

PAR-Q & YOU / PARmed-X / PARmed-X for Pregnancy

As accredited fitness appraisal centres through the provincial fitness unit of Alberta, Glen Allan Recreation Complex and Millennium Place in Strathcona County we are obligated to conform to the Canadian Society for Exercise Physiology (CSEP) standards to use pre-screening forms for all individuals wishing to have an appraisal or program design developed. These forms are supported by Health Canada, however information is not shared with them.

The PAR-Q and YOU, PARmed-X and PARmed-X for Pregnancy forms are distributed only by Strathcona County staff and interpreted only by Certified Fitness Consultants (CFCs) or Professional Fitness and Lifestyle Consultants (PFLCs). The information will be used according to the recommendations established by the certifying body - Canadian Society for Exercise Physiology (CSEP). CSEP is a voluntary organization whose mission is to promote the generation, synthesis, transfer and application of knowledge and research related to exercise physiology and as a result have established a set of regulations that govern those that are certified through it.

This pre-screening information is necessary to identify if you should be checking with your doctor before you start the fitness assessment and/or program, and to gather information on your physical activity history to best meet your needs.

It is necessary to collect this information to demonstrate that we have taken all the steps possible to be prudent and reasonable if Strathcona County is notified of an insurance claim after an incident has occurred.

Personal information is collected in accordance with section 3 of the Municipal Government Act and section 33 (c) of the Freedom of Information and Protection of Privacy Act (FOIP) and is protected by FOIP.

If you have any questions about the collection and use of the information contact the Coordinator, Central Services, Recreation, Parks and Culture (780) 467-2211.

The Par-Q & You, the PARMed-X and the PARMed-X for Pregnancy forms are also available at the CSEP website.

<http://www.csep.ca/forms.asp>