

## Physical Activity Readiness Questionnaire

**Due to the intensity of this course and its subject matter, CRI recommends that you consult with your physician before taking this course.**

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?  YES  NO
2. Do you experience chest pain when you were **not** doing physical activity?  YES  NO
3. Do you experience chest pain when you **are** doing physical activity?  YES  NO
4. Do you lose your balance because of dizziness?  YES  NO
5. Are you currently taking any medication for blood pressure or heart condition?  YES  NO
6. Do you know of any other reason why you should not do physical activity?  YES  NO
7. Do you currently participate in any regular physical activity program?  YES  NO
8. Drug or food allergies?  
a. If YES, please list:  
\_\_\_\_\_

Please check any of the below conditions that you have experienced:

\_\_\_ Heart Attack

\_\_\_ High Blood Pressure (currently experiencing)

\_\_\_ Diabetes

\_\_\_ Broken bones (within the past 12 months)

\_\_\_ Prolonged lack of physical activity (within the past 6 months)

\_\_\_ Back pain (currently experiencing)

\_\_\_ Knee pain (currently experiencing)

\_\_\_ Joint pain (currently experiencing)

**On a scale of 1 – 10 (with 10 being the best) how would you rate your overall state of health? \_\_\_\_\_**

CRI re-emphasizes that you need to be physically prepared for this training. Tactical and combat training involves strenuous exercise, cardiovascular stress and psychological stress. We strongly encourage you to obtain professional medical clearance to attend this course.

Although participant safety is paramount at CRI, this training still carries inherent risks that cannot be completely eliminated. You need to understand that these risks include, but are not limited to, minor conditions such as strains, contusions, and abrasions, to serious injuries such as joint dislocations, broken bones, lacerations, closed head injuries, disability, paralysis, loss of wages from disability, psychological stress, asthma attack, heart attack, stroke, and even potentially death.

CRI recommends that ALL applicants, especially those with ANY medical condition, be cleared by their personal physician prior to starting this course. Your cooperation and preparation will help CRI deliver effective AND safe Tactical Training.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date