

Fitness Participant PAR-Q Information Sheet

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 exercising. If you are over 69 years of age, and you are not used to being very active, check with your doctor before you start an exercise program.

Common sense is your best guide when you answer these questions. Please read to the questions carefully and answer each one honestly to yourself yes or no.

Questions:

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 (for example, back, knee or hip) 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 by phone or in person before you start becoming much more physically active. Tell your doctor about the PAR-Q and which questions you answered YES.





VANCOUVER PARK BOARD AQUATIC FITNESS PROGRAMS

How to Enjoy Aquafit Safely

Welcome to the Vancouver Park Board Swimming Pools. We offer a variety of Aquatic Fitness Programs:

Mild (M)

An easier paced, 20-30 minute cardio workout in the shallow end. A fun and motivating class that utilizes the water for a variety of exercise combinations to increase strength, flexibility, and physical well being. Designed for participants that are looking for a class to get them started or rehabilitate. A good stepping stone from ROM to Moderate.

Intermediate (I)

A moderately paced, 35-45 minute cardio workout in the shallow end of the pool. A fun and energizing class that utilizes water resistance for a variety of exercise combinations. Designed for participants who want to increase their fitness and muscular endurance.

Range of Motion (ROM)

A gentle, no impact water workout to enhance joint mobility. Participants will receive instruction to move the joint through flexion, extension, and rotation in a controlled manner. Designed for participants who are rehabilitating and/or have minor mobility challenges. Participants must be independent in the water to participate in the class.

Deep Water

A moderately paced, 35-45 minute cardio workout in the deep end of the pool. Participants will wear flotation belts but should be comfortable in deep water. A fun and energizing class that utilizes water resistance for a variety of exercise combinations. Designed for participants who want to increase their fitness and muscular endurance.

Pick the style of class that is appropriate for your fitness level and desire.

You should only work as hard as you feel comfortable and listen to the safety adaptations from the instructors.

Safety Tips:

1. Go at your own pace and ask the instructor for modification
2. If you wish to work harder - push the water harder and faster
3. If you wish to work more moderately – keep your movements smaller and slower
4. During Aquafit when you lift your arms out of the water make sure they are in front of your face at an angle rather than directly over your head – this is hard on your back and shoulders.
5. While jogging, make sure that your heels make contact with the bottom of the pool and when you run or jump ensure that you absorb the impact of the movement with your whole foot not just your toes—land softly and bend your knees.
6. Make sure that you do not do any movement that hurts but try to keep moving during the class.
7. Bring a water bottle and take regular water breaks throughout the fitness class to stay hydrated.

While participating in the class:

1. Please create and keep a safe distance from the other participants in the class.
 - This is especially important when the classes are big.
2. Avoid conversations with your neighbors during the class.
 - When you are talking, you are unable to listen to the instructor's **safety cues and instructions**.
 - Please be courteous while participating in the class by not having an extensive conversation with your fellow aquafit participants.
 - As well, others around are also not able to hear as well when there are folks chatting during the class.

