

**Health Questionnaire and Recommendations
for all runners of
The Standard Chartered Hong Kong Marathon 2021**

If you intend to take part in The Standard Chartered Hong Kong Marathon on 24 October 2021 (SCHKM), you should read the questions below and answer each one of them honestly. Common sense is your best guide when you answer these questions.

Check YES or NO.

| Yes | No | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever said that you have a heart condition and 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 your participation in the SCHKM? |
| <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"/> | During blood pressure monitoring, have you ever recorded high blood pressure? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been diagnosed with high cholesterol? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you smoke or have you smoked extensively in the past? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has anyone in your direct family ever suffered from high blood pressure, calcification of the blood vessels/heart attack, blood sugar disease, or stroke? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have diabetes? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you taking any medication for high blood pressure, heart or breathing conditions? |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past 14 days, have you experienced any of the following symptoms (including: sick with a new cough, fever, difficulty breathing, or other symptoms associated with COVID-19) |
| <input type="checkbox"/> | <input type="checkbox"/> | In the past 14 days, have you been in close physical contact (1.5 metres or closer for at least 15 minutes without mask) with a person who is known to have confirmed COVID-19 or with anyone who has any symptoms consistent with COVID-19? |

If you answered YES to one or more questions

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

It is STRONGLY RECOMMENDED that you talk with your doctor by phone or in person BEFORE you take part in the SCHKM. 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

Recommendations

You should appreciate that taking part in any of the races of the SCHKM (10km, half marathon and the full marathon) is 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:

DON'T:

Drink enough
Eat if necessary
Listen to your body
Take care of your health

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

The Questionnaire and the Recommendations are supplemental to The Standard Chartered Hong Kong Marathon 2021 Terms and Conditions and The Standard Chartered Hong Kong Marathon 2021 Event Declarations and your attention is particularly drawn to Condition 10 of such Terms and Conditions and Declarations 1 and 2 of such Event Declarations.