

EVOLVE FITNESS UK

**PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PARQ) AND
COVID-19 SPECIFIC QUESTIONING AND CONSENT**

All information must be completed - please write clearly and in **BLOCK CAPITALS**

PERSONAL DETAILS

NAME:	
DATE:	
EMAIL ADDRESS:	
RESIDENTIAL ADDRESS:	
CONTACT NUMBER:	
EMERGENCY CONTACT AND NUMBER:	
DATE OF BIRTH:	
DOCTORS' NAME AND SURGERY:	

GDPR AND DATA CONSENT

Please confirm that you are happy to receive communication from our company regarding our services. If you do not give consent, we will be unable to contact you. Please tick only one of the following boxes:	YES	NO
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MEDICAL QUESTIONNAIRE

Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by your doctor?	YES	NO
Do you feel pain in your chest when you perform physical activity?	YES	NO
In the past month, have you had chest pain when you were not performing any physical activity?	YES	NO
Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
You have a bone or joint problem that could be made worse by a change in your physical activity?	YES	NO
Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?	YES	NO
Do you know any other reason why you should not engage in physical activity, such as any other condition, including pregnancy?	YES	NO

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in any exercise session.

Delay becoming more active if:

- **You have a temporary illness such as a cold or fever; it is best to wait until you feel better.**
- **You are pregnant - talk to your health care practitioner, your doctor, a qualified exercise professional, before becoming more physically active.**
- **Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.**

COVID-19 SPECIFIC QUESTIONING

Whilst we at Evolve Fitness UK pride ourselves in keeping our customers safe, have taken additional steps to put your safety first and would appreciate it if you could answer the following questions to allow us to maintain ongoing health and safety.

Do you consent to inform Evolve Fitness UK if you or any member of your household has developed any symptoms which could include a persistent cough or temperature which could be an indication of contracting COVID-19 prior to your session starting?	YES	NO
Do you consent to cleaning all equipment (including your own) used during a session with cleaning materials supplied by Evolve Fitness UK?	YES	NO
Do you consent to following Government guidelines regarding regular hand cleaning, in particular, before and after a session?	YES	NO
Do you consent to adhere at all times to Evolve Fitness UK's Risk Assessment (of which you have been provided with an electronic and paper copy) and all safety procedures set out by the Glencorse Centre whilst visiting their building and attending Evolve Fitness UK classes.	YES	NO
Do you consent to your temperature being taken using a contactless thermometer prior to taking part in any session?	YES	NO

PARTICIPANT DECLARATION

- I confirm that the information I have provided is accurate to the best of my knowledge and should this information change, I will inform Evolve Fitness UK as soon as possible. I also acknowledge that a change to the details listed could result in non-attendance of sessions.
- Please note that no liability is accepted for any loss of or damage to any articles, which you may bring with you to classes. Equally, liability is not accepted for loss of or damage to motor vehicles or their contents and these are left at the owner's risk.
- I confirm that I have received, read and understood Evolve Fitness UK's COVID-19 Risk Assessment.
- Please note that every measure has been taken to follow Government, Sport Scotland and EMD UK (the National Governing Body for Group Exercise) guidelines to minimise the risk of any individual contracting COVID-19 whilst attending indoor or outdoor classes with Evolve Fitness UK. Any person taking part in Evolve Fitness UK classes does so at their own risk and no liability is accepted for any person contracting COVID-19 as a result of attending Evolve Fitness UK classes.
- "I confirm that where any medical condition, discomfort or injury which may be affected by physical activity applies or becomes applicable at any time when I am participating in a class, I am responsible for checking with my doctor to ensure I am able to participate in this activity."

CUSTOMER SIGNATURE: