

# FARINGDON STRONGMAN/STRONGWOMAN COMPETITION (SATURDAY 29<sup>TH</sup> JUNE 2019)

## Entry Form and Physical Activity Readiness Questionnaire (PAR-Q)

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of birth: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Contact Telephone numbers: \_\_\_\_\_

E-mail address: \_\_\_\_\_

For most people, physical activity should not pose any problem or hazard. This PAR-Q is designed to identify for whom physical activity might be inappropriate or those who should have medical advice the type of activity most suitable for them.

Common sense is the best guide in answering these few questions. Please read them carefully and check the correct answer opposite the question if it applies to you.

1. Has your doctor ever said that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?	YES	NO
2. Do you have high blood pressure?	YES	NO
3. Do you have low blood pressure?	YES	NO
4. Do you have Diabetes Mellitus or any other metabolic disease?	YES	NO
5. Has your doctor ever said you have raised cholesterol (serum level above 6.2mmol/L)?	YES	NO
6. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
7. Have you ever felt pain in your chest when you do physical exercise?	YES	NO
8. Is your doctor currently prescribing you drugs or medication?	YES	NO
9. Have you ever suffered from unusual shortness of breath at rest or with mild exertion?	YES	NO
10. Is there any history of Coronary Heart Disease in your family?	YES	NO
11. Do you often feel faint, have spells of severe dizziness or have lost consciousness?	YES	NO
12. Do you currently drink more than the average amount of alcohol per week (21 units for men and 14 units for women)?	YES	NO
13. Do you currently smoke?	YES	NO
14. Do you currently exercise on a regular basis (at least 3 times a week) and/or work in a job that is physically demanding?	YES	NO
15. Are you, or is there any possibility that you might be pregnant?	YES	NO
16. Do you know of any other reason why you should not participate in a program of physical activity?	YES	NO

## I UNDERSTAND THAT:

1. The activities undertaken in the Faringdon Strongman/Strongwoman Competition can be physically challenging and dangerous.
2. There is a risk of serious injury and/or death associated with my participation in activities in the Faringdon Strongman/Strongwoman Competition.
3. Although by following the strict safety standards minimises these risks, they cannot be eliminated.
4. Participation in activities and use of facilities in the Faringdon Strongman/Strongwoman Competition is ENTIRELY AT MY OWN RISK.

## I CONFIRM THAT:

5. I am 17 years of age or older.
6. I am fully aware of the risks to myself and others associated with participation in activities and use of facilities in the Faringdon Strongman/Strongwoman Competition.
7. These risks include damage to or loss of personal property, personal injury and in extreme cases, death.
8. I will comply with all instructions given to me by the Organiser's officers, employees, and volunteers ("MFUK Strongman Staff") and use any equipment as directed and not so as to hurt or injure myself or others.
9. I am sufficiently fit and healthy to participate in the Faringdon Strongman/Strongwoman Competition, including any qualifiers, and do not suffer from any medical condition which would adversely affect my ability to safely participate in all activities in the Faringdon Strongman/Strongwoman Competition.

## AGREEMENT

10. I have read and fully understood all the terms of this disclaimer.
11. By participating in the event, I agree to being photographed and/or to be included in the filming of imagery recording the event and/or to be included in sound recordings of the event. I hereby waive any and all rights of publicity or privacy and hereby grant to Live in the Park and Mission Fitness UK the full and complete permission and authority to utilise my appearance in the event in all manners and media.
12. If any court or competent authority finds that any provision of this document (or part of any provision) is invalid, illegal, or unenforceable, that provision or part-provision shall, to the extent required, be deemed to be deleted, and the validity and enforceability of the other provisions of this agreement shall not be affected.

## RELEASE

13. I hereby acknowledged and accept that Organiser and the Strongman Competition Staff shall not be liable to me for any loss or damage arising from my participation in the activities in the Faringdon Strongman/Strongwoman Competition, including indirect or consequential loss or damage.
14. Nothing in this disclaimer shall be construed as limiting or excluding the Organiser's liability for:
  - (a) death or personal injury which arises as a consequence of the Organiser's negligence, or the negligence of the Strongman Competition Staff; or
  - (b) fraudulent misrepresentation; or
  - (c) any other matter for which it would be illegal or unlawful for the Organiser to exclude or attempt to exclude its liability.

<b>Participant's Name:</b>	<b>Organiser's Name:</b>
<b>Participant's Signature:</b>	<b>Organiser's Signature:</b>
<b>Date:</b>	<b>Date:</b>