



MID-CAN MASTERS SWIM CLUB



Name: _____ Birthdate: _____
 (Given) (SURNAME) (dd/mm/year)

Address: _____ Phone #: _____
 (Number & street) (home number)

_____ Phone #: _____
 (City) (Postal Code) (work number)

E-mail: _____ Sex: Male Female

Cell #: _____ MTS Telus Lane #: 1 2 3 4 5 6
 Rogers Fido (bleachers -----> windows)

EMERGENCY CONTACT: _____ (Name) _____ (Relationship)

PHONE: Home: _____ Work: _____

Membership Fees: ** Fees for new members will be pro-rated

All fees include \$25 Masters Swim Manitoba (MSM) Fee for the 1st session

REGULAR (Annual Payment) - includes \$25 MSM fee		PAYMENT type:		
ONE swim/week <input type="checkbox"/>	\$260	___ cheque		
TWO swims/week <input type="checkbox"/>	\$320	___ cash		
THREE swims/week <input type="checkbox"/>	\$415			
REGULAR (Term Payment) (Memberships are for 1 year with 3 instalment payments)	Session 1 (Sep-Dec)	Session 2 (Jan-Apr)	Session 3 (May-Aug)	
ONE swim/week <input type="checkbox"/>	\$120	\$ 95	\$ 65	
TWO swims/week <input type="checkbox"/>	\$138	\$113	\$ 89	
THREE Swims/week <input type="checkbox"/>	\$175	\$150	\$110	
STUDENT (Term Payment) (Memberships are for 1 year with 3 instalment payments)	Session 1 (Sep-Dec)	Session 2 (Jan-Apr)	Session 3 (May-Aug)	
ONE swim/week <input type="checkbox"/>	\$ 93	\$ 68	\$ 40	
TWO swims/week <input type="checkbox"/>	\$120	\$ 95	\$ 65	
THREE swims/week <input type="checkbox"/>	\$145	\$120	\$ 90	

NOTE: Members with known heart disease or those initiating a new exercise program should consult their physician before starting vigorous exercise.*

CONSENT: I have answered all the questions truthfully and to the best of my knowledge. I acknowledge and understand the nature of the swimming program offered by this masters swim club. I have read the Rules and Procedures and agree to follow them. I understand that I am responsible for my own health while swimming with Mid-Can Masters and that I participate at my own risk.*

Signature: _____ Date: _____

*The PAR is attached to this form for your use in judging your fitness level.

Mid-Can Masters Membership Fees 2009-2010

All Members **Masters Swimming Manitoba (MSM) Fee** **\$25.00**
 (This fee is now included in the rates below)

Regular Member	Annual Plan	Installment Plan [§]		
		Session 1	Session 2	Session 3
3 Swims per week	\$415.00	\$175.00	\$150.00	\$110.00
2 Swims per week	\$320.00	\$138.00	\$113.00	\$89.00
1 Swim per week	\$260.00	\$120.00	\$95.00	\$65.00

Student Member (must be registered as a full time student)

3 Swims per week	\$335.00	\$145.00	\$120.00	\$90.00
2 Swims per week	\$260.00	\$120.00	\$95.00	\$65.00
1 Swim per week	\$180.00	\$93.00	\$68.00	\$39.00

[§] There are 3 sessions: Sep-Dec/08, Jan-Apr/09, May-Aug/09

[§] Fees are payable at the beginning of each session

Drop-In Plan – 5 Practices for \$35.00

This plan allows a member to swim at any 5 practices for \$35.00.

The swims need not be consecutive. After attending 5 practices, the plan can be repeated as desired. This plan is available to any 1 or 2 Swim per week member.

Notes:

- All members must pay the \$25.00 MSM Fee included in the first fee each member pays each year. MSM keeps \$10 and forwards \$15.00 to MSC.
- New Members may swim gratis for three practices to see if they wish to join.
- There is a \$10.00 penalty for any late payments or NSF cheques.
- Membership Forms and cheques can be given to any club executive member.
- If a member joins part way through the year/session, the fee will be prorated for the time remaining in that year/session.
- For 1 or 2 swims per week members, there is no carry forward of unused practices.
- Swimmer's with health problems or those not used to vigorous exercise should consult their physician before beginning an exercise program. Attached is a form, explaining the swim club's activities, to take to your Doctor.

GENERAL RULES AND PROCEDURES OF MASTERS SWIM CLUBS IN MANITOBA

All members of a masters swim club have personal reasons for swimming. In general, masters swimming is for those who enjoy swimming as a means of personal fitness. Members who are interested, are encouraged to participate in competitions as a method of establishing personal goals and assessing their fitness level.

The following rules have been established to ensure the safety and enjoyment of all swimmers:

1. All regular participants in Masters Swimming must be paid up registered swimmers with Masters Swimming Manitoba.
2. All members must follow the rules of safety established by the pool facility.
3. Based on an assessment of a person's fitness, endurance and technical ability, the coach will place swimmers in a lane with people of similar ability.
4. Swimmers will swim in an orderly manner in the lane as directed by the coach. In addition, they will abide by all rules of the Swim Club.
5. Members are encouraged to bring suggestions or concerns which will improve the members enjoyment of swimming with the Club to the attention of the coach or the executive of the Club.
6. If your health deteriorates, you must inform the coach or the Club executive.
7. Any swimmer who uses foul or abusive language, or is intoxicated, will be asked to leave the pool.

STATEMENT OF ACTIVITY

MASTERS SWIMMING PROGRAM IN MANITOBA

Masters swimming in Manitoba is an organized swimming program for adults interested in improving or maintaining their personal fitness. The program emphasizes participation but also encourages members to compete at local and national competitions. The program encourages all members to swim on a regular basis.

Our particular Masters Swim Club organizes three practice sessions a week. Each practice is one and a half hours in duration. This means members swim for 1.5 hours. Members swim in a lane with people of similar ability. The faster members will swim as much as 4,000 metres in the 1.5 hours. The slower members may swim as much as 2,500 metres in the 1.5 hours. Members are never forced to swim more than they wish however people naturally swim harder and longer in an organized group than if swimming alone. Some members do choose to leave the practices early if they find the duration too long.

The very fact that there is a coach on the pool deck and other people swimming in the lane inspire people to push themselves. For most people the push they give themselves has positive results however for people with health problems such as heart trouble this can be dangerous.

We therefore request that you evaluate your particular patient's physical capabilities.

If you feel that your patient is in good health and that Masters Swimming is an appropriate organized fitness program for your patient then please read the statement below and sign it. Thank-you for your time.

I have read the above Statement Of Activity. I understand that swimming is an intensive form of physical activity.

In my opinion, _____ swimmer's name _____
is capable of participating in the Masters Swimming program.

Restrictions, if any, on the level of activity:

_____, 200_____
(Name of Doctor) (Signature of Doctor)

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

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. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box 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 you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	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?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> 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 or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

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
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

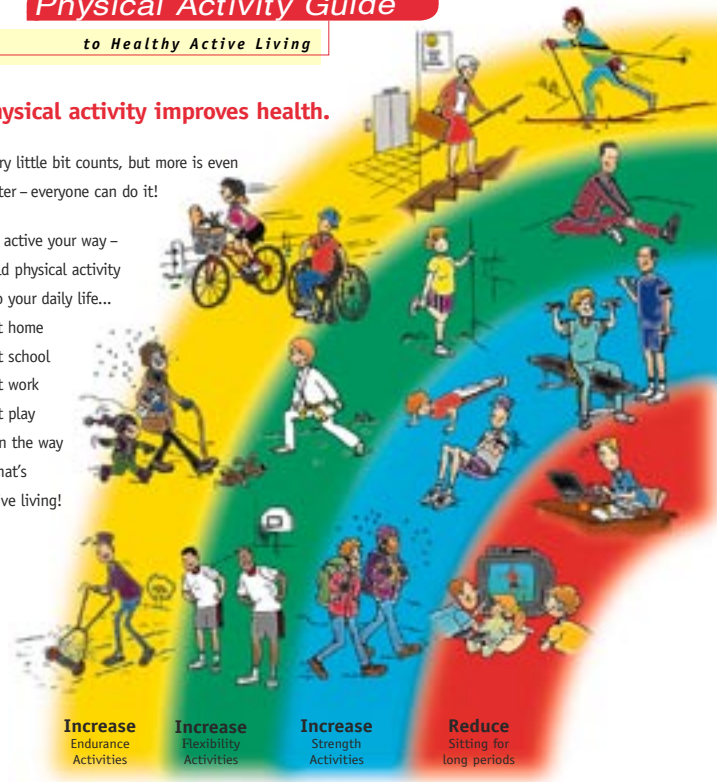
CANADA'S
Physical Activity Guide
to Healthy Active Living

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	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
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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FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

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

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.

For more information, please contact the:

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

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».



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