



FREE! FREE!

Learn to Walk / Learn to Run Clinic

Registration Form

April 4 to May 9, 2017

Every Tuesday for 1 hour starting at 5:30pm

Frank Slims Building in Shipyards Park

Name: _____ Age: _____

Please circle the clinic that you wish to attend:

Learn to Walk:

- Learn the proper body mechanics for recreational walking

Learn to Run:

- Learn the proper body mechanics for running and develop the skills to complete a 5 km event based on the training schedule produced by the Sports Medicine Council of BC

Group Run:

- Join other folks who already run, but are interested in running in a group.

Declaration Waiver:

I am aware of the physical demands of training and waive the responsibility of the Run for Mom and Athletics Yukon if I am to injury myself while attending the clinic. I will obtain doctors approval to participate if I answered "yes" to any of the questions on the attached PAR-Q form.

Print Name: _____ Signature: _____

Date: _____

Parent/Guardian signature if participant under 19 years of age:



The Physical Activity Readiness Questionnaire

PAR-Q

Becoming more active is very safe for most people, but if you're in doubt, please complete the questionnaire below. Some people should check with their doctor before they start becoming much more physically active. Start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and are not used to being very active, definitely check with your doctor first.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before you start becoming much more physically active.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

Delay becoming much more active if:

- You are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- You are or may be pregnant - talk to your doctor before you start becoming much more active.

Note: If your health changes so that you then answer YES to any of the above questions, ask for advice from your fitness or health professional.