

Krav Maga Informed Consent and PARQ



Welcome to your Krav Maga 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 Krav Maga 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 Krav Maga 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.

- This course includes scenarios that mimic real life situations, you will be working closely with a partner which will involve some physical contact.
- All jewellery should be removed before commencing the class.
- All participants must be 16 years or older to take part.
- Due to the nature of the class you may experience some bruising or chafing of the skin.
- The techniques learned on the course should only be used in real life self defence situations.