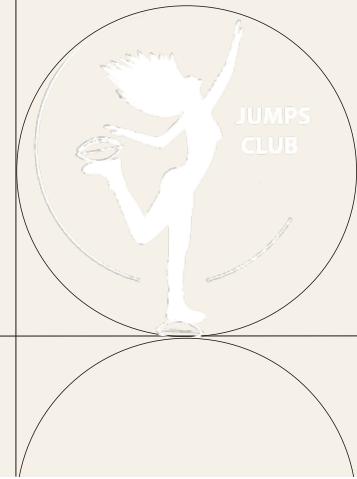


## Jumps Club Norwich

www.jumps-club.co.uk Mob: 07843765327 Email: bookings@jumps-club.co.uk

Jumps Club Norwich @kangoo.club.norwich The information provided by you on this form will be held and processed by Jumps Club Norwich in accordance with the Data Protection Act 2018 and any subsequent data protection laws or guidance. To see our Privacy Policy explaining your full rights, how we use information about you and how we protect your privacy, please see our GDPR Privacy Policy.



## Physical Activity Readiness Questionnaire (PAR-Q)

This PAR-Q is designed to help you to help yourself. If you are between the ages of 14 and 69, the PAR-Q will tell you if you should check with your doctor before you significantly change your physical activity patterns. If you are over 69 years old and are not used to being very active, check with your doctor. Please read each question carefully and answer honestly by indicating YES or NO. Common sense is your best guide for answering these questions.

**Full Name of Participant:**.....**DOB:**.....

**Contact Number :**.....


**Email Address:** .....

<b>1. Do you have a heart condition? (If YES, consult your doctor first)</b>	<b>YES / NO</b>
<b>2. Do you feel pain in your chest when you do physical activity?</b>	<b>YES / NO</b>
<b>3. In the past month, have you had chest pain when you were not doing physical activity?</b>	<b>YES / NO</b>
<b>4. If you're experiencing dizziness, does it also affect your balance? Have you ever lost consciousness due to dizziness?</b>	<b>YES / NO</b>
<b>5. Have you ever been diagnosed with a bone or joint condition, like osteoarthritis, osteoporosis, or a past injury, that might be impacted by a shift in your physical activity?</b>	<b>YES / NO</b>
<b>6. Are you currently taking any medications for your blood pressure or heart health, such as diuretics (water pills)?</b>	<b>YES / NO</b>
<b>7. Have you had a stroke, TIA, neurological condition, recent surgery, or injury that may affect safe participation in rebound exercise?</b>	<b>YES / NO</b>
<b>8. Are you currently pregnant, or have you given birth within the last 6 weeks?</b>	<b>YES / NO</b>
<b>9. Is there any other medical reason why you should not participate in physical activity?</b>	<b>YES / NO</b>

**If you have answered :**

**Yes**, to any of this questions, then we recommend seek advice from your GP to clarify that is safe for you to participate in Kangoo Jumps rebound exercise at this current time and in your current state of health.

**No**, to all the above questions, you confirm that you are in good health and able to participate in physical activity. Please sign the declaration.

 **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.
- Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

## REBOUND SHOES FITTING & SAFETY INFORMATION

To ensure correct rebound system selection and your safety, please complete:

UK Shoe Size: \_\_\_\_\_

Current Body Weight (kg): \_\_\_\_\_

Height (optional): \_\_\_\_\_

 Providing accurate weight information is essential for correct spring tension selection and injury prevention.

### Participant Declaration

I have read, understood, and accurately completed this questionnaire. I confirm that I am voluntarily engaging in Kangoo Jumps rebound exercise, and my participation involves a risk of injury (please, read and sign the Assumption of Risk and Waiver of Liability Agreement).

Signature:.....Print Name:.....Date:.....

Having answered YES to any of the questions above, I have sought medical advice and my GP has agreed that I may exercise.

Signature:.....Print Name:.....Date:.....

If signing for a minor (someone under the age of 18)

Full name of Parent / Responsible adult:

Signature of Parent / Responsible adult:

Note: This PAR-Q becomes invalid if your condition changes so that you would answer YES to any of the 9 questions.

Please be aware that it is your responsibility to inform us if there is a change to any of your answers on the PAR-Q.