



Joint Effort Program
KNB 135 University of Calgary
2500 University Dr NW
Calgary, AB T2N1N4
Telephone: (403) 220-8112
Fax: (403) 220-0546
Email: smithe@ucalgary.ca

Joint Effort Registration Form

PERSONAL INFORMATION

Mr. Mrs. Ms. Dr.

Name: _____

Address: _____

City: _____

Postal Code: _____

Today's Date DD ____ MM ____ YY ____

Phone Number: _____

Work Number: _____

Cell Number: _____

Email: _____

Gender: Male Female

Date of Birth: DD ____ MM ____ YY ____

Occupation: _____

Employer: _____

JOINT HISTORY

Joint(s) Affected: _____

Pre or post surgery: _____ Surgery Date: _____

Comments: _____

Mobility: _____

(Please indicate if you use a mobility device)

MEDICAL INFORMATION

Doctor's Name: _____

Phone Number: _____

Alberta Healthcare Number: _____

Are you presently receiving physiotherapy: Yes No

Therapist's Name: _____

Location of treatment: _____

Phone Number: _____

Do you have a any other medical conditions? (Such as heart disease, epilepsy, diabetes, or high blood pressure) _____

Are you currently taking any medication(s)? Yes No

If Yes, Please specify

Medication	Dosage	Reason for prescription
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMERGENCY CONTACT:

Mr. Mrs. Ms. Dr.

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone number: _____

Work number: _____

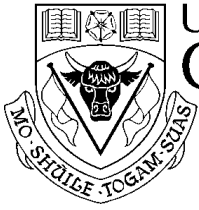
Cell number: _____

Email: _____

Relationship: _____

How did you hear about Joint Effort? _____

This information is collected under the authority of the Freedom of Information and Protection of Privacy Act. Medical information & personal activity history will be used to develop a program and to manage any health concerns. Alternative contact and medical information will be used in a medical emergency. If you have questions about the collection or use of this information, contact the Membership Supervisor at 403-220-8564.



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REMINDERS

Please read through all forms and information provided to you by the Joint Effort staff.

- All necessary forms signed and read
All forms must be read and signed prior to your program design. They must be returned to the Joint Effort address below or brought with you to your program design.

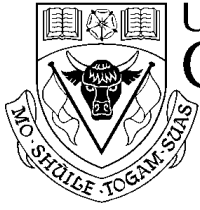
- Par-Med X must be filled in prior to your program design.
Please have Par-Med X signed by your physician and return to the Joint Effort program at the time of your program design.

- Program design reminders
 - ✓ Wear proper attire – we recommend attire that allows a person freedom of movement and maximum comfort.
 - ✓ Meet at the front desk of the Kinesiology Fitness Centre
 - ✓ Have all your paper work filled out and bring it with you:
 - Informed consent to allow patient medical information to be entered into database
 - Registration form with waiver
 - Par-Med X
 - ✓ The program design will take approximately 1 -1.5 hours

Your program design is at _____ on _____
Your Fitness Specialist is _____ Phone Number: _____ Email: _____

If you cannot make your program design or you will be late, please contact your program designer as soon as possible. Appointments must be changed or cancelled at least 24 hours in advance or a \$20.00 fee will be assessed.

Scheduled Days: _____ Scheduled Time: _____



UNIVERSITY OF
CALGARY
KINESIOLOGY

FACULTY OF KINESIOLOGY

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Dear Physician,

A patient of yours is interested in participating in *Joint Effort*. A specialized pre and post rehabilitation program for individuals who do not qualify for surgery, are waiting or have just experienced a hip or knee replacement. This multidisciplinary program will offer exercise guidance and health education. Each six week program will include a consultation and individual program design, a nutrition seminar, and supervised exercise sessions.

The program design is completed by a Certified Exercise Physiologist, a degreed professional with expertise in dealing with clinical and healthy populations, and is based on the status of the individual; pre surgery, post surgery, or not a candidate for surgery. (For example, individuals that are pre-surgery, exercises are done as tolerated and are specific to the needs he/she is experiencing going into surgery.) The individual exercise program will also address other muscular imbalances that may or may not be related to the affected hip or knee.

In order to participate, we require that some participants have a PARMed-X form completed by their doctor. Please complete the attached form and return via fax (403-220-0546) to *Joint Effort* as soon as possible. Thank you very much in advance for your timely attention to this matter.

Sincerely,

Emma Smith, MSc, BPE, CSEP-CEP
Health Management Programs
Health and Fitness Unit
Faculty of Kinesiology
University of Calgary
Ph: 403-220-8112
Fax: 403-220-0546
Email: smithe@ucalgary.ca

PARmed-X PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION

The PARmed-X is a physical activity-specific checklist to be used by a physician with patients who have had positive responses to the Physical Activity Readiness Questionnaire (PAR-Q). In addition, the Conveyance/Referral Form in the PARmed-X can be used to convey clearance for physical activity participation, or to make a referral to a medically-supervised exercise program.

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. The PAR-Q by itself provides adequate screening for the majority of people. However, some individuals may require a medical evaluation and specific advice (exercise prescription) due to one or more positive responses to the PAR-Q.

Following the participant's evaluation by a physician, a physical activity plan should be devised in consultation with a physical activity professional (CSEP-Professional Fitness & Lifestyle Consultant or CSEP-Exercise Therapist™). To assist in this, the following instructions are provided:

- PAGE 1:** • Sections A, B, C, and D should be completed by the participant BEFORE the examination by the physician. The bottom section is to be completed by the examining physician.
- PAGES 2 & 3:** • A checklist of medical conditions requiring special consideration and management.
- PAGE 4:** • Physical Activity & Lifestyle Advice for people who do not require specific instructions or prescribed exercise.
• Physical Activity Readiness Conveyance/Referral Form - an optional tear-off tab for the physician to convey clearance for physical activity participation, or to make a referral to a medically-supervised exercise program.

This section to be completed by the participant	
<p>A PERSONAL INFORMATION:</p> <p>NAME _____</p> <p>ADDRESS _____</p> <p>TELEPHONE _____</p> <p>BIRTHDATE _____ GENDER _____</p> <p>MEDICAL No. _____</p>	<p>B PAR-Q: Please indicate the PAR-Q questions to which you answered YES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Q 1 Heart condition <input type="checkbox"/> Q 2 Chest pain during activity <input type="checkbox"/> Q 3 Chest pain at rest <input type="checkbox"/> Q 4 Loss of balance, dizziness <input type="checkbox"/> Q 5 Bone or joint problem <input type="checkbox"/> Q 6 Blood pressure or heart drugs <input type="checkbox"/> Q 7 Other reason: _____
<p>C RISK FACTORS FOR CARDIOVASCULAR DISEASE: <i>Check all that apply</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Less than 30 minutes of moderate physical activity most days of the week. <input type="checkbox"/> Excessive accumulation of fat around waist. <input type="checkbox"/> Currently smoker (tobacco smoking 1 or more times per week). <input type="checkbox"/> Family history of heart disease. <input type="checkbox"/> High blood pressure reported by physician after repeated measurements. <input type="checkbox"/> High cholesterol level reported by physician. <div style="border: 1px solid red; padding: 5px; margin-top: 10px;"> <p>Please note: Many of these risk factors are modifiable. Please refer to page 4 and discuss with your physician.</p> </div>	<p>D PHYSICAL ACTIVITY INTENTIONS:</p> <p>What physical activity do you intend to do?</p> <p>_____</p> <p>_____</p> <p>_____</p>

This section to be completed by the examining physician									
<p>Physical Exam:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Ht</td> <td style="width: 15%;">Wt</td> <td style="width: 15%;">BP i) /</td> <td style="width: 15%;"></td> </tr> <tr> <td></td> <td></td> <td>BP ii) /</td> <td></td> </tr> </table> <p>Conditions limiting physical activity:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cardiovascular <input type="checkbox"/> Respiratory <input type="checkbox"/> Other <input type="checkbox"/> Musculoskeletal <input type="checkbox"/> Abdominal <p>Tests required:</p> <ul style="list-style-type: none"> <input type="checkbox"/> ECG <input type="checkbox"/> Exercise Test <input type="checkbox"/> X-Ray <input type="checkbox"/> Blood <input type="checkbox"/> Urinalysis <input type="checkbox"/> Other 	Ht	Wt	BP i) /				BP ii) /		<p>Physical Activity Readiness Conveyance/Referral:</p> <p>Based upon a current review of health status, I recommend:</p> <div style="border: 1px solid black; padding: 5px; float: right; margin-top: 10px;"> <p>Further Information:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Attached <input type="checkbox"/> To be forwarded <input type="checkbox"/> Available on request </div> <ul style="list-style-type: none"> <input type="checkbox"/> No physical activity <input type="checkbox"/> Only a medically-supervised exercise program until further medical clearance <input type="checkbox"/> Progressive physical activity: <ul style="list-style-type: none"> <input type="checkbox"/> with avoidance of: _____ <input type="checkbox"/> with inclusion of: _____ <input type="checkbox"/> under the supervision of a CSEP-Professional Fitness & Lifestyle Consultant or CSEP-Exercise Therapist™ <input type="checkbox"/> Unrestricted physical activity—start slowly and build up gradually
Ht	Wt	BP i) /							
		BP ii) /							

PARmed-X PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION

Following is a checklist of medical conditions for which a degree of precaution and/or special advice should be considered for those who answered "YES" to one or more questions on the PAR-Q, and people over the age of 69. Conditions are grouped by system. Three categories of precautions are provided. Comments under Advice are general, since details and alternatives require clinical judgement in each individual instance.

	Absolute Contraindications	Relative Contraindications	Special Prescriptive Conditions	ADVICE
	Permanent restriction or temporary restriction until condition is treated, stable, and/or past acute phase.	Highly variable. Value of exercise testing and/or program may exceed risk. Activity may be restricted. Desirable to maximize control of condition. Direct or indirect medical supervision of exercise program may be desirable.	Individualized prescriptive advice generally appropriate: • limitations imposed; and/or • special exercises prescribed. May require medical monitoring and/or initial supervision in exercise program.	
Cardiovascular	<input type="checkbox"/> aortic aneurysm (dissecting) <input type="checkbox"/> aortic stenosis (severe) <input type="checkbox"/> congestive heart failure <input type="checkbox"/> crescendo angina <input type="checkbox"/> myocardial infarction (acute) <input type="checkbox"/> myocarditis (active or recent) <input type="checkbox"/> pulmonary or systemic embolism—acute <input type="checkbox"/> thrombophlebitis <input type="checkbox"/> ventricular tachycardia and other dangerous dysrhythmias (e.g., multi-focal ventricular activity)	<input type="checkbox"/> aortic stenosis (moderate) <input type="checkbox"/> subaortic stenosis (severe) <input type="checkbox"/> marked cardiac enlargement <input type="checkbox"/> supraventricular dysrhythmias (uncontrolled or high rate) <input type="checkbox"/> ventricular ectopic activity (repetitive or frequent) <input type="checkbox"/> ventricular aneurysm <input type="checkbox"/> hypertension—untreated or uncontrolled severe (systemic or pulmonary) <input type="checkbox"/> hypertrophic cardiomyopathy <input type="checkbox"/> compensated congestive heart failure	<input type="checkbox"/> aortic (or pulmonary) stenosis—mild angina pectoris and other manifestations of coronary insufficiency (e.g., post-acute infarct) <input type="checkbox"/> cyanotic heart disease <input type="checkbox"/> shunts (intermittent or fixed) <input type="checkbox"/> conduction disturbances <ul style="list-style-type: none"> • complete AV block • left BBB • Wolff-Parkinson-White syndrome <input type="checkbox"/> dysrhythmias—controlled <input type="checkbox"/> fixed rate pacemakers <input type="checkbox"/> intermittent claudication <input type="checkbox"/> hypertension: systolic 160-180; diastolic 105+	<ul style="list-style-type: none"> • clinical exercise test may be warranted in selected cases, for specific determination of functional capacity and limitations and precautions (if any). • slow progression of exercise to levels based on test performance and individual tolerance. • consider individual need for initial conditioning program under medical supervision (indirect or direct).
			<input type="checkbox"/> intermittent claudication	progressive exercise to tolerance
			<input type="checkbox"/> hypertension: systolic 160-180; diastolic 105+	progressive exercise; care with medications (serum electrolytes; post-exercise syncope; etc.)
Infections	<input type="checkbox"/> acute infectious disease (regardless of etiology)	<input type="checkbox"/> subacute/chronic/recurrent infectious diseases (e.g., malaria, others)	<input type="checkbox"/> chronic infections <input type="checkbox"/> HIV	variable as to condition
Metabolic		<input type="checkbox"/> uncontrolled metabolic disorders (diabetes mellitus, thyrotoxicosis, myxedema)	<input type="checkbox"/> renal, hepatic & other metabolic insufficiency <input type="checkbox"/> obesity <input type="checkbox"/> single kidney	variable as to status dietary moderation, and initial light exercises with slow progression (walking, swimming, cycling)
Pregnancy		<input type="checkbox"/> complicated pregnancy (e.g., toxemia, hemorrhage, incompetent cervix, etc.)	<input type="checkbox"/> advanced pregnancy (late 3rd trimester)	refer to the "PARmed-X for PREGNANCY"

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health.** Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17: 4 338-345.

