



# Wykeham Sports Club

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

If you are planning to take part in physical activity or an exercise class and you are new to exercise, start by answering the questions below. If you are between the ages of 15 and 69 the questionnaire will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

**ALL INFORMATION IS TREATED CONFIDENTIALLY BY CLASS INSTRUCTOR**

**Please circle**

1. 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
2. Do you ever feel pain in your chest when you do physical activity? YES NO
3. Have you ever had chest pain when you are not doing physical activity? YES NO
4. Do you ever feel faint or have spells of dizziness? YES NO
5. Do you have a joint problem that could be made worse by exercise? YES NO
6. Have you ever been told that you have high blood pressure? YES NO
7. Are you currently taking any medication of which the instructor should be made aware of? YES NO  
If so what? \_\_\_\_\_
8. Are you pregnant or have you had a baby in the last 6 months? YES NO
9. Is there any other reason why you should not participate in physical activity? YES NO  
If so what? \_\_\_\_\_
10. Do you suffer from any of the following (please circle)?  
Epilepsy/ Hiatus Hernia/ Arthritis/ Migraine / Eye Trouble/ Menstrual problems /Back problems
11. Please list any recent injury, physical disability or recent operation  
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12. Are you taking any prescribed medication, if so please list ?  
\_\_\_\_\_

**IF YOU HAVE ANSWERED YES TO ONE OR MORE QUESTIONS**

Talk to your doctor by phone or in person before you start becoming more physically active. Tell your doctor about the questionnaire and which question you answered YES to.

You may be able to do any activity you want – as long as you build up slowly and gradually. Or you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activity you wish to participate in and follow his/her advice.

**IF YOU HAVE ANSWERED NO TO ALL QUESTIONS**

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Remember to begin slowly and build up gradually.

**PLEASE NOTE**

If your health changes so that subsequently you answer YES to any of the above questions, inform your instructor immediately and seek advice from your GP about the suitability of your exercise program. If you feel unwell because of a temporary illness such as cold or flu – delay becoming more active and wait until you are better.

**WHAT ARE YOUR MOTIVES FOR joining an Exercise/ Yoga/ Pilates class**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE.  
I HAVE FOLLOWED THE ADVICE OF MY GP AND HAPPY THAT THIS IS A SUITABLE EXERCISE PROGRAM FOR ME.**

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

**Signature:** \_\_\_\_\_

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

**Phone:** \_\_\_\_\_

\_\_\_\_\_

**Date:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Emergency contact name and phone no:** \_\_\_\_\_

**PLEASE HAND COMPLETED FORM TO CLASS INSTRUCTOR**

**Contact Details**

We're on the Web! For latest news and sports timetable see us at:  
<http://www.winchestercollege.org/wykeham-sports-club>

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**Wykeham Sports Club**

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