

Question (Oct 2010): Hi Everyone – I’m interested to know your use of PAR-Qs in your fitness centres. Do you require ALL members to fill out a PAR-Q or just people who do personal training and orientations? Please let me know your reasoning...

The following answers have been copied verbatim from email responses...

FACILITY	USE PAR-Qs for EVERYONE	USE PAR-Qs for SOME or NONE
Brock University		Par Qs are currently administered only to members who want personal training, fitness centre orientations, or to participate in fitness centre workshops. All personal training clients also fill out a screening form. These leaves out all facility members (those who use the gyms, fitness centre, aquatics, or any type of class). We are currently re-evaluating.
Georgian College	We require all fitness/gym participants to fill out a par-Q with their membership.	
York University	<p>All York U students have access to our Sport & Recreation facility (Tait McKenzie) but must have their student card activated to come through our entrance turnstiles - at that time, they complete a Par-Q. Students must reactivate their cards every year.</p> <p>Those students who also wish to use the Fitness Centre and/or attend aerobic classes must pay a user fee (\$15 annually) and also fill out the Par-Q.</p> <p>Any Personal Training clients complete a Par-Q and Assessment consent form.</p> <p>In short, anyone (students & members) who are doing anything physical within our facility walls have completed a Par-Q form including any Kine students who have practicums in this facility.</p> <p>As circumstances require, some individuals may also be required to provide a completed Par-Med-X.</p> <p>Our reasoning is that this documentation provides us with a self-acknowledged clearance from the individual that they are physically able to become more active within these premises.</p>	
Ryerson University	Everyone entering our facility at Ryerson fill out a Par Q. It is apart of the membership form they fill out. Any guests coming in or someone just using the facility one time also fill out a one page par Q.	
University of Regina		<p>This is a good question. We do not get people to fill out Par Q questionnaires to use our facility. We have assumption of risk signs in our facility, the statement is on our policy section of our web site and our community members sign a document including that statement when they join.</p> <p>The managing of forms (you need to keep them for many years) and the mechanism for students to fill out Par Q's is not in place at our facility.</p> <p>The personal trainers do use Par Q's with their clients. We do not use Par Q's with our fitness classes. Again, participants sign form with an assumption of risk</p>

		<p>statement.</p> <p>This has been discussed at length here and the decision was made to not do Par Q's at this time. We have thought of doing them once we get to on-line registration but if someone wants to sign up for a fitness class and the system will not let them sign up if they have checked a risk factor box, the participants may just go back and change their answer.</p>
University of Windsor		<p>We currently have all our community members complete a parq, all our instructional programs (fitness, dance, martial arts), and all our PT clients. Intramurals complete a waiver form as well. The general student user of our facility and fitness centre do not. We have considered it, and will probably once we figure out a way to manage it.</p>
University of New Brunswick		<p>We currently have all participants for our instruction programs, orientations and personal training fill out the parq electronically, however this does not include regular users of our cardio/weight rooms. We plan on implementing this when we move into our new facility next spring when we have our new software programming for handling this . I would love to hear what your responses are.</p>
Mohawk College	<p>Mohawk College has everyone who uses ANY of the recreational facilities complete a PAR-Q form. This means those who use the fitness centre right down to those who play pick up bball during open gym.</p>	
McMaster University	<p>All Fitness Centre members fill out a modified Par-Q with registration.</p> <p>Those working one on one with a personal trainer fill out a Par-Q and consent form prior to starting a program.</p>	
University of Western Ontario		<p>We do not require members to fill out a Par Q, as all students are members. People who purchase personal training sessions must fill this out.</p>