

DEPARTMENT OF HOMELAND SECURITY  
U.S. COAST GUARD

**PHYSICAL ACTIVITY READINESS QUESTIONNAIRE**  
(PAR-Q)

A PAR-Q should be completed by all nonmilitary participants (civilians, beneficiaries, retirees, and auxiliaries). It is highly encouraged for all military participants.

**READINESS ASSESSMENT**

1. Has your doctor said you have heart trouble?  
 Yes       No       I do not know or I do not remember
2. Do you frequently suffer from pain in your chest?  
 Yes       No       I do not know or I do not remember
3. Do you often feel faint or have spells of dizziness?  
 Yes       No       I do not know or I do not remember
4. Has a doctor ever said your blood pressure was too high?  
 Yes       No       I do not know or I do not remember
5. Has a doctor ever told you that you have a bone or joint problem, such as arthritis, that has been aggravated by exercise or might be made worse with exercise?  
 Yes       No       I do not know or I do not remember
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?  
 Yes       No       I do not know or I do not remember
7. Are you over age 65 and not accustomed to vigorous exercise?  
 Yes       No       I do not know or I do not remember

If a participant answers yes to any question, vigorous exercise, or exercise testing should be postponed until medical clearance is obtained. "I do not know" answers should be researched further to determine testing suitability.

*I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.*

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Witness \_\_\_\_\_

Reference: PAR Q Validation Report, British Columbia Ministry of Health, 1978.

**PRIVACY ACT STATEMENT**

**Authority:** 5 U.S.C. 301; 10 U.S.C. 1071-1107; 14 U.S.C. 93(a)(17); 14 U.S.C. 632-33; 44 U.S.C. 3101; 29 C.F.R. 1630.14(d); 45 C.F.R. 164.524; Executive Order 9397.

**Purpose:** To facilitate and document health care, determine normal duty rotations and suitability for overseas assignments, develop automated information relating to medical readiness in wartime and contingency operations, determine eligibility for disability, and to maintain health care records as a function of general health maintenance.

**Routine Uses:** This information will be used to provide, plan and coordinate health care, aid in preventative health and communicable disease control programs; report medical conditions required by law to federal, state, and local agencies; compile statistical data; conduct research; teach; determine suitability of personnel for service or assignments; adjudicate claims, determine benefits; and other lawful purposes, including law enforcement and litigation; conducting authorized investigations; evaluating care rendered; determining professional certification and hospital accreditation, and providing physical qualifications of patients to agencies of federal, state, or local government upon request in the pursuit of their official duties. The information may also be disclosed externally as a "routine use" pursuant to DHS/USCG-011, Military Personnel Health Records System of Records, 73 Federal Register 77773 (December 19, 2008).

**Disclosure:** Furnishing this information is mandatory for military personnel, and voluntary for all other personnel. However, failure to provide this information may result in the delay of comprehensive health care.

