

Dear CPHC Exercise Class Participant,

Congratulations on joining our CPHC Seniors Exercise Program! You are taking a positive step to improve or maintain your health and fitness level. Exercise plays a very important role in reducing risks of chronic diseases, increasing your overall health and preventing falls.

CPHC is a health information custodian under the Personal Health Information Protection Act, 2004 (or PHIPA), and is required to manage and protect the personal health information (PHI) in its custody according to the Act and its Regulations.

Your Personal Health Information (PHI) is important in allowing us to provide you with better services.

As a Health Care Agency, Community and Primary Health Care has put in place policies with regard to information that must be collected from all individuals accessing a publicly funded CPHC programs. This information is helpful for our instructors to provide a safe and beneficial class for all participants.

This Registration package contains the following forms:

- Intake Form/Health Sheet: This information assists the Program Coordinator and instructors to tailor the program to your needs and interests, or to refer you to other community classes better suited to your needs. It is also used to provide a general description of participants in the program for evaluation purposes. **As these classes are funded through the South East Local Health Integration Network (SE LHIN), it is necessary to collect your Health Card Number.**
- Emergency information Form: This is information that is needed in the event of a medical emergency.
- Informed Consent and Waiver: This states that you understand that although minimal, there are risks associated with exercising.
- Please note: As of September 2018, participants will be asked to complete the full In Take Package on a bi-annual basis. A PARQ is required every year.
- Most CPHC exercise classes stop for the summer and will resume in the fall. Your instructor will inform you of the end date.

If you have any questions, concerns or suggestions, please do not hesitate to contact:

*Lifeline, Exercise and Falls Prevention and Community Programs Manager*  
*Michelle Shepherdson 1-800-465-7646, extension 2058*  
*mshepherdson@cphcare.ca*

*Program Supervisor*  
*Kim Ducharme 1-800-465-7646, extension 2303*  
*kducharme@cphcare.ca*



# IMPORTANT INFORMATION FOR CPHC EXERCISE PARTICIPANTS

## \*\*COVID-19 Protocols

- 1) Please come straight into class
- 2) Sanitize your hands
- 3) Find your chair . Put your sweater/jacket on back of chair and belongings on chair seat for cardio component, move belongings under chair for seated exercises
- 4) Take off mask
- 5) Sanitize hands (it is recommended that you carry a small personal bottle of hand sanitizer to class) 6) Please remain at your chair and wait for class to start
- 6) Once class is finished please put your mask on, gather personal belongings and head directly towards the exit



Dry running, walking or cross trainer shoes should be worn to provide support for feet and ankles and cushioning for feet and knees.



Wear loose fitting and light colored clothing so that the body can move freely and minimize overheating.



Participants will complete a PAR Q form prior to the first class in each session. It is recommended that you talk to your family doctor if you have not been exercising regularly before beginning fitness class. It is recommended you speak with your fitness instructor about health concerns/condition that may be affected by exercise.



STOP exercise immediately and let your instructor know if you are experiences any of the following: chest pain, light-headedness, confusion, nausea, sharp leg pain, shortness of breath.



Remember you are responsible for your health and well-being at all times so please work at your own pace. Remember to take sips of water before, during and after fitness. It is important to keep the body hydrated and prevent overheating. It is advised you bring a water bottle to class.



CPHC exercise classes are scent free zones.



**PLEASE NOTIFY YOUR INSTRUCTOR IF YOU ARE PLANNING TO BE ABSENT FROM CLASS. IF YOU ARE ABSENT FOR MORE THAN FOUR CONSECUTIVE WEEKS YOUR SPOT WILL BE GIVEN TO SOMEONE ELSE.**