

Physical Activity Readiness Questionnaire (PAR-Q)

(To be completed by Parent or Guardian of named. See below)

Name: _____

Welcome to Central London Shodokan Aikido.

Please read the questions carefully and answer each one honestly: Tick YES or NO.

YES

NO

1. Has your doctor ever said that your child has a heart condition and recommended only medically supervised activity?

2. Does your child have chest pain brought on by physical activity?

3. Have your child developed chest pain in the last month?

4. Does your child tend to lose consciousness or fall over as a result of dizziness?

5. Does your child have a bone or joint problem that could be aggravated by the proposed physical activity?

6. Is your child taking any medication that may affect his/her participation in physical activity?

7. Are you aware, through your own experience or from a doctor's advice, of any other physical reason why your child should not exercise without medical supervision?

If you answered YES to one or more of the above questions

Talk to your doctor BEFORE you start Aikido. Tell your doctor about the PAR-Q and to which questions you answered YES.

If you answered NO to all of the above questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that your child can:

Start Aikido - begin slowly and build up gradually, the safest and most effective method.

If your child is not feeling well because of a temporary illness such as a cold or a fever – wait until he/she feels better.

Aikido is a contact sport

Aikido is a contact sport and as a result there is the possibility of personal accident or injury.

I acknowledge this and accept that risk of accident or injury exists and do not hold CLSA responsible for accident or injuries occurring during formal practice. **(CLSA hold PPL and PI insurance)**

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

NAME: _____ DATE: _____

SIGNATURE: _____ WITNESS: _____