

Kingston Revved Up @ Home **Consent Package**

Informed Consent

The Kingston Revved Up @ Home program is a fitness and wellness program for persons with mobility impairment. Online individualized supervised sessions will be available to you twice-weekly, and 10 generalized group exercise classes will be made available to you weekly. The intensity, duration, and frequency of exercise will be determined for you individually, based on your specific capabilities, fitness goals and most recent exercise history. Your individualized exercise prescription may only be adjusted by qualified program staff – please do not do this yourself as it may prove dangerous. Your perceived effort will be monitored during each exercise session by trained staff.

Risks and Discomforts:

There exists the possibility of certain changes occurring during or after the exercise sessions. These included abnormal blood pressure, lightheadedness or fainting, irregular heart beat, and possible musculoskeletal soreness. In rare instances heart attack or cardiac arrest may be provoked by exercise. The research literature on cardiac rehabilitation programs (U.S based) suggest that the risk of a cardiac event during supervised exercise in patients with coronary artery disease is approximately:

Myocardial Infarction (heart attack)

One per 294,000 patient hours (e.g., one patient could exercise for 294,000 hours and have a heart attack OR 294,000 patients could exercise for an hour each and one of them may have a heart attack).

Cardiac Arrest

One per 112,000 hours

Fatality

One per 784,000 hours

Every effort will be made to minimize these risks during your time in the Kingston Revved Up @ Home program, but it is up to you to inform the staff of any particular health issue or symptom that may preclude your safe participation in exercise. There will be no physician present at the program.

Use of Medical Records:

All medical and exercise information will be treated as privileged and confidential.

Participation in Research Studies:

Revved Up conducts research studies about members' experience in the program. Study findings are used to improve our program offerings for members. We are currently planning a study about members' experience in our newest program, Revved Up @ Home. All participants will be compensated for their involvement in the research. Can we contact you to discuss the study and potential participation?

- YES A member of the research team will connect with you shortly. You are not obligated to participate in the study by indicating "Yes".
- NO Thank you for your consideration.

Cost of Program:

I acknowledge that the membership costs of the Kingston Revved Up program are as follows: \$35 per 10-weeks (September 21-December 4, 2020). I agree to pay \$35 by September 4, 2020 to reserve my spot in Revved Up @ Home for the duration of the 10-week time period. I agree to submit my membership payment in a timely manner or to contact the program coordinator if I am unable to do so, in order to make alternate arrangements.

Liability Waiver:

I fully appreciate that there are risks associated with my participation in this program. I further acknowledge that there is no physician in attendance at the program. With this knowledge, I hereby agree to participate in the program and to save harmless Queen's University and its respective employees from any personal injury or property damage that I may suffer arising out of this program.

Freedom of Consent

I have read this form in its entirety or it has been read to me, and I understand its contents. I consent to enter the Kingston Revved Up Exercise @ Home program, but I am aware that I may withdraw at any time without prejudice.

Participant Name: Printed	Participant Signature
Witness Name: Printed	Witness Signature
Date:	