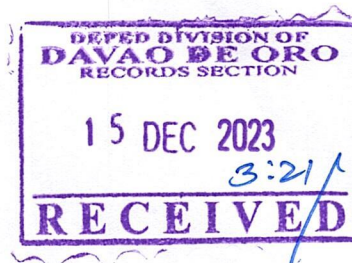




Republic of the Philippines  
**Department of Education**  
REGION XI  
**SCHOOLS DIVISION OF DAVAO DE ORO**



Office of the Schools Division  
Superintendent

December 15, 2023

DIVISION MEMORANDUM  
CID-2023-1043

**PARTICIPATION TO THE ACCREDITATION OF TECHNICAL OFFICIALS**

To: Public Schools District Supervisors  
District Coordinating Principals  
Secondary School Administrators  
All Others Concerned

1. Herewith is a Regional Memorandum ESSD-2023-523 dated December 13, 2023, announces the recommended list of Technical Officials to participate in the Accreditation of Technical Officials for cluster 3 scheduled on January 30-February 2, 2024, and Cluster 4 on December 27-30, 2023 to be held in Iloilo City.
2. Attached is the list of participants per cluster.
3. Service credits shall be granted to all teacher participants while Compensatory Overtime Credits (COC) shall be granted to non-teaching personnel for the services rendered during Saturday (DepEd No. 53, 2003) for schedules that fall on Saturdays and Sundays.
4. Expenses relative to the conduct of the said activity such as food and accommodation of the management staff, resource persons/accreditors, and participants shall be charged against the 2023 (Continuing) Physical Fitness and School Sports (PFSS) Fund. Travel expenses of the management staff and resource persons/accreditors are chargeable against the PFSS Funds, while travel expenses of participants shall be charged against their respective local funds. All aforementioned expenses to be incurred are subject to the usual government accounting and auditing rules and regulations.
5. Other details of this Memorandum are contained in the enclosures.
6. Immediate dissemination of this Memorandum is desired.

By the authority of the  
Schools Division Superintendent:

**ENGR. NORBERTO S. MANLANGIT MPA**  
Administrative Officer V  
Officer-In-Charge



Address: Capitol Complex, Brgy. Cabidanan, Nabunturan, Davao de Oro  
Contact No. 0951-387-1728 (TNT); 0915-399-7779 (Globe)  
Email Address: davaodeoro@deped.gov.ph  
Website: www.depeddavaodeoro.ph

Doc. Ref. Code	PAWIM-F-021	Rev	00
Effectivity	09.12.22	Page	1 of 1



Republic of the Philippines  
**Department of Education**  
DAVAO REGION

**Office of the Regional Director**

**REGIONAL MEMORANDUM**  
ESSD-2023-523

To : Schools Division Superintendents

Subject: PARTICIPANTS TO THE ACCREDITATION OF TECHNICAL OFFICIALS

Date : December 13, 2023

Pursuant to Memorandum OUOPS No. 2023-02-11071 from Atty. Revsee A. Escobedo, Undersecretary for Operations, herewith is the recommended **List of Technical Officials** to participate in the **Accreditation of Technical Officials for Cluster 3 scheduled on January 30 – February 2, 2024**, and **Cluster 4 on December 27-30, 2023** to be held in Iloilo City.

Enclosed is the Memorandum for the details.

Immediate dissemination of this memorandum to all concerned is required.

Enclosed: As stated.  
ROE2/ajm

**ALLAN G. FARNAZO**  
Director IV  
By the Authority of the Regional Director

**REBONFAMIL R. BAGUIO**  
Director III 3 DEC 2023



Address: F. Torres St., Davao City (8000)  
Telephone Nos.: (082) 291-1665; (082) 221-6147

