



Learn how to manage risk for your clients

Understanding the new Australian Pre-Exercise Screening System

The health benefits of exercise far outweigh the risks across the population. Nevertheless, pre-exercise screening is an important safety net to ensure that individuals who may have a medical condition that puts them at a higher risk of an adverse event¹ during exercise can be identified and managed accordingly.

Why a new Australian Pre-Exercise Screening System?

Despite the existence of previous Canadian and Australian pre-exercise screening systems, screening practices in the fitness industry have been found to be inconsistent and non-systematic. An imperative need was identified for a system sensitive enough to identify individuals at increased risk while at the same time being practical and easy to use, to promote industry-wide uptake.

Using the new National Standardised Pre-Exercise Screening System

The new Adult Pre-Exercise Screening Tool will enable you to gather detailed information about the health or disease of your new clients or members in a way that is consistent with nationally recognised professional practice and in accordance with the most current evidence about exercise risk. The three-staged approach allows for practical application of the tool across a range of settings.

Adopting the new system will provide you with:

Reduced risk of serious injury or incidents:

- Accurate client knowledge will support appropriate exercise prescription and can significantly reduce the likelihood of a serious injury or incident occurring as a result of your professional advice.

Strengthened Professional Reputation:

- Developed in collaboration by Exercise and Sport Science Australia [ESSA], Fitness Australia [FA] and Sports Medicine Australia [SMA], the new system is recognised across fitness and allied health disciplines. Adopting the national standardised system will improve your ability to build referral relationships and engage in professional communication about client conditions.

Evidence of your Duty of Care:

- The Australian professional standards and codes of practice set down by SMA, ESSA and Fitness Australia recommend that client screening is undertaken as an essential component of exercise prescription. The inclusion of client screening is therefore a significant consideration during legal cases concerning personal injury sustained through an exercise session or program.

Download the Pre-Exercise Screening Questionnaire:
www.fitness.org.au/screeningtool

Download the Pre-Exercise Screening Textbook:
www.fitness.org.au/screeningtextbook

Have your questions answered and gain a practical understanding about how to use the tool:
www.fitness.org.au/standardsfaq

Have more questions? Contact Fitness Australia by calling 1300 211 311 or email info@fitness.org.au.

¹An adverse event refers to an unexpected event that occurs as a consequence of an exercise session, resulting in ill health, physical harm or death to an individual