

Auriol Kensington Rowing Club - Pre-exercise questionnaire

At a meeting of the General Committee of the Club on 12th April 2000 it was agreed that all prospective members should be asked to complete a pre-exercise questionnaire in order that the Club could demonstrate compliance with the ARA Water Safety Code and Guidance Notes. This form is adapted from the PAR-Q developed by the Exercise Association of England.

If you are under 18 years of age complete this questionnaire with the help of your parents or guardians and get one of them to sign it on your behalf. If you are over 59 years of age, and you are not used to being very active, check with your doctor before you start rowing. If you are between the ages of 18 and 59 the questionnaire will tell you if you should check with your doctor before you start rowing. All information supplied will be held in confidence by the Club.

1. Are you unable to swim more than 100 metres? YES NO
2. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES NO
3. Do you ever feel pain in your chest when you do physical activity? YES NO
4. Have you ever had chest pain when you are not doing physical activity? YES NO
5. Do you ever feel faint or have spells of dizziness? YES NO
6. Do you have a joint problem that could be made worse by exercise? YES NO
7. Have you ever been told that you have high blood pressure? YES NO
8. Are you currently taking any medication of which your coach should be made aware?
Details: YES NO
9. Are you pregnant, or have you had a baby in the last six months? YES NO
10. Do you know of any other reason why you should not participate in physical activity/exercise? Details: YES NO

If you have answered yes to one or more questions, talk with your doctor by phone or in person before you start rowing. Tell your doctor about the questionnaire and to which questions you have answered yes. You may be able to start rowing - as long as you start slowly and build up gradually. Follow the advice given to you.

If you have answered no to all questions, you can be reasonably sure that you can start rowing. Begin slowly and build up gradually. If you feel any pain or discomfort at any stage bring this to the attention of your coach. **DO NOT EVER SUFFER IN SILENCE.** If you feel unwell because of temporary illness such as cold or fever - wait until you are better. If your health changes so that you subsequently answer yes to any of the questions above consult your doctor immediately.

I have read, understood and completed this questionnaire. All questions were answered to my full satisfaction. I have also received, read and understood information regarding the safe use of club equipment on the Tideway (including tideway navigation, local river conditions and use of club equipment).

Name:

Signature: Date