ISO 9001:2015 - Certified

<b>LIST OF PARTICIPANTS (CLUSTER 4)</b>			
<b>ACCREDITATION OF TECHNICAL OFFICIALS</b>			
Region XI			
<b>Sports Event</b>	<b>Name of TOs</b>	<b>Division</b>	<b>Served in the Regional Meet</b>
<b>Baseball</b>	1. JUMAR IAN L. TEVES	DAVAO DE ORO	YES & 2023 PALARO
	2 MYTSHYL A. CAMPUGAN	DAVAO CITY	YES
	3 Julius D. Pastrana	DAVAO ORIENTAL	YES & 2023 PALARO
<b>Boxing</b>	1 FRANZ FERDINAND LINTUAN	DAVAO CITY	YES
	2 CEDRIC TOLOY	MATI CITY	YES
	3 ALCOS, JOHNIE REY	DAVAO DE ORO	YES
<b>Chess</b>	1 MARK ANTHONY JANDAYAN	IGACOS	YES
	2 ARIEL NINO D. ATON	DAVAO CITY	YES
	3 RUFINO YLANAN	DAVAO ORIENTAL	YES
<b>Football</b>	1. BRYAN S. BENEGIAN	DAVAO DEL NORTE	YES
	2 EMMANUELITO LOPEZ	TAGUM CITY	YES
	3 LLOYD ALLAN SASUMAN	DAVAO DEL SUR	YES
<b>Gymnastics (Aero G)</b>	1. MARIA JADE L. JABON	TAGUM CITY	YES
	2 EL CHRISTIAN MILLAN	DAVAO OCCIDENTAL	YES
	3 JAYSON ABELLON	DIGOS CITY	YES
<b>Gymnastics (WAG)</b>	1. Gladys N. Chatto	DAVAO DEL NORTE	YES
	2 RAMELYN MABRAS	DAVAO DE ORO	YES
	3 PRIMITIVA LUMEN	DAVAO DEL SUR	YES
<b>Paragames (Bocce &amp; Goalball)</b>	1. LIEZL FORMILLEZA	DAVAO DE ORO	YES
	2 ROWEL APELIANES	PANABO CITY	YES
	3 ANDREW PAUL SALVO	DAVAO CITY	YES
<b>Pencak Silat</b>	1. SANDEE A. RATO	DAVAO DE ORO	YES
	2 EDNA RIVERA	DAVAO CITY	YES
	3 MARVIN C. AGBAY	DAVAO ORIENTAL	YES
<b>Sepak Takraw</b>	1. AQUILINO M. SERENO JR.	DAVAO OCCIDENTAL	YES
	2. RUEL E. VIOLAN	TAGUM CITY	YES
	3. JOHN EXPE D. SATINITIGAN	MATI CITY	YES
<b>Swimming</b>	1. ROSS CHITO G. PALO	TAGUM CITY	YES
	2. EDGAR ALLAN BANTIGUE	DAVAO CITY	YES
	3 ADMER DEL VALLE	DAVAO ORIENTAL	YES
<b>Table Tennis</b>	1. JEREMY G. SIMBULAS	DAVAO CITY	YES
	2. REX C. SAYSON	DIGOS CITY	YES
	3 JENWARD D. SARADPON	IGACOS	YES
<b>Taekwondo</b>	1. JOESHER MONDEJAR	DAVAO DEL SUR	YES
	2. MICHAEL R. ANAGAP	PANABO CITY	YES
	3. JOSETTE ASILO	DAVAO DE ORO	YES
<b>Volleyball</b>	1. MICHAEL SOL S. BINGHAY	DAVAO CITY	YES
	2. REGGIE D. EUGENIO	TAGUM CITY	YES
	3. PAOLO R. VIERNES	DAVAO CITY	YES
<b>Wrestling</b>	1. CYRUS BARCENA	PANABO CITY	YES
	2 EDWIN D. REMORERAS	DAVAO DE ORO	YES
	3 SRHRODER ELESIO	MATI CITY	YES

The abovelisted personnel are certified to have served in the Palarong Pambansa regional and/or national level and met all other requirements necessary for the Accreditation.


Recommended by:

  
ALIM J. MAGUINDANA O  
Regional Sports Officer

Approved:

