

Walking the world
on 29th April!



ACWW WOMEN WALK THE WORLD 2023

~ HEALTH QUESTIONNAIRE ~

For most people, physical activity should not pose any problem. This questionnaire has been designed to identify the small number of people for whom it would be wise to have medical advice before participating in 'Women Walk The World' events.

1. Have you been diagnosed by your doctor or health professional with any of the following medical conditions?

Heart disease **Yes / No** High blood pressure **Yes / No** Asthma **Yes / No**

COPD (emphysema and chronic bronchitis) **Yes / No** Diabetes **Yes / No**

2. Do you feel pain in your chest when you are physically active? **Yes / No**

3. In the past month have you had chest pain when you were not physically active? **Yes / No**

4. Do you lose your balance because of dizziness or have you ever lost consciousness? **Yes / No**

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity level? **Yes / No**

6. Do you have a long-standing (i.e. for more than 12 months and likely to continue) illness or disability that affects, or limits, your day-to-day activities? **Yes / No / Prefer not to say**

~ DECLARATION ~

- I understand that if I answered 'Yes' to one or more of the above questions, I should seek medical advice before participating in any walk
- If my condition changes before the commencement of the walk, it is my responsibility to tell the walk leaders
- I am walking at my own risk

Signed:

Date:

Full name (BLOCK CAPITALS):

Institute:

~ EMERGENCY CONTACT DETAILS ~

Please provide the name and telephone number of someone who can be contacted in the event of an emergency.

Name: Relationship:

Telephone number: