



- **Purpose**

Physical Activity Readiness Questionnaire (PARQ)

- **Description**

PARQ is a mandatory health and safety questionnaire that allows us to ensure you are physically fit to use the gym. For most people physical activity should not pose any problem or hazard, however we must be aware of any health conditions to ensure safety.

- **If you do not give us your information**

If you do not supply us with your information you will be unable to use our gym facility.

- **Conditions for processing personal information**

Consent – we need to process this personal information to ensure you meet the physical activity readiness requirement and to proceed with using the equipment within this facility.

- **Your rights**

- Access to personal data
- Rectification of personal data
- Erasure of personal data
- Restrict processing of personal data

- **Who we share your information with**

In the event of an emergency we may share your information with NHS Grampian.

- **Data controller**

The data controller is Moray Leisure Ltd.



**moray leisure centre**  
**healthy living centre**

- **Data Protection Officer** Contact our Data Protection Officer:

Data Protection Officer  
Moray Leisure Centre  
Borough Briggs Road  
Elgin  
IV30 1AP  
01343 550033  
[dpo@mlc-elgin.co.uk](mailto:dpo@mlc-elgin.co.uk)

- **Supervisory authority**

If you are unhappy with the way we have processed your personal information you can contact the Information Commissioner:

Information Commissioner's Office  
Wycliffe House  
Water Lane  
Wilmslow  
Cheshire  
SK9 5AF  
Tel: 0303 123 1113  
<https://ico.org.uk/global/contact-us/>