



PROGRAM INFORMATION, POLICIES & PROCEDURES

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).

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 \$40. 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.**

Note: You must be physically independent to join the Smoother Mover Strength Training program. This means getting both in and out of the venue without personal assistance. The Leader is not permitted to assist you with personal care or mobility.

CLOTHING AND EQUIPMENT:

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

Note: Some locations may require you to bring your own hand weights and resistance band. We can assist you with more information about this when we book you in for the initial assessment.

CLASS FEES:

The cost of each class is currently \$15. Class fees are required to be paid in advance of each term. **Our payment system does not extend to sending individual invoices. We ask that you make a payment at the start 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 do not 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 your 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. Any incidents or injuries whilst in the class should be reported to the class Leader in the first instance.

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.

In addition:

- Always follow the instructions of your class Leader – this means participating in class activities when able and listening to instructions.
- Perform all activities at your own pace, taking into consideration any precautions as recommended to you by your health care team.
- Advise your Leader of any new medical condition/s that may affect your ability to safely take part in the class.
- Stop any activity that causes you unusual or severe pain or discomfort; notify your Leader and then discuss the problem with your GP.

CLASS CANCELLATION:

Whilst 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. Consequently, there may be times when you attend a class with a substitute Leader. However, if we are unable to find a substitute Leader, the class will be cancelled. In the event 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 do not provide refunds or credits for classes that you do not attend for routine medical or personal reasons. This is because class numbers are limited and as a not for profit organisation we have weekly costs that we need to cover.

PLANNED / EXTENDED ABSENCES DUE TO HOLIDAYS OR MEDICAL CONDITION:

If you are going to be away for an extended holiday or have a scheduled surgery that will prevent you from attending for an extended period of time you have two options:

1. If you are going away for an extended holiday you may elect to 'hold your place' in the class by paying in full for your place (in advance).

If you have a scheduled surgery that will prevent you from attending for more than 3 weeks but you wish to 'hold your place' we can discount the weekly class fee by 50% for up to 6 weeks. (Please note the 50% off does not apply for general illness or minor procedures). Each case needs to be approved in advance so please contact the office to arrange this prior to your surgery. Please note a medical clearance from your surgeon will be requested after the surgery to ensure it is safe for you to return to exercise.

2. If you do not wish to pay to 'hold your place' you can relinquish your allocated place and withdraw from the Program. This means you will have to re-apply for a place on your return. We cannot guarantee that there will be a place in your preferred class if you wish to return.

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.

REVISION HISTORY

Version	Date	Description of Modifications
v1.6	Jan 2024	Original
v1.7	Nov 2025	Removal of equipment fee (substituted with provide your own); removal of some outdated COVID information; addition of Planned / Extended absences section.