

PAR-Q+ Instruction Guide for CANCER SURVIVORS

It's great that you feel ready to begin a program involving significant and steady exercise! At Wellspring Calgary some of our fitness programs require PAR-Q+ clearance before you begin, to ensure you are physically ready to participate.

These programs include:

- Cancervive Fitness Challenge
- Exercise and Educate
- Healthy Steps™
- Moves in Rhythm
- YA Bootcamp
- Outdoor programs: Hiking, Cross-Country, Snowshoeing

These tips will help you fill out your PAR-Q+ form:

GENERAL HEALTH QUESTIONS (Page 1 - first 7 questions)

Given that you are a **CANCER SURVIVOR**, you are required to respond **'YES'** to **question 4** on Page 1 – even if you have been cancer-free for a number of years. You may also have other 'YES' responses. Please continue on and complete Pages 2 and 3 of the form.

FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

Pages 2 and 3 have 10 questions with additional **FOLLOW-UP** questions marked as numbers paired with letters (1a. 1b. 1c. etc.).

If ALL of your FOLLOW-UP responses (the a,b,c ones) are 'NO', you are physically ready to exercise! Go to Page 4, sign and witness the declaration and hand in the paperwork to a Wellspring administrator. After an administrative review, we will provide a clearance card for the above programs (good for one year OR until your health status and/or medication changes).

If ANY of your FOLLOW-UP responses are 'YES', phone a CEP (Certified Exercise Physiologist) at the U of C Health and Wellness Lab **403-210-8482 to discuss. Tell them you are a Wellspring Calgary member (even when leaving a message).**

1. They may clear you for exercise, **OR**
2. They may recommend a doctor's visit and completion of a PARmed-X form

Once you are cleared for exercise, **go to Page 4, sign and witness the declaration and hand in the paperwork to a Wellspring administrator.** After an administrative review, we will provide a clearance card for the above programs (good for one year OR until health status and/or medication changes).

We look forward to seeing you in the Wellspring Calgary movement and fitness programs!