

Physical Activity Readiness Questionnaire PAR-Q



Hiking in the Mourne Mountains is a fun and healthy activity, being in the mountains is very safe for most people. However, some people should check with their doctor before venturing into any new or increased physical activity.

Please read the following 7 questions carefully and answer each one honestly: Cross out either YES or NO leaving the answer not crossed out.

- 1.) Has your doctor ever indicated that you have any type of heart trouble OR high blood pressure? **YES/NO**
- 2.) Have you ever been diagnosed with any other chronic medical condition? **YES/NO**
Please List Condition (s) here:
- 3.) Are you currently taking prescribed medication for a medical condition? **YES/NO**
Please List Medication (s) here:
- 4.) Do you suffer from pains in your heart or chest or have chest pains brought on by physical activity? **YES/NO**
- 5.) Do you ever lose balance because of dizziness OR have you lost consciousness in the last 12 months? **YES/NO**
- 6.) Do you become breathless after walking up a flight of stairs? **YES/NO**
- 7.) Has your doctors advised in the last 12 months that you should not take part in physical activity? **YES/NO**

*If you answer **NO** to all of the above questions then you can be reasonably ensured that you can safely enjoy the activities provided by the Mourne Mountain Adventures team, if you answer **YES** to any of the above questions then you are advised to consult with your doctor before taking part in any activity to ensure that it is safe for you to do so.*

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Please answer the following questions:

- 1.) Do you have any bone or joint problems that could be aggravated by this activity? **YES/NO**
- 2.) Have you any current injuries that could impact your activity? **YES/NO**
- 3.) Have you gone through surgery during last three months? **YES/NO**
- 4.) Do you have diabetes? If yes, are you taking insulin? **YES/NO**
- 5.) Do you have asthma, or exercise induced asthma?, if so are you required to carry an inhaler? **YES/NO**
Inhalers must be carried at all times, failure to do so will result in you not being able to take part in the activity as Mourne Mountain Adventures cannot provide insurance to cover you.
- 6.) Have you a fear of heights, or walking close to edges? **YES/NO**
- 7.) Have you ever taken a stroke, or suffer from vertigo or epilepsy? **YES/NO**
- 8.) Do you have any known allergies (medication, food, bee stings, plants, latex or other source)? **YES/NO**
- 9.) Has your GP prescribed an EPI-Pen auto injector for emergency use? **YES/NO**
If yes you must carry this item with you and advise the guide as to it's location on your person or ruck sack.

Is there anything you would like the team at Mourne Mountain Adventures to be aware of, please note here:

Please note the event that you are taking part in:

Date of Event:

Mobile Number:

Emergency Contact Name:

Emergency Contact Mobile Number:

Emergency Contact Name #2:

Emergency Contact Mobile Number #2:

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The guides are trained in R.E.C Outdoor First Aid, do you provide authorisation for them to carry out first aid if in the unfortunate circumstance you require it? **YES/NO**

If NO please provide an alternative solution:

Thank you for taking the time to complete the Mourne Mountain Adventures PAR-Q form, safety and eliminating risk will ensure that you have the safest and most enjoyable experience that the Mountains have to offer.

Please be advised that the lead guide holds the right to refuse any person on your guided walk, and for the safety of you and the group their decision is final.

Our Team here at Mourne Mountain Adventures looks forward to having you, and sharing the Mountain experience...

I release and discharge Mourne Mountain Adventures and their staff for any claim, injuries, losses, or liabilities suffered or incurred as a result of my participation in the guided hikes/walks or camping expeditions.

Participant's name:

Participant's Signature

Date: