

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE & U (PAR-Q & U)

FREQUENTLY ASKED QUESTIONS

(1) What is PAR-Q?

Ans: It is physical activity readiness questionnaire **for individual to find out more about their physical ability** before engaging in any physical activity.

It only takes **approximately 3 minutes to fill up** the questionnaire. It is an **easy and convenient** way to do some self-assessment before any activity.

(2) What are the benefits of PAR-Q?

Ans: It helps an **individual to assess oneself** if they are fit for the activity at that particular moment.

Normally, people would run through in their mind some of these questions that assist them to assess their physical wealth being at that moment. PAR-Q only **helps to formalize such thoughts with guiding questions**.

(3) Who keeps the PAR-Q?

Ans: The PAR-Q is to be **kept by the individual**. It is **not compulsory** for users to fill it up. However, SSC would **encourage users to go through the questionnaire**, so they can pick up the guiding questions and ask themselves every time before they participate in any activity.

(4) If I answer 'Yes' to any of the questions, will I be barred from entering the facility or participate in the activity?

Ans: **No**. As the PAR-Q is self-voluntary and the questionnaire is to **be retained by the individual**, information may not be disclosed to the staff.

SSC would not refuse entry of patrons even if they indicate that they answer 'Yes' to one or more of the questions.

However, staff could **advise them** to consult a doctor prior to the activity. Also, staff can alert safety personnel at the facility to **keep a look out** the particular user, should they share with the staff their PAR-Q.

(5) If I answer ‘No’ to the PAR-Q and an incident (like fainted, vomit etc) during the exercise at the facility, will the staff be liable?

Ans: The PAR-Q is a voluntary self-appraisal and not a medical check-up/clearance and **should not have any implications** on SSC and her staff.

However, staff still need to **be vigilant** during their tour of duty and constant scan for patrons who may appear to be in some difficulty during their activity. **Staff has the right to stop any users** from continuing with the activity. Please seek clarification from the user, family and friends with him (if possible) before making the judgment.

(6) Should user go through the PAR-Q every time?

Ans: **Users are encouraged to do so** as physical and mental conditions varies over time and for different sports. It is also a useful tool not only at SSC facilities but **for other facilities and every time they exercise.**

(7) If I answer ‘Yes’ to the questions in the PAR-Q, should I stop the activity?

Ans: **Yes, you should stop** the activity and consult medical doctor and seek his advice. As it is a voluntary questionnaire, user to part-take in the activity will be upon **their own discretion.** Unless, you have already been given clearance by the doctor.

(8) Is the PAR-Q a medical form from the hospital or medical association?

Ans: **No,** it is not. It is a **widely use voluntary self-appraisal** of one’s own physical condition.

(9) I notice there is an age limit to the usage of the PAR-Q, what if I fall out of the age range?

Ans: The **PAR-Q is designed for and more applicable for users age 15 to 69 years old.** Should you fall below 15 years old, caregiver should provide appropriate advice. If you are **above 69 years old, you should consult your doctor** and seek his advice and clearance before participating in any form of exercise and activity.

“SAFETY IS EVERYONE’S RESPONSIBILITY”