

Get Ireland Walking

Walk Ready Questionnaire

Becoming more active is very safe for most people. Some people should check with their doctor before they start becoming more physically active.

Mark 'yes' or 'no' to all of the questions below:

- | | | |
|--|---------------------------|--------------------------|
| 1. Has your doctor ever said that you have a medical condition and should only do physical activity recommended by a doctor? | <input type="radio"/> Yes | <input type="radio"/> No |
| 2. Do you feel pain in your chest when you do physical activity? | <input type="radio"/> Yes | <input type="radio"/> No |
| 3. In the past month, have you had a pain in your chest while not doing physical activity? | <input type="radio"/> Yes | <input type="radio"/> No |
| 4. Do you lose your balance because of dizziness or do you ever lose concentration? | <input type="radio"/> Yes | <input type="radio"/> No |
| 5. Do you have a bone or joint problem that could be made worse by increasing your level of physical activity? | <input type="radio"/> Yes | <input type="radio"/> No |
| 6. Is your doctor currently prescribing drugs for your blood pressure or a heart condition? | <input type="radio"/> Yes | <input type="radio"/> No |
| 7. Do you know of any reason why you should not do physical activity? | <input type="radio"/> Yes | <input type="radio"/> No |

Read the below statements and sign and date the form

I understand that by answering yes to one or more of the above questions then I should consult my doctor before taking part in this walking session.

I agree to inform the Group Coordinator / Volunteer Walk Leader if there are any changes in my health which affect my answers to the above questions.

I understand that this information will be shared with other Group Coordinators / Volunteer Walk Leaders.

Signed:

Date:

Please provide your 'In Case of Emergency' Contact Details (ICE number):

ICE Name:

ICE Phone Number: