



Please print out and complete the Informed Consent Agreement (signed) and the “PAR Q & You” Questionnaire and submit the documents to the 2/F Service Counter of the Lee Shau Kee Complex.

You can also upload the documents to our Microsoft OneDrive for approval.

[Click here to upload](#)



The Hang Seng University of Hong Kong

Lee Shau Kee Complex Fitness Centre

Informed Consent Agreement

Thank you for your interest in using the fitness facilities in the Lee Shau Kee Complex of The Hang Seng University of Hong Kong ("HSUHK"). We ask for your understanding and cooperation in ensuring your safety during your visit to the HSUHK Fitness Centre; please kindly read and sign the following Informed Consent.

1. I understand there are risks involved in any physical exercises with or without fitness equipment or apparatuses. I declare that I have read the instructions and guidelines provided on the website on proper use of fitness apparatuses and equipment. I intend to use fitness facilities provided by HSUHK in self-directed manner.
2. I acknowledge my own responsibility in informing the nearest personnel of any discomfort, pain, or other debilitating physical symptoms that I may suffer during my visit to and use of the fitness facilities.
3. I assume full responsibility for participating in fitness related exercise using facilities provided at HSUHK based on my own understanding, knowledge, and experience.
4. I agree to follow the rules and regulations of HSUHK and will abide by advice given by personnel whenever physical safety is deemed a concern. I further acknowledge that sometimes services offered by HSUHK may not be carried out by certified fitness professionals.
5. I declare that I am in reasonably good physical condition, and I am not aware of any ailments that may contradict safe participation in physical exercise.
6. I declare that I have read, understood, and agree to the above agreement contents in its entirety.

Name in English:

Name in Chinese (if any):

Age:

16-17 (Guardian or parents need to sign the PAR-Q form)

18 or above

HSUHK Identity Card Number:

(i.e. Student, staff or affiliate card)

HSUHK email address:

Applications Signature:

Date:

Applications with incomplete or unclear information will not be processed.

Applicants will receive a confirmation email within 7 working days upon successful submission. For any

inquiries, please contact PE Section at 3963 5366 or email saope@hsu.edu.hk.



PAR-Q & YOU

(A Questionnaire for People Aged 16 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 16 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: Check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	Do you know of <u>any other reason</u> why you should not do physical activity?

If you answered:

YES to one or more questions	NO to all questions
<ul style="list-style-type: none"> • Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES. <ul style="list-style-type: none"> ○ You may be able to do any activity you want - as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. ○ Find out which community programs are safe and helpful for you. 	<ul style="list-style-type: none"> • If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can: <ul style="list-style-type: none"> ○ start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go. ○ take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active. • DELAY BECOMING MUCH MORE ACTIVE: <ul style="list-style-type: none"> ○ if you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or ○ if you are or may be pregnant - talk to your doctor before you start becoming more active.
<p>Please note:</p> <ul style="list-style-type: none"> • If the condition of your health changes so that you then answer "YES" to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan. • Please do not alter this form. You can make copies of the PAR-Q but you must complete the entire form. 	

Source of the PAR-Q: The Canadian Society for Exercise Physiology

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

Applicants Signature: _____ HSUHK Identity Card Number: _____
(i.e. Student, staff or affiliate card)

Applicants Name: _____ Date: _____

Signature of Applicant's Parent or Guardian: _____ Witness: _____
(for applicants under the age of majority)

- Notes:
1. The information provided on this form will only be used for the application for use of the Fitness Centre at the Lee Shau Kee Complex and enrolment of recreation and sports activities. Only persons authorised by PE Section will have access to such information for the aforesaid purposes. For correction of or access to personal data collected by means of this form, please contact staff of the enrollment counter/district.
 2. If you answer "yes" to one or more questions in the "PAR-Q & YOU", your physical condition may not be suitable for taking part in the activity concerned. For safety's sake, you should consult a doctor in advance and produce a medical certificate upon enrolment or hire of fitness equipment to prove that you are physically fit for taking part in the activity. If you fail to produce a medical certificate, you must submit the completed Declaration upon enrolment or hire of fitness equipment.
 3. If you fail to submit the "PAR-Q & YOU", your application for enrolment of recreation and sports activities or use of Leisure and Cultural Services Department's Fitness Rooms will not be entertained. This physical activity clearance is valid for one year from the date it is completed. Registered fitness room users have to re-submit a new questionnaire after the valid period expired.

This physical activity clearance becomes invalid if your condition changes so that you would answer YES to any of the seven questions.