



Physical Activity Readiness Questionnaire



Due to the intensity of this adventure and its subject matter, CRI/VTA recommends that you consult with your physician if you have any current medical/health issues.

Name: _____

Email: _____

Phone: _____

Emergency Contact & Number: _____

1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? YES NO
2. Do you experience chest pain when you were **not** doing physical activity? YES NO
3. Do you experience chest pain when you **are** doing physical activity? YES NO
4. Do you lose your balance because of dizziness? YES NO
5. Are you currently taking any medication for blood pressure or heart condition? YES NO
6. Do you know of any other reason why you should not do physical activity? YES NO
7. Do you currently participate in any regular physical activity program? YES NO
8. Drug or food allergies? YES NO
 - a. If YES, please list: _____

Please check any of the below conditions that you have experienced:

- Heart Attack
- High Blood Pressure (currently experiencing)
- Diabetes
- Broken bones (within the past 12 months)
- Prolonged lack of physical activity (within the past 6 months)
- Back pain (currently experiencing)
- Knee pain (currently experiencing)
- Joint pain (currently experiencing)

On a scale of 1 – 10 (with 10 being the best) how would you rate your overall state of health? _____

CRI/VTA re-emphasizes that you need to be physically prepared for this adventure. Tactical and combat exercises involve strenuous exercise, cardiovascular stress and psychological stress. CRI/VTA recommends that ALL applicants, especially those with ANY medical condition, be cleared by their personal physician prior to doing any intensive physical exercise. Your cooperation and preparation will help CRI/VTA deliver effective AND safe adventure.

Although participant safety is paramount at CRI/VTA, this adventure still carries inherent risks that cannot be completely eliminated. You need to understand that these risks include, but are not limited to, minor conditions such as strains, contusions, and abrasions, to serious injuries such as joint dislocations, broken bones, lacerations, closed head injuries, disability, paralysis, loss of wages from disability, psychological stress, asthma attack, heart attack, stroke, and even potentially death.

Signature

Date