

If you have answered **yes** to one or more questions:

You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

If you have answered **no** to all the questions:

It is reasonably safe for you to participate in physical activity, gradually building up from your current level. A fitness appraisal will help to determine your ability levels.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in a acceptable level of exercise, and my participation involves a risk of injury.

Signature: _____

Print Name: _____

Date: _____

Having answered yes to one of the above questions, I have sought medical advise and my GP has agreed that I may exercise.

Signature: _____

Date: _____

Please note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer **yes** to any of the questions.

While a PAR-Q will limit the risk of client injury or illness, it is essential that your personal training business is protected from personal accident and public liability. Protectivity provides tailored personal trainer insurance to ensure you are comprehensively covered.