



CLWB RHWYFO'R BORTH ROWING CLUB

ENROLMENT FORM

Name	
Date of Birth	
Email address	
Telephone No	
Mobile No	
Emergency Contact Details	

Are you a non-swimmer?	YES / NO
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Borth Rowing Club policy is that non-swimmers must wear life jackets at all times when in a rowing boat.

Physical Activity Readiness Questionnaire (PARQ)

Regular physical activity is fun and healthy. 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. This PARQ will tell you if you should check with you doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Please read each question carefully and answer honestly circling Yes or No.

Do you have a heart condition?	YES / NO
Do you feel pain in your chest when you do physical activity?	YES / NO
In the past month, have you had chest pain when you are not doing physical activity?	YES / NO
Do you ever have spells of dizziness or feel faint?	YES / NO
Have you ever had either high or low blood pressure, and/or high cholesterol level?	YES / NO
Have you ever had asthma, chronic bronchitis or any other chest ailments?	YES / NO
Do you suffer from severe back pains or any orthopaedic problem?	YES / NO
Do you suffer from severe headaches or migraines?	YES / NO
Are you recuperating from a recent illness/operation or injury?	YES / NO
Have you any medical condition that we should be aware of?	YES / NO
Are you pregnant? If yes how many months?	YES / NO
Is there any history of heart disease in your immediate family (under the age of 55)?	YES / NO



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PLEASE NOTE:

If you answered YES to any of questions 1 to 12, you are advised to seek medical advice/approval before commencing any exercise session.

I have been informed both verbally and in writing that if I answer YES to any of questions 1 to 12 of this questionnaire, I should seek medical advice/approval before commencing an exercise session. If I wish to continue without such advice I do so entirely at my own risk.

I confirm that I have read, fully understood and answered the above questions honestly.

Signed: Date:

Printed Name: