

BEREA COLLEGE - SEABURY CENTER
Physical Activity Readiness and Liability Release

NAME _____ PRIMARY PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Boone Tavern Community Member Employee Alumni Employee Family Guest

Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. This questionnaire will tell you if you should check with your doctor before you start. If you are not used to being very active, check with your doctor.

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 only should 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 your blood pressure or heart condition? YES NO
- 7. Is there a physical reason not mentioned above why you should not follow an activity program? YES NO
- 8. Do you know of any other reason why you should not do physical activity? YES NO
- 9. Are you unaccustomed to vigorous exercise? YES NO

If you answered YES to one or more questions, talk with your doctor by phone or in person BEFORE you start becoming more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the questionnaire and which questions you answered YES. You may be able to do any activity you want--as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO to all questions, you can consider becoming more active--begin slowly and build up gradually. This is the safest and easiest way to go. You can also take part in a fitness appraisal--this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

I have read and understand this questionnaire and the representations contained in this document are true and correct. I agree that all of my activities, exercise and use of facilities or equipment at Seabury Center are undertaken at my sole risk, and with the approval of my doctor or at my own discretion. I agree that neither Berea College nor any of its employees or students shall be liable for any actions, claims, losses or demands relating to any of my activities, etc. at Seabury Center or while on the campus of Berea College. I forever release, indemnify, and agree to hold harmless Berea College, its employees and students from any and all liability relating to any of the foregoing.

I affirm that my state of health permits me to participate in Seabury Center activities and I agree to abide by all rules and policies and use good judgment at all times while in the Center. I understand that, while engaging in any activity at Seabury Center, if I should feel any pain, become faint, overly tired or out of breath, I will stop or reduce the activity. If I do not promptly recover, I will immediately report my condition to Seabury Center staff or seek medical attention.

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT or GUARDIAN *(for participants under age 16)* _____

WITNESS _____ DATE _____