The PAR-Q and PARmed-X were developed by the British Columbia Ministry of Health. They have been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

No changes permitted. You are encouraged to photocopy the PARmed-X, but only if you use the entire form.

Disponible en français sous le titre
«Évaluation médicale de l'aptitude à l'activité physique (X-AAP)»

Continued on page 3...

	Special Prescriptive Conditions	ADVICE
Lung	<input type="checkbox"/> chronic pulmonary disorders	special relaxation and breathing exercises
	<input type="checkbox"/> obstructive lung disease <input type="checkbox"/> asthma	breath control during endurance exercises to tolerance; avoid polluted air
	<input type="checkbox"/> exercise-induced bronchospasm	avoid hyperventilation during exercise; avoid extremely cold conditions; warm up adequately; utilize appropriate medication.
Musculoskeletal	<input type="checkbox"/> low back conditions (pathological, functional)	avoid or minimize exercise that precipitates or exasperates e.g., forced extreme flexion, extension, and violent twisting; correct posture, proper back exercises
	<input type="checkbox"/> arthritis—acute (infective, rheumatoid; gout)	treatment, plus judicious blend of rest, splinting and gentle movement
	<input type="checkbox"/> arthritis—subacute	progressive increase of active exercise therapy
	<input type="checkbox"/> arthritis—chronic (osteoarthritis and above conditions)	maintenance of mobility and strength; non-weightbearing exercises to minimize joint trauma (e.g., cycling, aquatic activity, etc.)
	<input type="checkbox"/> orthopaedic	highly variable and individualized
	<input type="checkbox"/> hernia	minimize straining and isometrics; strengthen abdominal muscles
	<input type="checkbox"/> osteoporosis or low bone density	avoid exercise with high risk for fracture such as push-ups, curl-ups, vertical jump and trunk forward flexion; engage in low-impact weight-bearing activities and resistance training
CNS	<input type="checkbox"/> convulsive disorder not completely controlled by medication	minimize or avoid exercise in hazardous environments and/or exercising alone (e.g., swimming, mountaineering, etc.)
	<input type="checkbox"/> recent concussion	thorough examination if history of two concussions; review for discontinuation of contact sport if three concussions, depending on duration of unconsciousness, retrograde amnesia, persistent headaches, and other objective evidence of cerebral damage
Blood	<input type="checkbox"/> anemia—severe (< 10 Gm/dl)	control preferred; exercise as tolerated
	<input type="checkbox"/> electrolyte disturbances	
Medications	<input type="checkbox"/> antianginal <input type="checkbox"/> antiarrhythmic <input type="checkbox"/> antihypertensive <input type="checkbox"/> anticonvulsant <input type="checkbox"/> beta-blockers <input type="checkbox"/> digitalis preparations <input type="checkbox"/> diuretics <input type="checkbox"/> ganglionic blockers <input type="checkbox"/> others	NOTE: consider underlying condition. Potential for: exertional syncope, electrolyte imbalance, bradycardia, dysrhythmias, impaired coordination and reaction time, heat intolerance. May alter resting and exercise ECG's and exercise test performance.
Other	<input type="checkbox"/> post-exercise syncope	moderate program
	<input type="checkbox"/> heat intolerance	prolong cool-down with light activities; avoid exercise in extreme heat
	<input type="checkbox"/> temporary minor illness	postpone until recovered
	<input type="checkbox"/> cancer	if potential metastases, test by cycle ergometry, consider non-weight bearing exercises; exercise at lower end of prescriptive range (40-65% of heart rate reserve), depending on condition and recent treatment (radiation, chemotherapy); monitor hemoglobin and lymphocyte counts; add dynamic lifting exercise to strengthen muscles, using machines rather than weights.

*Refer to special publications for elaboration as required

The following companion forms are available online: <http://www.csep.ca/forms.asp>

The **Physical Activity Readiness Questionnaire (PAR-Q)** - a questionnaire for people aged 15-69 to complete before becoming much more physically active.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for PREGNANCY)** - to be used by physicians with pregnant patients who wish to become more physically active.

For more information, please contact the:

Canadian Society for Exercise Physiology
202 - 185 Somerset St. West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565 • Online: www.csep.ca

Note to physical activity professionals...

It is a prudent practice to retain the completed Physical Activity Readiness Conveyance/Referral Form in the participant's file.



