

**CANADIAN FORCES FIRE MARSHALL'S FIREFIGHTER
PRE-ENTRY FITNESS EVALUATION**

**PHYSICAL ACTIVITY READINESS QUESTIONNAIRE
(PAR-Q)**

Common sense is your best guide when you answer these questions.

Please read the questions carefully, and answer each one honestly: Circle YES or NO

1. 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
2. Do you feel pain in your chest when you do physical activity? YES NO
3. In the past month, have you had chest pain when you were not doing physical activity? YES NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness? YES NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? YES NO
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? YES NO
7. Do you know of any other reason why you should not do physical activity? YES NO

Date

Name (print)

Signature

Emergency
Contact:

Last name	First name	Relationship	Phone
-----------	------------	--------------	-------

Notice Regarding Collection, Use, and Disclosure of Personal Information and Personal Health Information by the University: Your personal information and personal health information is being collected under the authority of The University of Manitoba Act. The information you provide will be used by the University for the purpose of determining eligibility to complete the Animal Services Officer Fitness Test, for registration (if eligible), and for communication (including communication with your emergency contact in case of an emergency). The results of your fitness test may be disclosed to your hiring organization for the purpose of determining whether or not you meet the standard physical requirements for your occupation. Your personal information and personal health information will not be used or disclosed for other purposes, unless permitted by The Personal Health Information Act (PHIA) or The Freedom of Information and Protection of Privacy Act (FIPPA). If you have any questions about the collection of your personal information or personal health information, contact the Access & Privacy Office (tel. 204-474-9462), 233 Elizabeth Dafoe Library, University of Manitoba, Winnipeg, MB, R3T 2N2.