

# THE PRE-PARTICIPATION CHECKLIST

## PINK SLIP – INFORMATION FOR OVER 35'S

- Have you experienced any of the following symptoms of heart disease?
  - Chest/jaw/arm pain with exercise
  - Unexplained breathlessness
  - Blackouts or palpitations
  
- Do you have any of the following risk factors for heart disease?
  - High cholesterol
  - High blood pressure
  - High blood sugar
  - Smoking
  - Are you unaware of your current risk status
  
- Do you have a family history of heart disease?
  
- Are you in the habit of not training or exercising during the week?

If you answered yes to any of these questions or if you have not visited your GP for a general health check in the last 12 months, please see your local Doctor and get a [Heart Health Check](#) before playing.



For further information visit [Heartbeat of Football](#) or the [Heart Foundation](#) websites.

