

Pre-physical Activity Questions

(1) Do you have a current PHA? If no, you may not participate today.

(2) Do you have chest pain (with or without exertion), bone or joint pain, high blood pressure or high cholesterol? If yes, have you been cleared, by your medical provider, to participate in PT?

(3) Do you have Sickle Cell Trait (SCT)? If yes, have you been cleared by your medical provider to participate in PT? If not, you may not participate today.

(4) Have you had a change in your medical status since the last time you were asked these questions?

(5) Are you ill today or know of any medical condition that may prevent you from participating in physical activity today?

For PRT Only:

(6) Did you complete the PARFQ? If yes, have you been cleared by your medical provider to participate in the PRT today? If no, you may not participate today.

In addition to asking the above questions, CFLs are also responsible for the following during the PRT:

Ensure drinking water is readily available at test site. Members with SCT **must** consume 8 oz. of clear fluids before, during, and after PT/PRT.

Prohibit participation if recovering from illness/surgery or if health changes have occurred since completing the PARFQ.

Direct any member who experiences chest pain, shortness of breath, arm, and/or neck pain, to withdraw from the test and call or escort the member to medical.

Ensure all members are dressed appropriately and wearing proper footwear.