

PAR-Q and You

(Physical Activity Readiness Questionnaire)

Please read the following questions carefully and answer each one honestly.

- ◆ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ◆ Do you feel pain in your chest when you do physical activity?
- ◆ In the past month, have you had chest pain when you were not doing physical activity?
- ◆ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ◆ Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- ◆ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- ◆ Do you know of any other reason why you should not do physical activity?

If you have answered yes to any of the above questions, we strongly recommend that you seek your doctor's advice before participating in any physical activity at the Rouge Woods Bocce Facility.

In consideration of the acceptance of my application and the permission to become a member of the Rouge Woods Bocce Facility, owned and operated by the Town of Richmond Hill, and to participate in Bocce activities and programs, I hereby waive and forever discharge the Corporation of the Town of Richmond Hill, it's employees, agents, officers and elected officials, from all claims, damages, costs and expenses in respect to injury or damage to my person or property, however caused, which I may sustain as a result of my participation in the Centre / program. The Town of Richmond Hill reserves the right to use photographs taken within the Rouge Woods Community Centre & Bocce Facility for promotional purposes.

OFFICE USE ONLY - Form of Payment can be cash, cheque, * visa or * mastercard (* see note below)

Date: _____ Form of Payment: _____ Membership Number# _____ Staff Initials _____

***Credit Card Payment Information:**

Date: _____ Visa/Mastercard #: _____ expiry: _____
Print Name : _____ Signature _____
Cardholders full name

**** If paying by credit card, please ensure the information above is completed. ****