

WATERSPORTS READINESS QUESTIONNAIRE

Regular physical activity is fun and being more active is safe for most adults. However, some should check with their GP before becoming much more physically active. The Cornish Pilot Gig Association and Clifton Pilot Gig Club accept no liability for persons who undertake physical activity and, if in doubt, consult your GP.



Has your GP ever said that you have a heart condition and that you should only do physical activity recommended by them?

- ☐ YES
- ☐ NO

Do you feel pain in your chest when undertaking physical activity?

- ☐ YES
- ☐ NO

In the past month, have you had a chest pain when you are not undertaking physical activity?

- ☐ YES
- ☐ NO

Do you lose balance because of dizziness, or do you ever lose consciousness?

- ☐ YES
- ☐ NO

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

- ☐ YES
- ☐ NO

CLIFTON PILOT GIG CLUB

If yes, please list the bone/joint problem here.

Is your GP prescribing you drugs (for example, water pills) for your blood pressure or a heart condition?

- ☐ YES
- ☐ NO

Do you know of any other reason why you should not exercise?

- ☐ YES
- ☐ NO

If yes, please list other reason(s) here.

I CERTIFY THAT I AM ABLE TO SWIM IN EXCESS OF 50M

- ☐ YES
- ☐ NO

FULL NAME:

SIGNATURE:

DATE:

Thank you for completing this questionnaire. We will retain this information while you remain a member with us.

If you have any concerns or if this information changes, please inform us immediately.