



## PAR-Q

### Physical Activity Readiness Questionnaire

As team manager please could you make us aware of any medical issues that any of your players may suffer from in case of a medical emergency.

Please make us aware if any of your players suffer from any of the following :

Do any of your players suffer from a heart condition?

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Do any of your players suffer from asthma or require an inhaler?

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Do any of your players suffer from epilepsy?

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Do any of your players lose their balance because of dizziness or do they ever lose consciousness?

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Do any of your players suffer from arthritis or osteoporosis?

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Do any of your players currently take prescribed tablets that we need to know about in case of injury or illness whilst playing football?

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Is there any other medical reason why your players shouldn't play football?

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If your players answered “no” to all the questions please tick the box on the main screen.

If any of your players answered one or more of the questions as “yes” or there is something you need to let us know please contact Chris at [pslevents@hotmail.co.uk](mailto:pslevents@hotmail.co.uk) or 07988 872726 in strictest confidence.

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*This information is designed to inform PSL referees, assistants and paramedics with as much information as possible in case of a medical emergency. PSL take data protection very seriously and in no way will data or information be shared except to Emergency Services in cases of a medical emergency.*

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