



## PAR-Q1 Medical/Physical Self-Assessment Questionnaire

This PAR-Q form has been designed to help identify the small number of adults for whom physical activity may be inappropriate or those who should have medical advice concerning our program's type of activity.

This questionnaire is for self-assessment purposes only.  
Please **DO NOT RETURN** this form to UCI Team Up program.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem (i.e. back, knee, or hip) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (such as water pills) for your blood pressure or heart condition?
7. Do you have uncontrolled diabetes, epilepsy, or seizures?
8. Are you pregnant or post-partum (less than 6 weeks since giving birth)?
9. Have you ever had a kidney transplant? Our safety equipment and harness will put pressure in the area of your kidney.
10. Do you know of any other reason why you should not do physical activity?

If you answered **YES** to any question:

Please talk with your doctor **BEFORE** you participate in the UCI Team UP program. Tell your doctor about the PAR-Q questions and to which ones you answered YES. If attending our program and you have concerns, please relay pertinent health information (in a way you see fit) to the Team Up staff of your event, so they are aware and can work with you to help manage your concerns.

The UCI Team Up program and events will require moderate to strenuous physical exertion, specifically if participating on the ropes course.

Zipline Weight Restrictions: The zipline hydraulic systems have a weight range of 50 to 250 pounds. Please speak with your Lead Facilitator if your weight falls outside of this range to discuss alternative options for exiting the course. Your weight does not impact your accessibility to the rest of the Odyssey High Ropes Course.