

Physical Activity Readiness Questionnaire

Whether for fun, fitness, or pure competition, multisport events are very physically demanding. It is important to understand the level of stress your body can endure. It is also essential to be willing to stop if your body has reached its limit. As a multisport participant, we understand you are more physically active than the average person. Please keep this in mind when filling out the questionnaire.

Please read the questions carefully and answer them **honestly**. If one or more of your answers requires further explanation, please use the space provided.

- | | | |
|-----|----|---|
| YES | NO | 1. Since my last health assessment, I have undergone treatment, or I have consulted a health practitioner, for symptoms related to: heart; lungs; blood vessels; high blood pressure; dizziness; shortness of breath; muscle weakness; persistent aches or pains; or, blurred vision. |
| YES | NO | 2. I have a history of seizures. |
| YES | NO | 3. I have fainted or have lost consciousness during the past 12 months. |
| YES | NO | 4. Within the last 48 months, a medical practitioner has recommended restrictions on my activities. |
| YES | NO | 5. I have an existing physical or mental condition that may affect my balance, ability to walk, to climb, to see, or to hear. |
| YES | NO | 6. I am taking prescription medication regularly and/or suffer from known allergies. (Please specify) |
| YES | NO | 7. I have an existing condition that could impact on my ability to complete the event. |
-
-

If you answered yes to any of the previous questions, please consult a medical practitioner. It is important that your medical professional is aware of your intention to complete a multisport event - the physical stress to the body is above and beyond regular physical activity.