

AQUA HEALTH CHECK

Before participating in any aquatic activity,
Royal Life Saving recommends you
check in with yourself
and your GP.

1



When did you last exercise?

2



Are you feeling well enough to exercise?

3



Do you have any mobility issues that could restrict you exercising?

4



Are you on any medication that could impact how you exercise?

5



If any of these questions raise further questions, check in with your GP.

Whether you are returning to exercise, starting a new type of exercise, or if you have any medical issues, it's always best to consult your GP.



drowningprevention.org.au



ROYAL LIFE SAVING
NSW | ACT | TAS