

## **Aquafit Program – PAR-Q & You – Frequently Asked Questions**

### **What is a PAR-Q?**

The PAR-Q – or 'Physical Activity Readiness Questionnaire' – is a health-screening form with 7 questions to see if you should check with your doctor before participating in an Aquafit program.

### **Who is required to complete a PAR-Q?**

All Aquafit participants must review the PAR-Q prior to participation:

- If you are between the ages of 15 and 69, the PAR-Q will inform you whether you should check with your doctor before you can participate.
- If you are over 69 years of age, and you are not used to being very active, check with your doctor before participating.

### **What if I answer 'Yes' to one of the PAR-Q questions?**

Talk with your doctor by phone or in person BEFORE you participate in an Aquafit program. Tell your doctor about the PAR-Q and which questions you answered YES. See PAR-Q form for more details.

### **What if I answer 'No' to all of the PAR-Q questions?**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active. Begin slowly and build up gradually - this is the safest and easiest way to go. If your health status changes, resulting in a 'yes' answer, you would need to talk with your doctor as described above.

### **Who oversees the PAR-Q program?**

The PAR-Q was developed by the Canadian Society for Exercise Physiology (CSEP) which is an organization composed of professionals interested and involved in the scientific study of exercise physiology, fitness and health. The PAR-Q is also a requirement of the British Columbia Parks & Recreation Association (BCRPA) which is the governing body of Aquafit training and standards in the province.

### **Why does Aquafit now include the PAR-Q?**

Kamloops Aquatics has completed an extensive review of its Aquafit programming and is currently implementing some of the key recommendations which include increased training/certification of Aquafit instructors, enhancing Aquafit programming, and supporting BCRPA's fitness standards which include the PAR-Q program.

### **Where can I find more information?**

If you have additional questions, please feel free to speak with your Aquafit instructor or email [swim@kamloops.ca](mailto:swim@kamloops.ca). More information, including the PAR-Q form, is available at the CSEP website ([www.csep.ca/cmfiles/publications/parq/par-q.pdf](http://www.csep.ca/cmfiles/publications/parq/par-q.pdf)) or at [www.kamloops.ca/swim](http://www.kamloops.ca/swim). You can also pick up a hard copy of the PAR-Q form from one of the city's indoor swimming pools.

**Thank you for your cooperation and understanding!**