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Supported by: Health Canada Santé Canada

Continued on page 4...

PARmed-X PHYSICAL ACTIVITY READINESS MEDICAL EXAMINATION

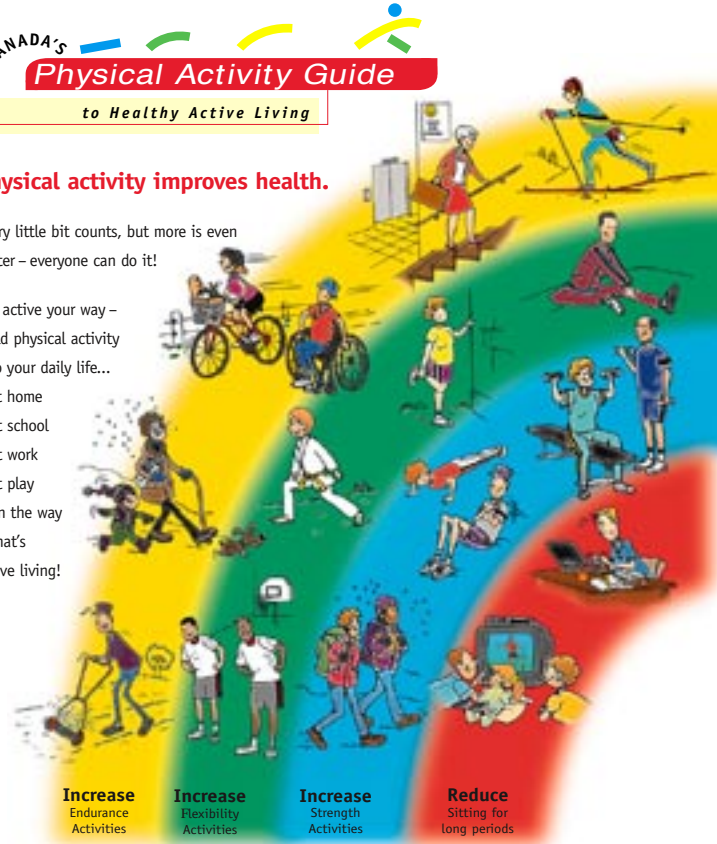
CANADA'S
Physical Activity Guide
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



Increase Endurance Activities
Increase Flexibility Activities
Increase Strength Activities
Reduce Sitting for long periods

Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: 1-888-334-9769, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

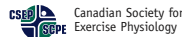
Time needed depends on effort			
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort
60 minutes	30-60 minutes	20-30 minutes	Maximum Effort
• Strolling • Dusting	• Light walking • Volleyball • Easy gardening • Stretching • Dancing	• Brisk walking • Biking • Raking leaves • Swimming • Water aerobics	• Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing
Range needed to stay healthy			

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity:	Health risks of inactivity:
<ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life 	<ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer



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Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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PARmed-X Physical Activity Readiness Conveyance/Referral Form

Based upon a current review of the health status of _____, I recommend:

- No physical activity
- Only a medically-supervised exercise program until further medical clearance
- Progressive physical activity
 - with avoidance of: _____
 - with inclusion of: _____
 - under the supervision of a CSEP-Professional Fitness & Lifestyle Consultant or CSEP-Exercise Therapist™
- Unrestricted physical activity – start slowly and build up gradually

Further Information:

- Attached
- To be forwarded
- Available on request

Physician/clinic stamp:

NOTE: This physical activity clearance is valid for a maximum of six months from the date it is completed and becomes invalid if your medical condition becomes worse.

_____ M.D.

_____ 20____

(date)



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Calgary, AB T2N1N4
Telephone: (403) 220-8112
Fax: (403) 220-0546
Email: smithe@ucalgary.ca

INFORMED CONSENT TO ALLOW PATIENT MEDICAL INFORMATION TO BE ASSESSED IN DATABASE FOR RESEARCH PURPOSES

The Joint Effort Program in the Faculty of Kinesiology at the University of Calgary compiles patient files into a computer database. Information placed onto this system includes details such as your affected joint, your rehabilitation program, your current activities, assessment information, age, gender, and name. Once compiled, this information can be analyzed to research joint health in relation to physical activity and rehabilitation protocol. This information may also be used for the purposes of contacting you in regards to participating in future research.

