

## Physical Activity Readiness Questionnaire

Name: \_\_\_\_\_ Height: \_\_\_\_\_ Year of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone number: \_\_\_\_\_

Circle yes or no to each of the questions below. If you circle 'yes' you may need your doctor's consent before you participate in Nordic Walking.

- 1 Has a doctor ever said that you have a heart condition or high blood pressure? Yes / No
- 2 Do you have chest pain at rest or brought on by physical activity? Yes / No
- 3 Do you lose balance because of dizziness or have you lost consciousness in the last 12 months? Yes / No
- 4 Do you have a bone or joint problem that could be made worse by physical activity? Yes / No
- 5 Are you currently taking medication for a condition that you need to carry with you on a walk? Please state here: Yes / No
- 6 Has your doctor ever said that you should only do medically supervised activity? Yes / No
- 7 Have you been diagnosed with a long term medical condition or allergy that might affect your ability to exercise? Please state below: Yes / No

I realise that my body's reaction to exercise is not totally predictable. Should I develop a condition that affects my ability to exercise, I will inform my instructor immediately and stop exercising if necessary. I take full responsibility for monitoring my own physical condition at all times. Volenti non fit injuria.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

In case of emergency, please contact:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Photographs: I give permission to my instructor to use photographs taken of me in publications, advertisements, exhibitions and the internet to illustrate their work and to promote Nordic Walking. This includes use on social media. I agree to these conditions: Yes / No

Data Protection: This information will be stored securely by the instructor and will not be given to anyone else. You must notify your instructor of any changes in your personal data. Your email address will be used to notify you about Nordic Walking activities and other events organised by Julia Mitchell  
I agree to these conditions: Yes / No

How did you hear about Nordic Walking?

