

## Info for creating a PARQ on Google Forms

See Example: <https://forms.gle/v2TMnxPnpacGW3eE6>

There is a logo which is the correct size for form header image in the Logo folder: "Logo as Header for Google form PARQ .PNG"

Main title:

**Registration Form – Psalms & Stretches with *\*instructor's name\****

Description:

**We can't wait to share our class with you! Before you join us, please complete following questions to confirm you are able to exercise safely and will take responsibility for your own body (it's a PAR-Q form; Physical Activity Readiness Questionnaire). Thank you!**

Question 1: Email address

*(Go to 'Settings' and add 'Collect Email Address' to add this question as required. Tick all other questions as required as you go along.)*

Question 2: Can we keep in contact with you to tell you about future classes, events or news? We won't ever share your details with a third party and you can unsubscribe any time.

**Check box :**

**[ ] Yes, please keep me in the loop about P&S until I tell you otherwise!**

**[ ] No, thank you. Only use my email for contacting me about this class.**

*(If they select No, don't add them to any other mailing list you have, only contact them about the specific class they are attending. If Yes, add their email to your collection! - You can do this on the form any way you like, with a yes/no instead or reword, but we should have it as a separate question and so a conscious decision for them to go on a mailing list, not just because they've joined our class once and filled out the obligatory PARQ.)*

**Sub-title (Add new title box to create this): What is Psalms & Stretches?**

Add Description: Psalms & Stretches is a gentle exercise class combining movement with meditation on scripture from the Psalms. We move, stretch and do strengthening exercises both on the floor and standing. The style is slow, there will be options and you are encouraged to go at your own pace. It is a non-impact exercise class, in the "mind body" category - where we focus on breath, rest and stillness also. However, like with any form of physical exercise there is risk of injury and so, especially while we are online and can't see each other as easily, you need to be fully responsible for your own body. Please wear clothes you can easily move in (some light layers are a good idea) and create a safe, hazard-free space in your home that is big enough for an exercise mat (although don't worry if you don't have one - as long as your floor is comfy!). We have bare feet, or you could wear grippy socks - as long as you aren't going to slip when we stand and move.

*(Another opportunity to clarify for them what P&S is, what they need and why they are doing this form)*

Question 3: Full name for class registration **[Short answer]**

Question 4: Has your Doctor ever said you have a heart condition that prevents you from taking part in physical activity? **No/Yes**

Question 5: Have you experienced pain in your chest whilst doing physical activity? **No/Yes**

Question 6: Do you suffer from feeling dizzy or faint, or loss of consciousness? **No/Yes**

Question 7: Have you been told you have high blood pressure? **No/Yes**

Question 8: Have you ever been told you have bone or joint problems that may be made worse by physical activity? **No/Yes**

Question 9: Have you had any minor or major surgery that may affect your ability to exercise? **No/Yes**

Question 10: Are you pregnant or have you been pregnant within the last 6 months? **No/Yes**

Question 11: Is there any other physical or medical reason you know of why you should not be partaking in physical exercise? **No/Yes**

Question 12: If you answered YES to any of the questions above please give relevant details, explaining whether you are still able to take part in the class. For example: " Q.4 Yes - I have high blood pressure which I manage with medication and my Dr has said it is safe for me to exercise".  
**[Paragraph answer space]**

Question 13: Any additional information you would like to supply concerning your health, past injuries or medication that may be relevant or you feel we should know: **[Paragraph answer space]**

Question 14: Please check box to confirm: *(Use check box questions)*

- ☐ I have read and understood the above information and questions
- ☐ The information I have provided is correct to the best of my knowledge
- ☐ I affirm I know of no reason why I should not undertake *Psalms & Stretches* sessions
- ☐ I understand that all exercise carries a risk of injury and accept responsibility for my own body and will stop exercising if I need to.
- ☐ I understand that pain is the body's warning system and should not be ignored.
- ☐ I understand that should I injure myself as a result of participation I hereby release *Psalms & Stretches Instructor \*your name\** from any liability now or in the future
- ☐ I confirm it is my responsibility to complete a new PAR-Q form if my medical condition changes in the future.

Title *(add new title box)*: **Thank you for completing our registration and PAR-Q form!**

Add Description: We can't wait to see you in class! More information about P&S can be found on our website: [www.psalmsandstretches.com](http://www.psalmsandstretches.com) , you can find us on social media @psalmsandstretches or you can contact me directly: *\*instructor email address\**  
Best wishes/every blessing etc. etc., *\*Instructor name\**