

w: <http://www.clissoldswimmingclub.org.uk>  
 e: [membership@clissoldswimmingclub.org.uk](mailto:membership@clissoldswimmingclub.org.uk)  
 t: 07891 880781

swimmer's name			
home phone number:			
mobile			
email			
address line 1:			
address line 2:			
county/borough:			
postcode:			
D.O.B :			
<b>In Case of Emergency:</b>			
emergency contact 1			
relationship to swimmer?			
emergency contact 2			
relationship to swimmer?			
<b>Misc.</b>			
gender:		F/M	
ethnicity:			
disability:		yes	no
Any other relevant information including medical conditions:			
GP practice:			
signature			date

Please be assured that we will not under any circumstances divulge this information to any third-party organisations. We hold these details merely to be able to record your membership and to ensure your safety.

Clissold Swimming Club advises that swimming is strenuous physical activity. A physical examination by a qualified physician is recommended before beginning any exercise program. Clissold Swimming Club is not responsible for any injury that occurs while performing any suggested workouts provided by the club. If you have any doubts about your ability to complete a workout do not start it

In consideration for using any Clissold Swimming Club workouts in any manner, including copying by any means, the user agrees to hold Clissold Swimming Club its affiliates, employees, and consultants harmless from any liability for any injury sustained while performing any such workout.

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## Physical Activity Readiness Questionnaire (Par-Q)

### swimming is a strenuous activity

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**

If you answered "yes" to one or more questions, talk with your doctor before you start becoming much more active or before you have a fitness test. Tell you doctor about the PAR-Q and which questions you answered "yes".

#### **If you answered NO**

If you answered "no" honestly to all of the questions, you can be reasonably sure that you can start becoming much more physically active or take part in a physical fitness appraisal – begin slowly and build up gradually. This is the safest and easiest way to go.

#### **Things Change**

Even if you answered "no" to all questions, you should delay becoming more active if you are temporarily ill with a cold or a fever, or if you are or may be pregnant. If your health changes so that you then answer "yes" to any of the above questions, tell your fitness or health professional and ask whether you should change your physical activity plan.

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I have read and understood this form and had everything I needed explained to made clear and answered truthfully.

Signed

Date