

Please bring completed form to check-in on event day.

Physical Activity Readiness Questionnaire (PAR-Q)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise. Completing the PAR-Q is required to participate in the Baehr Challenge Obstacle Course Race event.

For most people, physical activity should not pose any problems or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering the following questions. Please read them carefully and check **YES** or **NO** opposite the question as it applies to you. **If yes, please explain.**

YES **NO**

- ____ ____ 1. Has your doctor ever said you have heart trouble?
Yes, _____
- ____ ____ 2. Do you frequently have pains in your heart and chest?
Yes, _____
- ____ ____ 3. Do you often feel faint or have spells of severe dizziness?
Yes, _____
- ____ ____ 4. Has a doctor ever said your blood pressure was too high?
Yes, _____
- ____ ____ 5. Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
Yes, _____
- ____ ____ 6. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to?
Yes, _____
- ____ ____ 7. Are you over age 60 **and** not accustomed to vigorous exercise?
Yes, _____
- ____ ____ 8. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness?
Yes, _____
- ____ ____ 9. Are you currently taking any medications? If YES, please specify.
Yes, _____
- ____ ____ 10. Do you currently have a disability or a communicable disease? If YES, please specify.
Yes, _____

If you answered NO to all questions above, it gives a general indication that you may participate in the Baehr Challenge Obstacle Course Race event. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise. If you answered YES to any of the above questions, then you may need written permission from a physician before participating in the Baehr Challenge Obstacle Course Race event.

Print Name

Signature

Date

Please Note: If you contract a communicable disease, it is your responsibility to inform the staff of the Baehr Challenge Obstacle Course Race of this condition and your participation may be suspended until this condition is cured or in a state of remission.

Email address (**print clearly!**)

How did you hear about us?

