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). 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.


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