EXERCISE PREPARTICIPATION HEALTH SCREENING RECOMMENDATIONS

**THE BIG CHANGE:**
Most people can exercise without visiting a doctor first.

Points to consider before starting to exercise or increasing exercise intensity:
1. Current activity level
2. Signs/symptoms of certain diseases
3. Planned exercise intensity

**MEDICAL CLEARANCE**
A doctor advises a patient that he or she may exercise based on medical history and current health.

**MEDICAL EXAM/TEST**
A doctor examines a patient for particular issues that may interfere with exercise.

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**PREPARTICIPATION HEALTH SCREENING**
Updated for 2015 and beyond

Does the individual currently exercise regularly?

- Yes
  - Does s/he have cardiovascular, metabolic, or renal disease—
or signs or symptoms that suggest s/he does?
    - No, go to question 2.
    - Yes, go to question 3.

- No
  - Does s/he have known but asymptomatic cardiovascular, metabolic, or renal disease?
    - No, go to question 2.
    - Yes, go to question 4.

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**Question 2:**
Does s/he have cardiovascular, metabolic, or renal disease?

- No, go to question 2.
- Yes, go to question 3.

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**Question 3:**
Does s/he have signs or symptoms suggestive of cardiovascular, metabolic, or renal disease?

- No, go to question 4.
- Yes, go to question 5.

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**Question 4:**
Medical clearance necessary to continue moderate or vigorous exercise, which may progress as tolerated following ACSM guidelines.

- Medical clearance recommended.
- No medical clearance necessary. Light to moderate-intensity exercise recommended; may gradually progress (as tolerated) to vigorous exercise following ACSM guidelines.

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**Question 5:**
No medical clearance necessary to continue moderate or vigorous exercise, which may progress as tolerated following ACSM guidelines.

- Discontinue exercise and seek medical clearance.

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**A preparticipation screen is a good idea—and can happen right in the gym or anywhere else you might exercise, like a corporate fitness program.**

- Vigorous exercise can cause complications from cardiovascular disease in rare cases, and we want to reduce that risk.

**Whenever an exercise professional has questions or concerns about an individual’s safety, we want him or her to consult a healthcare provider.**

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**The Liability Issue:**
HAS THAT CHANGED, TOO?

In short, no.

**If you’re a fitness professional:**
- Use reasonable care when training a client.
- As always, any individual assumes some risk with regard to fitness training under the guidance of a fitness professional, and waivers and releases can limit future liability.

**The new exercise preparticipation health screening recommendations are not a replacement for sound clinical judgment. Refer clients to a healthcare provider for medical clearance before they start an exercise program on a case-by-case basis.**