



## Adapted Fitness Program Information

Southland Leisure Centre · 2000 Southland Dr. S.W. · Phone 403-648-6550

Village Square Leisure Centre · 2623 56 Street N.E. · Phone 403-366-3900

The City of Calgary Adapted Fitness Program operates with the goal of providing adults with physical disabilities the opportunity to improve their health, lifestyle, and/or physical fitness. We provide structured exercise programs for adults and our primary goal is to support participants as they become knowledgeable and confident with respect to their fitness and lifestyle needs and to assist them in the ultimate goal of improving their quality of life.

The Adapted Fitness Program is pleased to welcome you into our fitness program. Participation in our programs includes an exercise program and instructional assistance with your exercise regime. Before becoming a participant, trained staff will conduct a program design with you to ensure the most appropriate exercise program to meet your needs.

Before becoming a participant a few guidelines must be followed:

### 1. Fitness Assessment

Participants in the program are to contact the fitness supervisor specific to the Leisure Centre that you are interested in to schedule a fitness assessment prior to program registration. All completed forms are to be returned to the fitness supervisor **prior to** your scheduled fitness assessment so that its contents can be read thoroughly by the fitness instructor to help create your personalized fitness program. Please e-mail (scan) or drop the forms off at the Leisure Centre prior to your scheduled assessment date. We prefer that you do not fax the forms as it has confidential information.

The Adapted Fitness Program Assessment is \$45 (may change without notice), which you can pay when you arrive for your assessment. We accept cash, debit or credit, no cheques please. Please ask for two copies of the receipt, one for yourself and one for the instructor to file. Fitness assessment **cancellations MUST be made 24 hours in advance**. Failure to do so will result in a forfeiture of the session fee. Please contact the appropriate Leisure Centre to inform them.

The program will be designed and taught by AFLCA Certified Fitness Instructors to meet your specific needs and abilities. Your program may be updated throughout the session. These will be scheduled on an individual basis. A support worker will be recommended at this time if it is determined that you will need more support and assistance.

### 2. Participant Responsibilities

Participants need to arrange for their own transportation, and be able to get to and from the exercise site. Participants should be able to perform personal care practices independently such as getting to, from, and using the washroom independently, changing into workout attire, eating and drinking, and any other duties outside of the scope of the exercise class. If a participant is not able to perform any of these duties independently they will require the support of a personal care attendant or an aide.

### 3. Program Forms

All forms need to be completed and returned prior to your scheduled fitness assessment before participating in the Program. You are responsible for filling out all of the forms listed below. Authorization from your physician is required on the PARmed-X form. If you have been out of the program for more than one year or have had any major medical condition changes, you are required to book a re-assessment and complete new forms.

- Adapted Fitness Assessment Registration Form
- Adapted Fitness Letter to Physician (to accompany PARmed-X)
- PARmed-X (Physical Activity Readiness Medical Examination)

We require a **PAR-Q+ form to be completed annually for all current participants**. If you answer 'yes' to one or more of the follow-up questions on the PAR-Q+, you will be required to have your doctor complete the ePARmed-X+ form. If approved for participation by your doctor, then you will need to bring your doctor-completed form. Participants ages 15 and under will be required to complete the Assumption of Risk and Informed Consent form to be completed annually. We prefer that you don't fax the forms as it has confidential information.

### 4. Proper Attire and What to Bring

We recommend attire that allows a person freedom of movement and maximum comfort. The few exceptions are for safety reasons that must be followed by all individuals participating in the program and by those who assist an individual with their program (ie. caregiver, friend):

- Appropriate Footwear - No open toed shoes (sandals, thongs, etc), indoor shoes
- Appropriate shirts must be worn at all times.
- Water bottle
- Participants are required to lock all of their belongings in the lockers provided. For Southland Leisure Centre, please bring in a quarter and for Village Square, please bring a loonie or your own lock.

### 5. Assistants/Aides

If an individual requires assistance with any personal care procedures it is their responsibility to arrange for an attendant or aide to assist them, as it is outside The Adapted Fitness Program staff's scope of practice. **Attendants/Aides will be responsible for the individual that they accompany.**

**In circumstances where the assistance required by a participant is demanding enough to negatively impact the instructor's ability to assist others in the program, the participant must arrange for an attendant to accompany them. Some examples of situations that would require an attendant:**

- The participant requires assistance with pacing, counting repetitions, or cannot / will not complete an exercise once the staff has assisted them with the set up.
- The participant cannot follow instructions without supervision due to memory difficulties.
- The participant is prone to inappropriate or disruptive behaviors without constant monitoring.

## 6. Service for Participants

We recognize that due to the nature of our participants' specific needs, some may require more assistance than others. Here are some specific guidelines as to the type of services you can expect when needed:

- Assistance with machine set up and transfer on or off equipment
- Monitoring and revisions of the exercise program
- Provision of exercise technique feedback and corrections

## 7. Stretching

Staff and volunteers assist with flexibility exercises when an individual cannot perform the movement independently. In case of injury or time constraints, the program instructor has the right to decline stretching to participants on an individual basis. Staff will provide basic stretching.

## 8. Monitoring Programs

Improving independence begins with a well-designed and monitored exercise program that helps an individual improve awareness of their body's response to physical activity. Each program will be designed based on their initial program design, and will incorporate the individual's goals and needs. Program revisions will be performed during scheduled program times and will be based on the progress, desire, and need of the participant. If a participant desires/requires a full program redesign outside of scheduled program time, a fee of \$45 will be assessed.

## 9. Transferring

A transfer is a dynamic effort in which the participant aids in the transfer and is able to bear weight on at least one leg. A lift involves moving a participant who cannot bare weight on at least one leg. Lifts must always involve a mechanical lifting device. The City of Calgary does not have a mechanical lift and therefore lifts will not be performed.

## 10. Conduct and Disciplinary Action

For the safety and respect of all staff, volunteers, and participants attending, the Adapted Fitness Program will not tolerate:

- Profanity or course language
- Demeaning or insulting comments directed toward staff, volunteers or other members
- Attending the Program under the influence of alcohol or drugs
- Threatening behavior toward staff, volunteers or participants
- Sexual or verbal harassment toward staff, volunteers or participants

The following process will apply to all breaches of conduct:

<i>First Breach</i>	Removal from the direct program area by staff.
<i>Second Breach</i>	Suspension from the program for two weeks.
<i>Third Breach</i>	Termination from the program.



Dear Physician:

**Re: PARmed-X form for the City of Calgary Adapted Fitness Program**

Your patient is interested in participating in the Adapted Fitness Program. This program encompasses strength, cardiovascular and flexibility components specifically designed to meet individual fitness needs.

The program design is determined by an AFLCA (Alberta Fitness Leadership Certification Association) certified fitness instructor with personal training experience or a kinesiology background. Our staff has experience and training working with people with physical disabilities.

In order to participate in the Adapted Fitness Program, we require individuals to submit a completed PARmed-X form. Please complete the attached form and return via the patient. We currently do not have CSEP (Canadian Society for Exercise Physiology) certified staff.

If you do require or recommend the individual work under the supervision of a CSEP certified exercise physiologist, we will refer the individual to the University of Calgary Rehabilitation and Disability Fitness Program. If you do not recommend a CSEP certified instructor, please do not tick that box on the back of the PARmed-X form.

Thank you in advance for your timely attention to this matter.

Sincerely,

Adapted Fitness Program  
Southland Leisure Centre, 403-648-6550  
Village Square Leisure Centre, 403-366-3900  
The City of Calgary

Attachments: PARmed-X Physical Activity Readiness Medical Examination