

PAW-Q

A questionnaire/waiver

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become a member of Lancaster Parks & Recreation-Olivedale Wellness Center, start by answering the seven questions in the box below. If you are between the ages of 35-64, the PAW-Q will tell you if you should check with your doctor before you start. If you are over 64 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem (i.e., back, knee or hip) that could be made worse by physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (i.e., water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of <u>any other reason</u> why you should not do physical activity? |

**IF
YOU
ANSWERED**

YES to one or more questions:

Have a "Medical Release" form completed by your doctor BEFORE starting physical activity at Olivedale.

Tell your doctor about the PAW-Q and which questions you answered YES

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

* Find out which exercise programs are safe and helpful for you.

NO to all questions:

If you answered NO honestly to all PAW-Q questions, you can be reasonably sure that you can:

* start becoming much more physically active-begin slowly build up gradually. This is the safest and easiest way to go.

* take part in a fitness appraisal-this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

Delay Becoming Much More Active:

- * If you are not feeling well because of temporary illness such as a cold or a fever-wait until you feel better; or
- * if you are or may be pregnant-talk to your doctor before you start becoming more active.

PLEASE NOTE: if your health changes so that you then answer **YES** to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAW-Q: City of Lancaster Parks and Recreation and their agents assure no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Printed Name _____

Date _____

Signature _____

Witness _____

NOTE: This physical activity clearance expires at the same time as your yearly membership and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.