

Verbal PAR-Q GUIDELINES

* for programs that do not do thorough screening – this is a minimal requirement

Intent of the PAR-Q

The Physical Activity Readiness Questionnaire (PAR-Q) is an easy to use 2-page form that is used to see if participants should check with their doctor before becoming much more physically active.

Challenge of administering the written PAR-Q form:

Group and aquatic fitness trainers, instructors or specialists that do not have the opportunity to administer the written PAR-Q with each participant or a complete health history and screening evaluations. This must be done prior to starting a program.

This is especially applicable for participants will show up 5 minutes late (and are joining a group program.) At this point it is not feasible for the instructor to stop the class to administer the PAR-Q for the late participant. If the PAR-Q is filled out at the front desk before the participant enters the facility the challenge then becomes how to get that information to the leader before the class starts.

Rationale:

The PAR-Q has two purposes:

- 1) Build self awareness at the participant level and
- 2) Help to inform the leader of participant needs and concerns.

By administering the verbal PAR-Q at the start of program the participant is made aware of any conditions in which they may want to discuss with their doctor and they have the opportunity to let their fitness instructor know of such conditions. In this situation the PAR-Q is informing both the participant and the leader.

Group and aquatic instructors/trainers/specialists create a generalized program for the class in which modifications are presented so that the participants are able to adjust the level of the class on their own to suit their needs.

Verbal PAR-Q Instructions

STEP #1: The leader verbally asks the participants before **every** class “Is there anyone in the class who has not completed a written or verbal PAR-Q in the past 12 months?”

STEP #2: If any participants answer “Yes” to the question in STEP #1 or if the leader observes a new participant in the class or if it is the start of a new session for a registered program; then the leader must verbally read the

following exactly as written to the whole class (If all participants answer "No" to STEP #1 then the leader **does not** have to read the following):

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 exercising. If you are over 69 years of age, and you are not used to being very active, check with your doctor before you start an exercise program.

Common sense is your best guide when you answer these questions. Please listen to the questions carefully and answer each one honestly to yourself yes or no.

Questions:

- 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?*
- 2. Do you feel pain in your chest when you do physical activity?*
- 3. In the past month, have you had chest pain when you were not doing physical activity?*
- 4. Do you lose your balance because of dizziness or do you ever lose consciousness?*
- 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?*
- 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?*
- 7. Do you know of any other reason why you should not do physical activity?*

If you answered 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.

STEP #3: If a participant joins the class late which results in them not being present for the verbal PAR-Q the fitness leader must give the participant a copy of the **BCRPA Participant PAR-Q Information sheet**.

Participant PAR-Q Information Sheet

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 exercising. If you are over 69 years of age, and you are not used to being vary active, check with your doctor before you start an exercise program.

Common sense is your best guide when you answer these questions. Please read to the questions carefully and answer each one honestly to yourself yes or no.

Questions:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. do you feel pain in your chest when you do physical activity?

3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
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?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered 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.