



EXERCISE FOR LIFE

Information & Class Guidelines

1. GENERAL:

GCRA welcomes you to one (or more) of our exercise classes and we hope this will be the start of a long and happy association between yourself and us.

To set the scene, there are some introductory points we would like to make to explain a little of who we are and then to let you see what the guidelines are for the safe and successful operation of our classes.

- GCRA is an independent and voluntary umbrella organisation. We are a Registered Charity and a Company limited by Guarantee.
- GCRA organises these classes, pays rent where agreed, pays the Instructor's fee and travel expenses. In addition GCRA provides exercise equipment where needed and all of our Instructors have and are trained in the use of a heart defibrillator machine provided by GCRA. That defibrillator will be on hand at every GCRA exercise class
- The Instructor is specially qualified to the highest REP level 4 to prepare and deliver exercise programmes. GCRA also pays for the Instructor's training.
- GCRA is recognised by Aberdeenshire County Council and our members are entitled to admission to Aberdeenshire Council leisure and recreation premises at a special reduced concession, on production of a current GCRA Membership card.
- GCRA hold an Annual General Meeting each year. Members of the Association are invited to attend this event.
- The following are guidelines which are to be used for the conduct of the class:

2. CLASS GUIDELINES:

- (a) Each new class Member is required to become a member of GCRA in order to comply with the terms of the GCRA Public Liability Insurance policy. The joining fee is £10 for 12 months and you will receive a Membership Card. You may attend as many of the GCRA classes as you wish, subject to paying the weekly fee for each class.
- (b) Class members should follow the Instructors in performing the exercises and should exercise within limits specified by the Instructor. Pulse monitoring may also be required.
- (c) Members are expected to complete a 'Self-Assessment Questionnaire & Application Form' for access to a GCRA exercise class on first joining the class.
- (d) Class members are expected to respect the property of GCRA and/or that of the premises housing the class. Members are expected to pay any appropriate weekly fees, either at entry to the premises or directly to the class Instructor or to a nominated "Recorder" of the class.
- (e) If a class Member feels unwell during an exercise class they must advise the Instructor immediately. If, for any reason a class member needs to leave the exercise room during a class, they should also notify the instructor before doing so. If the general health status or medication of a class Member changes, the Member should inform the Instructor of such changes so that, if appropriate, their exercise programme may be re-assessed.
- (f) Members should dress with light clothing and footwear suitable for exercise and should not eat a large meal immediately prior to exercising.

As you get to know your fellow class members, you will find there is a lot of camaraderie and support, from them... remember they have been through health traumas similar to yourself. But, just as important, RELAX & HAVE FUN!!