

# 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 and 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 and Volunteer Walk Leaders.

Signed:

Date:

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

ICE Name:

ICE Phone Number: