

# Health Sauna Questionnaire



For most people, participating in a Sauna activity should not pose any problem or hazard. However this Health Questionnaire has been designed to identify the small number of people for whom it is mandatory that medical advice is required before starting a Sauna. Sauna leaders are asked to distribute this questionnaire to all sauna participants. Forestry Commission Wales accepts no responsibility for medical conditions being aggravated by sauna use.

**1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?**

YES NO

**2. Do you feel pain in your chest when you do physical activity?**

YES NO

**3. In the past month have you had a pain in your chest when you were not doing physical activity?**

YES NO

**4. Do you lose your balance because of dizziness or do you ever lose consciousness?**

YES NO

**5. Do you suffer from or have you been diagnosed as having high blood pressure?**

YES NO

**PLEASE ADVISE US OF ANY OTHER CONDITIONS YOU FEEL WE MIGHT NEED TO KNOW ABOUT**

I understand that if I answered YES to one or more of the above questions, I should seek medical advice before undertaking a sauna activity, and that should I continue with a sauna activity, that this will be at my own risk.

I agree to tell the activity leader if there is a change in my medical condition at any time.

Signed.....

Name & Address.....

Date.....

Telephone Number.....