ALLAN G. FARNAZO  
Director IV


By the Authority of the Regional Director

  
REBONFAMIL R. BAGUIO  
Director III 13 DEC 2023

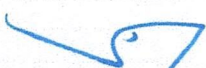
LIST OF PARTICIPANTS (CLUSTER 3)			
ACCREDITATION OF TECHNICAL OFFICIALS			
Region XI			
Sports Event	Name of TOs	Division	Served in the Regional Meet
<b>Archery</b>	1 SHELLA MAY L. DANDAN	DAVAO DE ORO	YES
	2 Randy Alonzo	Davao City	YES
	3 NAPOLEON L. DAWAL JR.	PANABO CITY	YES
<b>Arnis</b>	ANNIE BELEN ABANGAN	DIGOS CITY	YES
	MICHAEL IBAG	DAVAO CITY	YES
	ANNIE ROSE NUCOS	MATI CITY	YES
<b>Athletics</b>	EDWARD C. PASCUA	DAVAO CITY	YES
	ANGELITO N. AMARO	DAVAO DEL SUR	YES & 2023 PALARO
	ARNEL LABASAN	DAVAO DEL NORTE	YES
<b>Badminton</b>	RICO DAVE LIBRANDO	DAVAO DEL SUR	YES & 2023 PALARO
	REHUEL T. FABILLAR	DIGOS CITY	YES
	MARCIANO CANILLAS	TAGUM CITY	YES
<b>Basketball</b>	RENANTE LIQUIT	DAVAO DE ORO	YES
	JAMES ALVARADO	DAVAO CITY	YES
	BRYAN ERNIE BORDAS	MATI CITY	YES
<b>Billiards</b>	MAY GISELLE D. GORNEZ	DAVAO CITY	YES
	AVELINO KAKILGAN	PANABO CITY	YES
	LARRY UCOL	DAVAO DEL NORTE	YES&3 times Palaro
<b>Dancesports</b>	JEAH CANOY	DAVAO CITY	YES
	FLORIBETH ZERUIAH JOSOL	PANABO CITY	YES
	LEAH C. CORTEZ	MATI CITY	YES
<b>Futsal</b>	CHRISTOPHER BENEGIAN	DAVAO DEL NORTE	YES
	ELBEN OCZON	PANABO CITY	YES
	EDWIN N. ESTAÑOL	DAVAO DE ORO	YES
<b>Gymnastics (MAG)</b>	ELMER CABIGAS	DAVAO CITY	YES
	GREGORIO CALIXTO	DAVAO DEL SUR	YES & 2023 PALARO
	RODERICK LUTANG	DAVAO OCCIDENTAL	YES
<b>Gymnastics (RG)</b>	FLORDELIZA F. ATILLO	DAVAO CITY	YES
	DELIA LOGRONIO	DAVAO ORIENTAL	YES
	CHERRY AMOR LUCENO	PANABO CITY	YES
<b>Paragames (Athletics &amp; Swimming)</b>	JESSAMINE LAMELA	DAVAO DEL NORTE	YES
	GLEN LEONA	DAVAO CITY	YES
	FAITH A. SALINAS	DAVAO DE ORO	YES
<b>Softball</b>	ROSEMARIE L. CAFE	DAVAO DE ORO	YES
	MARICEL M. JAMERO	DAVAO ORIENTAL	YES
	MERVIN JUSTIN MALIJAN	DAVAO OCCIDENTAL	YES
<b>Tennis</b>	RAHYAN D. PUGOSA	DAVAO ORIENTAL	YES
	MARK SEAN QUINONES	MATI CITY	YES
	NATHANIEL C. BARROGA	TAGUM CITY	YES
<b>Wushu</b>	RODERICK C. GAMBONG	DAVAO CITY	YES
	JOASH DAYUCOS	DAVAO OCCIDENTAL	YES
	NLSON VERGARA	PANABO CITY	YES

The abovelisted personnel are certified to have served in the Palarong Pambansa regional and/or national level and met all other requirements necessary for the Accreditation.


Recommended by:

  
**ALIM J. MAGUINDANAO**  
 Regional Sports Officer

Approved:

  
**ALLAN G. FARNAZO**  
 Director IV

By the Authority of the Regional Director

  
**REBONFAMIL R. BAGUIO**  
 Director III 13 DEC 2023



Republic of the Philippines  
**Department of Education**  
OPERATIONS

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13 DEC 2023

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OUOPS No. 2023-02-11071

**MEMORANDUM**

TO : **REGIONAL DIRECTORS**  
**SCHOOLS DIVISION SUPERINTENDENTS**  
**REGIONAL AND DIVISION SPORTS OFFICERS**  
**ALL OTHERS CONCERNED**

FROM : **ATTY. REVSEE A. ESCOBEDO**  
*Undersecretary for Operations*  
*Officer-in-Charge, Office of the Assistant Secretary for Operations*

SUBJECT : **Accreditation of Technical Officials**

DATE : 23 November 2023

In support to the Department of Education's (DepEd) thrust of promoting the quality of the *Palarong Pambansa* particularly the management and conduct of the competitions for the sports featured in the annual scholastic multi-sports spectacle, this Office, through the *Palarong Pambansa* Secretariat, shall conduct the clustered **Accreditation of Technical Officials** with the following details:

