

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

IF YOU ARE CONSIDERING TAKING PART IN PHYSICAL ACTIVITY OR AN EXERCISE CLASS, BEFORE YOU START, PLEASE ANSWER THE FOLLOWING QUESTIONS BELOW.

The questionnaire will indicate whether you should check with your doctor before you start a programme of physical activity. If you are over 69 years of age and you are not used to being very active you should certainly check with your doctor. We will treat all information confidentially.

	Yes	No
1. Have you ever been diagnosed with a heart condition with advice from a doctor that you should only do physical activity recommended by them?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you ever felt pain in your chest whilst you were physically active?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever felt chest pain whilst you were at rest?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever feel faint or have dizzy spells?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have a joint problem that could be made worse by exercise?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever been diagnosed with high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you currently pregnant or have you had a baby in the last six months?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are you currently taking any medication or have any medical conditions that the instructor should be made aware of? If yes, please provide details:	<input type="text"/>	

If you have answered yes to one or more questions

Talk to your doctor by phone or in person before increasing your physical activity. Tell your doctor about the question(s) you have answered yes to. You may still be able to do any activity you want – as long as you begin slowly and build up gradually – or you may need to limit your activities to those which are safe for you. Talk with your doctor about the kind of activity you wish to participate in and follow their advice.

If you have answered no to all questions

You can be reasonably confident that you can start to increase your physical activity and take part in a progressive exercise programme. Remember – begin slowly and build up gradually.

Please note

If your health changes so that you answer yes to any of the above questions, please inform your instructor immediately. Delay becoming more active if you feel unwell because of a temporary illness such as cold or flu – wait until you feel better.

I have read, understood and completed this questionnaire. All questions have been answered to the best of my knowledge.

Name	<input type="text"/>	Signature	<input type="text"/>	Date	<input type="text"/>
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nationalcentre@sport.wales
www.sportwales-nationalcentre.org.uk

0300 300 3123

Emergency contact information:

Name	<input type="text"/>
Contact number	<input type="text"/>

OS YDYCH CHI'N YSTYRIED CYMRYD RHAN MEWN GWEITHGARWCH CORFFOROL
NEU DDOSBARTH YMARFER, CYN I CHI DDECHRAU, ATEBWCH Y CWESTIYNAU ISOD.

Bydd yr holiadur yma'n dangos a ddylech chi holi eich meddyg cyn dechrau ar raglen o weithgarwch corfforol. Os ydych chi dros 69 oed a heb arfer bod yn egniol iawn, dylech holi eich meddyg yn sicr. Byddwn yn trin yr holl wybodaeth yn gyfrinachol.

	Oes	Nac Oes
1. Ydych chi wedi cael diagnosis o gyflwr ar y galon erioed, gyda chyngor gan feddyg mai dim ond y gweithgarwch corfforol y mae ef yn ei argymhell y dylech chi gymryd rhan ynddo?	<input type="checkbox"/>	<input type="checkbox"/>
2. Ydych chi wedi teimlo poen yn eich brest erioed wrth fod yn egniol yn gorfforol?	<input type="checkbox"/>	<input type="checkbox"/>
3. Ydych chi wedi teimlo poen yn eich brest erioed wrth orffwys?	<input type="checkbox"/>	<input type="checkbox"/>
4. Ydych chi'n teimlo fel llewygu neu'n benysgafn ar adegau?	<input type="checkbox"/>	<input type="checkbox"/>
5. Oes gennych chi broblemau gyda'ch cymalau a allai waethygu drwy ymarfer?	<input type="checkbox"/>	<input type="checkbox"/>
6. Ydych chi wedi cael diagnosis o bwysedd gwaed uchel erioed?	<input type="checkbox"/>	<input type="checkbox"/>
7. Ydych chi'n feichiog ar hyn o bryd neu wedi cael babi yn ystod y chwe mis diwethaf?	<input type="checkbox"/>	<input type="checkbox"/>
8. Ydych chi'n cymryd unrhyw foddion ar hyn o bryd neu a oes gennych chi unrhyw gyflyrau meddygol y dylai'r hyfforddwr fod yn ymwybodol ohonynt nhw? Os Ydw, rhowch fanylion:	<input type="text"/>	

Os ydych chi wedi ateb un neu fwy o'r cwestiynau'n gadarnhaol

Siaradwch gyda'ch meddyg dros y ffôn neu wyneb yn wyneb cyn cynyddu eich gweithgarwch corfforol. Dywedwch wrth eich meddyg am y cwestiwn (cwestiynau) rydych chi wedi'u hateb yn gadarnhaol. Efallai y byddwch chi'n cael gwneud y gweithgaredd rydych chi wedi'i ddewis - dim ond eich bod yn dechrau'n araf ac yn adeiladu'n raddol - neu efallai y bydd rhaid i chi gyfyngu eich gweithgareddau i'r rhai sy'n ddiogel i chi. Siaradwch gyda'ch meddyg am y math o weithgaredd rydych chi eisiau cymryd rhan ynddo a gwrandewch ar ei gyngor.

Os ydych chi wedi ateb pob un cwestiwn yn negyddol

Gallwch fod yn rhesymol hyderus y gallwch ddechrau cynyddu eich gweithgarwch corfforol a chymryd rhan mewn rhaglen ymarfer gynyddol. Cofiwch - rhaid dechrau'n araf ac adeiladu'n raddol.

Cofiwch

Bydd eich iechyd yn newid fel eich bod yn ateb unrhyw un o'r cwestiynau uchod yn gadarnhaol, rhowch wybod i'ch hyfforddwr ar unwaith. Dylech oedi gyda bod yn fwy egniol os nad ydych yn teimlo'n dda oherwydd salwch dros dro fel annwyd neu fflw - arhoswch nes eich bod yn teimlo'n well.

Yr wyf wedi darllen, deall a llenwi'r holiadur yma. Mae pob cwestiwn wedi cael ei ateb hyd eithaf fy ngwybodaeth.

Enw Llofnod Dyddiad

canolfancedlaethol@chwaraeon.cymru
www.chwaraeoncymru-canolfancedlaethol.org.uk

Gwybodaeth gyswllt mewn:

0300 300 3123

Enw

Rhif Cyswllt