

Dragon Boating is a physically demanding sport and prior to taking part in any physically demanding sport you should check with your doctor if you have any health concerns.

7 questions to ask yourself:

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do any physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or have you ever lost consciousness?
5. Do you have a bone or joint problem (for example back, knee, hip or shoulder) that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do any physical activity?

If you answered YES to one or more of the questions above: Talk to your doctor before you start to become more physically active. Tell your doctor which questions you answered YES to and ask his advice on the level of physical activity you should take part in.