

# AOBC ECBA ParQ Health Questionnaire and Disclaimer

Please read the questions carefully and answer each one honestly, ticking the appropriate box or adding information if necessary. Your responses will of course be kept in the strictest confidence. **This form must be completed in the presence of a presiding official for approval before entrance in to the tournament is allowed.**

Name: \_\_\_\_\_ DOB \_\_\_\_\_ AGE \_\_\_\_\_ Postcode: \_\_\_\_\_

Contact tel. no (mobile preferred)

email

Has your doctor ever said that you have had a heart problem?

No  Yes

In the past month have you had any chest pain when...

You were doing any activity No  Yes  You were resting No  Yes

Are you currently taking medication for...

A heart condition No  Yes

Any other problems No  Yes

In the past year have you had any major illness or major surgery?

No  Yes

Have you ever been diagnosed with...

Diabetes No  Yes

Asthma No  Yes

Epilepsy No  Yes

Other problems No  Yes

Do you ever...

lose your balance because of dizziness or lose consciousness No  Yes

Are you feeling unwell at present due to cold, etc

No  Yes

If you have answered **YES** to one or more of the above questions you may need to contact your doctor and therefore may **NOT** be allowed to enter this tournament.

I have read the rules and safety requirements of the tournament and will abide by them at all times

Yes

**Disclaimer** - Martial arts tournaments are potentially dangerous activities. Before beginning any martial arts training or exercise program, you should first consult your physician. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most competitors will encounter this sort of minor injury from time to time in tournament. More serious injuries are possible, including sprains, strains, twists, cramps, and injuries of similar magnitude, and competitors can expect to encounter these injuries infrequently. The possibility of more serious injury exists, including fractured bones, broken bones, and torn ligaments, though not all competitors encounter such serious injuries. As with any physical activity, there also exists the remote possibility of crippling or death. By entering this tournament, you are affirming that you understand the above statement of risk, and accept the responsibility for any injuries mentioned herein. You assume responsibility for your own safety, understanding and accepting all risks involved with competing in a martial arts tournament. By assuming this risk, you completely absolve all officials, event organisers, and affiliates of this tournament from liability for any injury as a result of you competing in said tournament. **I have read and understood the Disclaimer and completed this questionnaire honestly and any questions that I had were answered to my full satisfaction.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian (if aged under 18) \_\_\_\_\_