Your name is needed to identify your file and to identify cases with more than one injury. Should you decide to allow us to use your medical file in this way, your medical history will be kept in strictest confidence. Your name will not appear in any research report, nor will it be made available to persons other than those involved in your health care, their staff and their research associates. There are no perceived risks or benefits associated with your participation. Should you refuse to allow us to use your medical file or you withdraw your consent, your care will not be compromised in any way.

By agreeing, you authorize the custodian of your health records (Joint Effort) to disclose your personal health information for research purposes only. You enter this program willingly and may revoke your consent at anytime without prejudice to future health care. You have understood to your satisfaction why you have been asked to disclose this information and are aware of the risks or benefits to consent.

CONSENT

I have read the above information and understand that the purpose of allowing my file data to be used is for research. I understand that I may withdraw my consent at any time without prejudice to further health care. I allow my name and personal health information to be placed on the computer database for the purpose of research or for contacting me for a research study.

I **agree** to have my patient information on the Joint Effort database used for research purposes or to be contacted for research purposes.

I **do not** agree to have my patient information on the Joint Effort Database to be used for research purposes or to be contacted for research purposes.

Date: _____

Patient Signature: _____

Patient Printed Name: _____

The information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The above information is collected for research purposes only

TO: THE GOVERNORS OF THE UNIVERSITY OF CALGARY

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

**WARNING: BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS,
INCLUDING THE RIGHT TO SUE.**

PLEASE READ CAREFULLY!

NAME OF PARTICIPANT: _____

ADDRESS OF PARTICIPANT: _____

COURSE CODE & TITLE: _____

COURSE DATE: _____

ASSUMPTION OF RISK

I am aware that participating in the **activity of Fitness Classes / Training** has many inherent risks, including but not limited to:

General:

- Theft, vandalism, damage or loss of personal property.
- Any manner of injury or death resulting from use, misuse, non-use and failure of any equipment.

Fitness Classes / Training:

Any manner of injury, illness or death resulting from:

- Impact, entanglement or impairment on obstructions, apparatus/equipment, floor surface or walls;
- Contact with participants, spectators, officials or other people;
- An increased load on the heart, which may result in dizziness, shortness of breath and in extreme circumstances, may result in a heart attack;
- Muscular injuries such as sprains and strains, bone injuries, fainting, chest discomfort, leg cramps and nausea;
- My participation and use of equipment beyond my own abilities.

NOTE: Participants should obtain a physical examination from a doctor before participating in any exercise activity or using any exercise equipment.

I freely accept and fully assume all such risks, dangers and hazards and the possibility of personal injury, death, property damage or loss, resulting therefrom.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the **The Governors of the University of Calgary** permitting my participation in the **activity of Fitness Classes / Training**, I agree as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may have in the future against **The Governors of the University of Calgary** and its members, officers, employees, students, agents, volunteers and independent contractors (all of whom are hereinafter collectively referred to as "the Releasees");

2. TO RELEASE THE RELEASEES from any and all liability for any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer as a result of my participation in the **activity of Fitness Classes / Training** due to any cause whatsoever INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIER'S LIABILITY ACT, RSA 2000 c. 0-4 AS AMENDED ON THE PART OF THE RELEASEES;

_____ (Initial here that you have read paragraph 2.)

3. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my participation in the **activity of Fitness Classes / Training**; and

4. THAT if I am supplying my own equipment, I am responsible for ensuring that it is safe and well maintained and up to the requisite standards for the activity in which I am participating. I understand that the Releasees accept no responsibility for any incidents or accidents occurring out of the use or misuse of my equipment.

_____ (Initial here that you have read paragraph 4.)

5. This agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives in the event of my death or incapacity.

6. This Waiver shall be governed by and construed in accordance with the laws in force in the province of Alberta and the federal laws of Canada, as applicable. The courts of Alberta shall have exclusive jurisdiction over all claims, disputes and actions arising out of and related to _____ and this Waiver and the parties hereby attorn to the jurisdiction of Alberta courts.

In entering into this Agreement, I am not relying upon any oral or written representations or statements made by the Releasees, other than what is set forth in this Agreement.

I CONFIRM THAT I AM 18 YEARS OF AGE OR OLDER, THAT I HAVE READ AND UNDERSTAND THIS AGREEMENT AND THAT I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE, WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES.

Signed this _____ day of _____, _____.

SIGNATURE OF PARTICIPANT

WITNESS SIGNATURE (Non Family Member)

WITNESS NAME (please print)

This Agreement must be completed in full, without alteration, signed, dated and witnessed, and paragraphs 2 and 4 must be initialled before the participant may participate in the activity.