Cluster	Schedule	Venue	Participating Regions	Sports
1	Jan. 09 – 12, 2024	Lingayen, Pangasinan	CAR, I, II, III, IV-A, IV-B, V, NCR	Archery, Arnis, Athletics, Badminton, Basketball, Billiards, Dancesport, Futsal, Gymnastics (MAG & RG), Paragames (Athletics & Swimming), Softball, Tennis, Wushu
2	Jan. 23 – 26, 2024	Lingayen, Pangasinan	CAR, I, II, III, IV-A, IV-B, V, NCR	Baseball, Boxing, Chess, Football, Gymnastics (AER & WAG), Paragames (Bocce & Goalball), Pencak Silat, Sepak Takraw, Swimming, Table Tennis, Taekwondo, Volleyball, Wrestling



3	Jan. 30 – Feb. 02, 2024	Iloilo City	VI, VII, VIII, IX, X, XI, XII, CARAGA, BARMM	Archery, Arnis, Athletics, Badminton, Basketball, Billiards, Dancesport, Futsal, Gymnastics (MAG & RG), Paragames (Athletics & Swimming), Softball, Tennis, Wushu
4	Dec. 27 – 30, 2023	Iloilo City	VI, VII, VIII, IX, X, XI, XII, CARAGA, BARMM	Baseball, Boxing, Chess, Football, Gymnastics (AER & WAG), Paragames (Bocce & Goalball), Pencak Silat, Sepak Takraw, Swimming, Table Tennis, Taekwondo, Volleyball, Wrestling

The Accreditation aims to:

- a. Assess the knowledge, understanding, and fitness of the participating technical officials in officiating through the administration of written, practical, and physical fitness test;
- b. Educate the participants about ethical considerations, professionalism, and the code of conduct they are expected to execute; and
- c. Update the participants on the current trends and latest rule changes, technological advancements, and best practices in their respective sport.

Each region shall send **three (3) participants per sports** who shall meet the following requirements:

- a. Must be **52 years old and below**;
- b. Must have **served and officiated in the Palarong Pambansa**, at least in the **regional meet**; and
- c. Must be **physically fit** to perform the physical fitness tests.

The list of regional participants shall be sent, through the respective Regional Sports Officers (RSOs), using the enclosed template at email address [palarong.pambansa@deped.gov.ph](mailto:palarong.pambansa@deped.gov.ph). Pregnant women and those unfit to undergo physical activities shall not be accommodated to the Accreditation

Participants shall present during registration their **approved Travel Authority** signed by the Regional Director and/or Schools Division Superintendent (SDS) and **Medical Certificate** (physically fit). Failure to present the said requirements will be grounds for non-accommodation to the activity.

Further, participants are requested to wear the appropriate sports attire and bring the necessary sports equipment to be used during the practical sessions of the Accreditation.

Participants are expected to arrive at and depart from the venue on the scheduled dates. Please take note of the schedule of the first and last meals per cluster, as follows:

Cluster	Arrival		Departure	
	Date/Time	First Meal	Date/Time	Last Meal
1	January 08, 2024 at 2:00 p.m.	Dinner	January 12, 2024 at 2:00 p.m.	PM Snacks
2	January 22, 2024 at 2:00 p.m.	Dinner	January 26, 2024 at 2:00 p.m.	PM Snacks
3	January 30, 2024 at 8:00 a.m.	Breakfast	February 02, 2024 at 2:00 p.m.	Dinner
4	December 27, 2023 at 8:00 a.m.	Breakfast	December 30, 2023 at 2:00 p.m.	Dinner

All participants are encouraged to attend and finish the Accreditation course, from Day 1 up to the last day, to be eligible to receive the Certificate of Accreditation.

All concerned are enjoined to authorize the attendance of their region's respective participants to the Accreditation. However, the schools division offices, through the school heads, shall ensure that a substitute teacher will take over the classes in the absence of their respective teaching personnel who will participate in the Accreditation to prevent disruption of classes.

Moreover, participants shall be entitled to **service credits** pursuant to the provisions set under DepEd Order No. 53, s. 2003 entitled *Updated Guidelines on Grant of Vacation Service Credits to Teachers*.

