

BC RECREATION & PARKS ASSOCIATION FITNESS REGISTRAION PROGRAM



PAR-Q Administration Guidelines

Intent of the PAR-Q

The Physical Activity Readiness Questionnaire (PAR-Q) is an easy to use 2-page form that is used to determine if participants should check with their doctor before becoming much more physically active. The form was created by the Canadian Society for Exercise Physiology (CSEP) and it can be downloaded from

http://www.bcrpa.bc.ca/forms_publications/forms.htm.

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.

Challenge of administering the written PAR-Q form:

Group fitness, Yoga fitness, Pilates fitness and Aquatic fitness instructors may not have the opportunity to administer the written PAR-Q with each participant individually before the start of a class (as weight trainers and personal trainers do). Often, participants will show up 5 minutes late for class and at that 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 it is a challenge to get that information to the leader before the class starts.

By administering the PAR-Q (verbal or poster) at the start of class the participant is made aware of any conditions they may want to discuss with their doctor and they have the opportunity to let their fitness instructor know of such conditions.

Administration Options

1. Written PAR-Q: required for weight training and personal training participants. Follow instructions as indicated on the PAR-Q form. If a participant answers yes to one or more questions medical clearance is required.
2. Verbal PAR-Q: for group fitness, yoga fitness, Pilates fitness and aquatic fitness participants only. Refer to Verbal PAR-Q instructions on page 3.
3. PAR-Q poster: for group fitness, yoga fitness, Pilates fitness and aquatic fitness participants only. Page one of the PAR-Q form may be enlarged and placed prominently in the group exercise area. At the start of each class the instructor must ask that any participant who has not read the PAR-Q in the past 12 months read the poster. If a new participant arrives late they must be asked to read the poster. No medical clearance is required.

BCRPA Fitness Leader Verbal PAR-Q Instructions

(for aquatic, group and yoga fitness participants only)

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.**

BCRPA Participant PAR-Q Information Sheet

(THIS FORM IS TO BE GIVEN TO ALL PARTICIPANTS WHO JOIN THE CLASS LATE WHICH RESULTS IN THEM NOT BEING PRESENT FOR THE WRITTEN OR VERBAL PAR-Q)

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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.