

Fitpole Course Informed Consent and PARQ



Welcome to your Fitpole course at the University of Portsmouth Sport & Recreation Department. To ensure you understand what to expect from the course and that you are fit and well to take part in this type of exercise we ask that you have read and understood the information below.

Thank you and we hope you enjoy your Fitpole experience.

Please read the following questions carefully and answer them honestly.

1. Has your doctor ever said that you have a heart condition and that you should only do medically advised physical activity?
2. Do you feel pain in your chest or any discomfort when you exercise?
3. In the past month, have you had chest pain when you are not exercising?
4. Have you experienced loss of consciousness or loss of balance due to dizziness?
5. Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
6. Do you know of any other reason why you should not do physical activity?
7. Do you have a bone or joint problem which could be made worse by a change in physical activity?
8. Are you or could you possibly be pregnant or have you had a baby within the last 6 months?

If you have answered **YES** to any of these questions please inform your Fitpole instructor before the class commences. We may need you to provide us with a letter from your Doctor to say it is safe for you to take part in this class.

Please read the information below.

- All jewellery must be removed before commencing the class. (Rings that do not come off should be taped over).
- You should refrain from using body lotions or self tan for at least 24 hours before the class.
- Due to the nature of the class participants should be 16 years or over to take part.
- You may experience some chaffing and bruising from the pole.
- This course will teach you the basic spins and transitions of Pole Dancing from a fitness perspective but will in no way qualify you to teach this discipline to others and is not designed to form a basis from which to do Pole dancing professionally.