Expenses relative to the conduct of the Accreditation of Technical Officials such as food and accommodation of the management staff, resource persons/accreditors, and participants shall be charged against the 2023 (Continuing) Physical Fitness and School Sports (PFSS) Funds. Travel expenses of the management staff and resource persons/accreditors are chargeable against the PFSS Funds while travel expenses of participants shall be charged against their respective local funds. All aforementioned expenses to be incurred are subject to the usual government accounting and auditing rules and regulations.

For more information, you may contact the **Palarong Pambansa Secretariat** at telephone number (02) 8687-4146 or through its official email address [palarong.pambansa@deped.gov.ph](mailto:palarong.pambansa@deped.gov.ph).

Immediate and wide dissemination of this Memorandum is desired.

# 2023 PAR-Q+

## The Physical Activity Readiness Questionnaire for Everyone

The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

### GENERAL HEALTH QUESTIONS

Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1) Has your doctor ever said that you have a heart condition <input type="checkbox"/> OR high blood pressure <input type="checkbox"/> ?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you lose balance because of dizziness OR have you lost consciousness in the last 12 months? Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).	<input type="checkbox"/>	<input type="checkbox"/>
4) Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)? PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
5) Are you currently taking prescribed medications for a chronic medical condition? PLEASE LIST CONDITION(S) AND MEDICATIONS HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active? Please answer NO if you had a problem in the past, but it <b>does not limit your current ability</b> to be physically active. PLEASE LIST CONDITION(S) HERE: _____	<input type="checkbox"/>	<input type="checkbox"/>
7) Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>



**If you answered NO to all of the questions above, you are cleared for physical activity.**

**Please sign the PARTICIPANT DECLARATION. You do not need to complete Pages 2 and 3.**

- ▶ Start becoming much more physically active – start slowly and build up gradually.
- ▶ Follow Global Physical Activity Guidelines for your age (<https://www.who.int/publications/i/item/9789240015128>).
- ▶ You may take part in a health and fitness appraisal.
- ▶ If you are over the age of 45 yr and NOT accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.
- ▶ If you have any further questions, contact a qualified exercise professional.

#### PARTICIPANT DECLARATION

If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for its records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_



**If you answered YES to one or more of the questions above, COMPLETE PAGES 2 AND 3.**

#### ⚠ Delay becoming more active if:

- ✔ You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- ✔ You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at [www.eparmedx.com](http://www.eparmedx.com) before becoming more physically active.
- ✔ Your health changes - answer the questions on Pages 2 and 3 of this document and/or talk to your doctor or a qualified exercise professional before continuing with any physical activity program.



# 2023 PAR-Q+

## FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

### 1. Do you have Arthritis, Osteoporosis, or Back Problems?

If the above condition(s) is/are present, answer questions 1a-1c

If **NO**  go to question 2

- 1a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO
- 1b. Do you have joint problems causing pain, a recent fracture or fracture caused by osteoporosis or cancer, displaced vertebra (e.g., spondylolisthesis), and/or spondylolysis/pars defect (a crack in the bony ring on the back of the spinal column)? YES  NO
- 1c. Have you had steroid injections or taken steroid tablets regularly for more than 3 months? YES  NO

### 2. Do you currently have Cancer of any kind?

If the above condition(s) is/are present, answer questions 2a-2b

If **NO**  go to question 3

- 2a. Does your cancer diagnosis include any of the following types: lung/bronchogenic, multiple myeloma (cancer of plasma cells), head, and/or neck? YES  NO
- 2b. Are you currently receiving cancer therapy (such as chemotherapy or radiotherapy)? YES  NO

### 3. Do you have a Heart or Cardiovascular Condition? This includes Coronary Artery Disease, Heart Failure, Diagnosed Abnormality of Heart Rhythm

If the above condition(s) is/are present, answer questions 3a-3d

If **NO**  go to question 4

- 3a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO
- 3b. Do you have an irregular heart beat that requires medical management? (e.g., atrial fibrillation, premature ventricular contraction) YES  NO
- 3c. Do you have chronic heart failure? YES  NO
- 3d. Do you have diagnosed coronary artery (cardiovascular) disease and have not participated in regular physical activity in the last 2 months? YES  NO

### 4. Do you currently have High Blood Pressure?

If the above condition(s) is/are present, answer questions 4a-4b

If **NO**  go to question 5

- 4a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO
- 4b. Do you have a resting blood pressure equal to or greater than 160/90 mmHg with or without medication? (Answer **YES** if you do not know your resting blood pressure) YES  NO

