

## Wellspring Calgary Mindful Mountain Hiking Registration Process

1. Complete the Par-Q+ form necessary. (Guidelines on page 19 of the Wellspring Calgary program brochure). Your registration will not be confirmed until the forms are on file at Wellspring Calgary. Documents available on Wellspring Calgary website. Please give yourself several weeks to get this paperwork in order as it may include a consultation with a CEP from the Thrive Lab at the University of Calgary.
2. Read all the hiking program documents available on the website.
3. Registration for each hike starts 4 weeks prior to the hike. Read the hiking descriptions on the website to choose your hike.
4. You may register for one hike ONLY. If a hike is full, you can register for the Waitlist.
5. You can register online using our Online Programs Registration system or you can phone Wellspring Calgary as usual and a volunteer can help you with registration. You will be asked if you have a valid Par-Q+ on file with Wellspring Calgary. Once you are confirmed you will get reminders from one of the staff members or a dedicated hiking volunteer with updates about the hike. **NOTE: Registration is not considered confirmed until required Par-Q+ form is at the office!!**
6. If you are NO longer able to participate in a hike, please call Wellspring Calgary and ask for Nancy, Peggy or Anna or you can email [wsc-admin@wellspringcalgary.ca](mailto:wsc-admin@wellspringcalgary.ca). We will then call someone from the Waitlist to take that spot.
7. Please direct any questions not answered in the website documents to [wsc-admin@wellspringcalgary.ca](mailto:wsc-admin@wellspringcalgary.ca)