

PAR-Q+ Instruction Guide for CAREGIVERS

(In a significant and active caregiving role)

It's great that you are interested in signing up for a program that involves significant and steady exercise! At Wellspring Calgary some of our fitness programs require PAR-Q+ clearance before participants begin, to ensure physical readiness.

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)

If ALL your responses on Page 1 are 'NO', you are ready to exercise! Do Not Fill out Pages 2 & 3. Go to Page 4, sign and witness the declaration and hand in the paperwork to a Wellspring administrator. After administrative review, we will provide a clearance card for the above programs (good for one year OR until health status and/or medication changes).

If ANY of your responses to the first 7 questions on Page 1 are 'YES' please complete pages 2 and 3 of the form.

FOLLOW-UP QUESTIONS ABOUT YOUR MEDICAL CONDITION(S)

Page 2 & 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 are 'NO', you are cleared to exercise. Go to Page 4, sign and witness the declaration and hand in the paperwork to a Wellspring administrator. After administrative review, we'll provide a clearance card for the above programs (good for one year OR until 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 caregiver 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 your health status and/or medication changes).