### 5. Do you have any Metabolic Conditions? This includes Type 1 Diabetes, Type 2 Diabetes, Pre-Diabetes

If the above condition(s) is/are present, answer questions 5a-5e

If **NO**  go to question 6

- 5a. Do you often have difficulty controlling your blood sugar levels with foods, medications, or other physician-prescribed therapies? YES  NO
- 5b. Do you often suffer from signs and symptoms of low blood sugar (hypoglycemia) following exercise and/or during activities of daily living? Signs of hypoglycemia may include shakiness, nervousness, unusual irritability, abnormal sweating, dizziness or light-headedness, mental confusion, difficulty speaking, weakness, or sleepiness. YES  NO
- 5c. Do you have any signs or symptoms of diabetes complications such as heart or vascular disease and/or complications affecting your eyes, kidneys, **OR** the sensation in your toes and feet? YES  NO
- 5d. Do you have other metabolic conditions (such as current pregnancy-related diabetes, chronic kidney disease, or liver problems)? YES  NO
- 5e. Are you planning to engage in what for you is unusually high (or vigorous) intensity exercise in the near future? YES  NO

# 2023 PAR-Q+

**6. Do you have any Mental Health Problems or Learning Difficulties?** This includes Alzheimer's, Dementia, Depression, Anxiety Disorder, Eating Disorder, Psychotic Disorder, Intellectual Disability, Down Syndrome

If the above condition(s) is/are present, answer questions 6a-6b

If **NO**  go to question 7

6a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO

6b. Do you have Down Syndrome **AND** back problems affecting nerves or muscles? YES  NO

**7. Do you have a Respiratory Disease?** This includes Chronic Obstructive Pulmonary Disease, Asthma, Pulmonary High Blood Pressure

If the above condition(s) is/are present, answer questions 7a-7d

If **NO**  go to question 8

7a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO

7b. Has your doctor ever said your blood oxygen level is low at rest or during exercise and/or that you require supplemental oxygen therapy? YES  NO

7c. If asthmatic, do you currently have symptoms of chest tightness, wheezing, labored breathing, consistent cough (more than 2 days/week), or have you used your rescue medication more than twice in the last week? YES  NO

7d. Has your doctor ever said you have high blood pressure in the blood vessels of your lungs? YES  NO

**8. Do you have a Spinal Cord Injury?** This includes Tetraplegia and Paraplegia

If the above condition(s) is/are present, answer questions 8a-8c

If **NO**  go to question 9

8a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO

8b. Do you commonly exhibit low resting blood pressure significant enough to cause dizziness, light-headedness, and/or fainting? YES  NO

8c. Has your physician indicated that you exhibit sudden bouts of high blood pressure (known as Autonomic Dysreflexia)? YES  NO

**9. Have you had a Stroke?** This includes Transient Ischemic Attack (TIA) or Cerebrovascular Event

If the above condition(s) is/are present, answer questions 9a-9c

If **NO**  go to question 10

9a. Do you have difficulty controlling your condition with medications or other physician-prescribed therapies? (Answer **NO** if you are not currently taking medications or other treatments) YES  NO

9b. Do you have any impairment in walking or mobility? YES  NO

9c. Have you experienced a stroke or impairment in nerves or muscles in the past 6 months? YES  NO

**10. Do you have any other medical condition not listed above or do you have two or more medical conditions?**

If you have other medical conditions, answer questions 10a-10c

If **NO**  read the Page 4 recommendations

10a. Have you experienced a blackout, fainted, or lost consciousness as a result of a head injury within the last 12 months **OR** have you had a diagnosed concussion within the last 12 months? YES  NO

10b. Do you have a medical condition that is not listed (such as epilepsy, neurological conditions, kidney problems)? YES  NO





10c. Do you currently live with two or more medical conditions? YES  NO

**PLEASE LIST YOUR MEDICAL CONDITION(S)  
AND ANY RELATED MEDICATIONS HERE:**

**GO to Page 4 for recommendations about your current medical condition(s) and sign the PARTICIPANT DECLARATION.**

# 2023 PAR-Q+




 **If you answered NO to all of the FOLLOW-UP questions (pgs. 2-3) about your medical condition, you are ready to become more physically active - sign the PARTICIPANT DECLARATION below:**



-  It is advised that you consult a qualified exercise professional to help you develop a safe and effective physical activity plan to meet your health needs.
-  You are encouraged to start slowly and build up gradually - 20 to 60 minutes of low to moderate intensity exercise, 3-5 days per week including aerobic and muscle strengthening exercises.
-  As you progress, you should aim to accumulate 150 minutes or more of moderate intensity physical activity per week.
-  If you are over the age of 45 yr and **NOT** accustomed to regular vigorous to maximal effort exercise, consult a qualified exercise professional before engaging in this intensity of exercise.

