



PRESENTED BY  
**AIA Vitality**  
健康程式

**Health Questionnaire and Recommendations for all runners of  
Hong Kong Disneyland 10K Weekend 2019 – Presented by AIA Vitality**

If you intend to take part in Hong Kong Disneyland 10K Weekend 2019 – Presented by AIA Vitality (the “Event”), you should read the questions below and answer each one of them honestly. You are not required to return the completed questionnaire, but we encourage you to use it to assess your physical condition, and seek medical advice as appropriate to decide whether you should participate in the Event.

Check YES or NO.

Y N

- Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- 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?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- During blood pressure monitoring, have you ever recorded high blood pressure?
- Have you ever been diagnosed with high cholesterol?
- Do you smoke or have you smoked extensively in the past?
- Has anyone in your direct family ever suffered from high blood pressure, calcification of the blood vessels/heart attack, blood sugar disease, or stroke?
- Do you have diabetes?
- Are you taking any medication for high blood pressure, heart or breathing conditions?

If you answered YES to one or more questions

Your physical condition may not be suitable for taking part in the Event.



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It is strongly recommended that you talk with your doctor BEFORE you take part in the Event. Tell your doctor about the questions you answered YES and follow his/her advice.

You should only take part if your doctor advises you that you can do so without risk.

Developed based on Leisure and Cultural Services Department's latest <<Physical Activity Readiness Questionnaire PAR-Q>>

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

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## Recommendations

You should appreciate that taking part in any of the races of the Event can be a strenuous exercise and that you should only run on the day if you have been adequately prepared. If you become aware of any unusual symptoms that may develop during the race, e.g.: Chest pain, dizziness, severe nausea, unusual shortness of breath, change in your running style, confusion and disorientation you should stop running and seek medical attention. Although you may feel it is more important to finish the race, it is your health that should always take priority.

Here are a few recommended "Dos" and Don'ts"

DO:

- Keep hydrated
- Eat if necessary
- Listen to your body
- Take care of your health

DON'T:

- Run if you are not fit enough or not properly prepared
- Run if you have been sick or on antibiotics in the three weeks prior to the race
- Take ANY medication during the race
- Be embarrassed or afraid to stop and seek medical attention