, to the extent such Claims relate to this Agreement or any other acts or omissions.

It is the express intent of the Participant the indemnification obligations under this Agreement apply regardless of any degree of fault, omission or negligence or strict liability of the Indemnified Parties and regardless of whether the Claims are alleged or found to be caused by the sole or concurrent negligence of the Indemnified Parties.

Participant's indemnification obligations contained in this Agreement are independent of any insurance terms and conditions which may be otherwise provided.

The Participant and Indemnified Parties agree that any legal limitations now or hereafter in effect that affect the validity or enforceability of Participant's indemnification obligations provided in this Agreement are made a part of this Agreement to amend Participant's indemnification obligations to the minimum extent necessary to conform such obligations with the requirements of such legal limitations, and as so modified, Participant's indemnification obligations will continue in full force and effect.

I, the undersigned, have read and answered honestly, the physical activity readiness questions asked above. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my conditions change. I also acknowledge that the fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

I, the undersigned, have read and agree to Community Center & Playground District No. 3 of Ward 7 Hold-Harmless and Indemnity Agreement.

Date (Required): _____

Participant's Name (Required): _____

Parent or Legal Guardian Name, if Minor Participant (Required): _____

Signature (Required): _____

** If participant is a minor, a parent or legal guardian must sign this form.*