 **If you answered YES to one or more of the follow-up questions about your medical condition:**



You should seek further information before becoming more physically active or engaging in a fitness appraisal. You should complete the specially designed online screening and exercise recommendations program - the **ePARmed-X+** at [www.eparmedx.com](http://www.eparmedx.com) and/or visit a qualified exercise professional to work through the ePARmed-X+ and for further information.

 **Delay becoming more active if:**

-  You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
-  You are pregnant - talk to your health care practitioner, your physician, a qualified exercise professional, and/or complete the ePARmed-X+ at [www.eparmedx.com](http://www.eparmedx.com) before becoming more physically active.
-  Your health changes - talk to your doctor or qualified exercise professional before continuing with any physical activity program.

-  You are encouraged to photocopy the PAR-Q+. You must use the entire questionnaire and NO changes are permitted.
-  The authors, the PAR-Q+ Collaboration, partner organizations, and their agents assume no liability for persons who undertake physical activity and/or make use of the PAR-Q+ or ePARmed-X+. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

## PARTICIPANT DECLARATION

-  All persons who have completed the PAR-Q+ please read and sign the declaration below.
-  If you are less than the legal age required for consent or require the assent of a care provider, your parent, guardian or care provider must also sign this form.

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the community/fitness center may retain a copy of this form for records. In these instances, it will maintain the confidentiality of the same, complying with applicable law.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ WITNESS \_\_\_\_\_

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER \_\_\_\_\_

For more information, please contact

[www.eparmedx.com](http://www.eparmedx.com)  
Email: [eparmedx@gmail.com](mailto:eparmedx@gmail.com)

### Citation for PAR-Q+

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### Key References

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- Thomas S, Reading J, and Shephard RJ. Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Canadian Journal of Sport Science* 1992;17:4 338-345.

The PAR-Q+ was created using the evidence-based AGREE process (1) by the PAR-Q+ Collaboration chaired by Dr. Darren E. R. Warburton with Dr. Norman Gledhill, Dr. Veronica Jamnik, and Dr. Donald C. McKenzie (2). Production of this document has been made possible through financial contributions from the Public Health Agency of Canada and the BC Ministry of Health Services. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada or the BC Ministry of Health Services.



**PALARONG PAMBANSA SECRETARIAT**  
**INFORMED CONSENT FOR FITNESS TESTING**  
**ACCREDITATION OF TECHNICAL OFFICIALS**

**Name of Participant:** \_\_\_\_\_

The purpose of the test is to evaluate your cardiorespiratory fitness to determine your readiness and physical capacity for performing your role as a sports officiating official while reducing your risk for injury.

The cardiorespiratory fitness test involves a submaximal test, either the Rockport walk test that requires brisk walking for one mile or 20-meter Multi-stage test that requires running a series of 20-meter shuttle runs with a starting speed of 8.5 km/hr. and increasing by 0.5 km/hr. in the next level. There are 23 levels, each lasting approximately 1 minute but a participant may withdraw/is asked to withdraw at any time if s/he can no longer keep up with the required pace.

I understand that I am responsible for monitoring my own condition throughout the tests. In the event unusual symptoms occur, I will cease my participation and inform the test administrator of my symptoms.

By signing this consent form, I confirm that I have read it in its entirety and that I understand the description of the test. I also affirm that my questions regarding the fitness test have been answered to my satisfaction. In the event that a medical clearance form signed by my physician is required, I agree to consult with my physician prior to participating in the fitness test.

Additionally, I agree to assume the risk of such testing and further agree to absolve from any liabilities the Department of Education and the *Palarong Pambansa* Secretariat, including its resource persons for conducting such testing from any and all claims, suits, losses or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from the testing program.

**Signature of Participant:** \_\_\_\_\_

**Date:** \_\_\_\_\_