

Updated Blood Pressure Guidelines

In 2017, CSEP released the *Get Active Questionnaire* - a self-administered, pre-participation screening tool following two years of development. As the *Get Active Questionnaire* is grounded in evidence, the resting blood pressure limits were revised to reflect work done by Thomas et al (2011)^a. His review identified people with hypertension may be regarded as lower risk if resting blood pressure is less than 160/90 mm Hg with or without medication.

Any reference to pre-screening blood pressure in your edition of the CSEP-PATH Resource Manual should use these updated guidelines. The changes in pre-participation resting blood pressure limits have now been updated in the current version of the following tools:

- *Get Active Questionnaire* - which replaces all previously CSEP endorsed pre-screening tools
- CSEP-PATH: Physician Physical Activity Readiness Clearance Form (available on csep.ca)
- CSEP-CPT Health Screening Tool (available on csep.ca)

Despite the changes in pre-participation resting blood pressure limits, a prudent qualified exercise professional should still encourage clients who do not have diagnosed hypertension but have a resting systolic blood pressure greater than 140mmHg, to discuss their recent resting blood pressure with a physician.

^aThomas SG, Goodman JM, Burr JF (2011). Evidence-based risk assessment and recommendations for physical activity clearance: established cardiovascular disease. *Appl Physiol Nutr Metab*, 36(S1): S190-S213, <https://doi.org/10.1139/h11-050>.

** A qualified exercise professional has post-secondary education in exercise sciences and an advanced certification in the area.*