



## STRENGTH TRAINING PROGRAM PARTICIPANT POLICY

Arthritis & Osteoporosis Tasmania wants all participants in our *Smoother Movers* Strength Training Program to have an enjoyable and safe experience and get the maximum benefit from their participation. The following program participant policy is provided with this in mind. If you have any questions, please don't hesitate to contact our Office (Ph: 6228 4824 or email: [info@arthritistas.org.au](mailto:info@arthritistas.org.au)).

### ABOUT THE PROGRAM:

The *Smoother Movers* Strength Training is an evidence-based group program suitable for people with arthritis and other long-term health conditions. It is designed to help people increase strength, flexibility and balance, and improve their quality of life. Led by qualified exercise professionals, who complete additional specialized training, you can feel confident that you are exercising safely, correctly and for maximum benefit. The program offers weekly sessions and runs to coincide with Tasmanian school terms.

### JOINING THE PROGRAM:

Anyone seeking to join the program must first complete the Adult Pre-Exercise Screening Form (and if required, obtain a GP medical clearance). Before starting weekly sessions, each participant must also attend an initial assessment with one of our Leaders at a cost of \$30\*. During the 30-minute appointment the Leader will review your pre-exercise screen; measure and record your strength, flexibility and balance; and discuss any individual needs. Once allocated a place in the program it **remains yours until our Office is notified of your withdrawal from the program.**

*\*In some locations an additional one-off \$20 fee may also be required to cover the cost of equipment, which will become the participant's property.*

### CLOTHING AND GEAR:

- Wear comfortable clothing that allows for easy movement.
- Wear shoes suitable for exercise.
- Bring a filled water bottle for hydration, and a small towel.

### CLASS FEES:

The cost of each class is currently \$15. Class fees are required to be paid in advance of each term. Payments can be made by phone: 6228 4824; via online banking or direct bank deposit (please request details); or in person at our Office, 19A Main Road, Moonah. Please note, class Leaders are not able to accept payments.

### MEMBERSHIP:

Participants are expected to join Arthritis & Osteoporosis Tasmania. The annual membership fee is \$10 (concession) or \$28 if you are employed.

## **CLASS ATTENDANCE:**

Please arrive for class on time. The warm-up is important to avoid injuries. To gain the most benefit from your program we encourage participants to attend each weekly class. In the first few weeks you may experience some discomfort as you exercise muscles and joints more, but as time progresses this will ease, and your strength and mobility should increase.

We offer one class per week per participant. This is to provide equity of access for all participants as some class locations are often fully booked. Class numbers are limited according to the capacity of the facility, and to maintain adequate physical distancing for the health and safety of our instructors and participants. AOTAS will accept requests to attend a second class if the location has spaces available. Approval of attendance would be on a term-by-term basis only.

## **INCIDENTS OR INJURIES:**

If you have a pre-existing injury or recovering from recent surgery, please let your Leader know before the class starts. Your Leader will be able to provide you with modifications to the exercises, or alternative exercises. Any participant who incurs an injury or becomes dizzy/ill during the class should immediately notify their Leader.

## **HEALTH AND SAFETY:**

The health and safety of all participants is of utmost importance to us. To provide a safe environment participants **must not** attend class if they have:

- Any symptoms of respiratory illness – cough, sore throat, runny nose, shortness of breath.
- Been in recent contact with anyone known to have or suspected of having COVID-19.

Supplies of hand sanitizer and surface wipes are made available at all venues. Participants are always required to maintain social distancing; use their own towels and drink bottles; and avoid sharing equipment unless disinfected between use. The wearing of face masks is only mandatory in high-risk settings (such as health care and medical facilities). However, participants may choose to wear a face mask as an extra safety measure.

## **CLASS CANCELLATION:**

We offer as many classes as possible with a limited number of qualified leaders. There will be times when a leader may not be able to take a class given personal or medical reasons. At these times, we will make every attempt to find a replacement leader for that class. There may be times when you attend a class with a substitute instructor. However, if we are unable to find a substitute leader, the class will be cancelled. In cases of cancellation, we will try to let you know with as much notice as possible. You will receive credit for the cancelled class.

## **REFUNDS:**

We are not able to offer refunds or credits for classes that you do not attend for routine medical or personal reasons. This is because class numbers are limited and once you have accepted a place, and the term has commenced, we are unable to allocate this place to another participant.

## **WITHDRAWAL FROM THE PROGRAM:**

If you wish to withdraw from the program, **you must notify our Office** at your earliest convenience otherwise ongoing costs may be incurred. It is not sufficient to inform your Leader.