

## FIT FINDERS GUIDELINES

---

1. Recreation Division, Fit Finders provide recreation and leisure experiences for groups who have identified barriers to participation.
2. Activities are arranged and facilitated by caring and experienced Inclusive Services Staff in a safe and supportive atmosphere. Specialized activities, such as a specific type of fitness (i.e. Zumba®, water fitness, etc.), are facilitated by certified fitness instructors.
3. Sample introductory level recreation/leisure activities are available for groups of individuals who require support to participate in community recreation and leisure opportunities.
4. Participants will be given the opportunity to develop an interest and appreciation for the importance and value of active living in relation to positive health and well-being. The overall goal of the group is to develop a level of confidence through skill building and activity exposure, leading to independent, community based participation.
5. If groups are interested in a recreation or leisure activity not identified on the request form, please indicate in the space labeled “other”. For Outdoor Recreation Bookings (canoeing, archery, orienteering, etc.), please call the Outdoor Program Fieldworker at (709) 576-8522 to request an Outdoor Recreation Booking Form.
6. It is recommended that groups book more than one session of the requested activity in order to effectively introduce the activity, determine interest and build the skills required for success.
7. Activities are tailored to the skill level of the group/participants. To ensure a positive, inclusive experience, please provide Recreation Division Staff with as much information as possible about your group’s/participants’ abilities.
8. To ensure a meaningful experience, it is requested that your group size be a minimum of 5 participants to a maximum of 20 participants. A staff leader for each group must be in attendance at all times.
9. The program duration is 1 – 2 hours depending on the activity selected and the number of participants attending.
10. The set up cost for the activity is \$15.00 plus an additional \$4.00 per participant (not including staff members). These fees will help cover costs such as facility rental, equipment use, instructor fees, etc.
11. Please provide Recreation Division Staff with as much notice as possible when requesting activities so that facilities, equipment, instructors, etc. can be arranged. **Please note: Activity availability may be dependent upon weather, facility, equipment, and/or instructor availability.**
12. A fee of \$30.00 will be charged if a booking is not cancelled within 5 working days prior to the reservation date.
13. For additional information regarding Leisure Group Bookings, please contact an Inclusive Services Staff at (709) 576-6972 or (709) 576-4450 or email [inclusion@stjohns.ca](mailto:inclusion@stjohns.ca).

**FIT FINDERS FORM**PLEASE COMPLETE ALL FIELDS AND RETURN BY EMAIL TO [INCLUSION@STJOHNS.CA](mailto:INCLUSION@STJOHNS.CA) OR FAX TO (709) 576-2308.**GROUP CONTACT INFORMATION**

Organization:	
Contact Person:	Title:
Address:	
City/Town:	Postal Code:
Contact #:	Email:

**PARTICIPANT INFORMATION**

# of Participants:	Age Range:	# of Staff/Volunteers:
Please identify any ability related concerns within the group which may impact participation. If ability concern is not applicable, please indicate a brief description of your groups needs as a whole.		
Group Ability Information (if more than one please indicate):		
<input type="checkbox"/> Medical Condition: _____	<input type="checkbox"/> Disability: _____	
<input type="checkbox"/> Allergy: _____	<input type="checkbox"/> Seizure: _____	
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	
<b>Please identify how our staff can ensure a successful experience in participating in the activity requested.</b>		

**PROGRAM INFORMATION**

Please indicate your preferred date & time in the column on the left. Please also indicate an alternate date & time if the preferred date is unavailable.

Preferred Date/Time			Alternate Date/Time		
Day:	Date:	Time:	Day:	Date:	Time:
Comments:					

**RECREATION AND LEISURE OPTIONS**

<input type="checkbox"/> Badminton	<input type="checkbox"/> Walking/Hiking	<input type="checkbox"/> T'ai Chi Chih
<input type="checkbox"/> Ball Hockey	<input type="checkbox"/> Healthy Life Styles Session	<input type="checkbox"/> Team Building Activities
<input type="checkbox"/> Basketball	<input type="checkbox"/> Low Impact Fitness	<input type="checkbox"/> Wii Fitness
<input type="checkbox"/> Boccia	<input type="checkbox"/> Low Impact Water Fitness	<input type="checkbox"/> Yoga
<input type="checkbox"/> Crafting	<input type="checkbox"/> Soccer or <input type="checkbox"/> Soccer-Baseball	<input type="checkbox"/> Zumba®
<input type="checkbox"/> Curling (Floor)	<input type="checkbox"/> T-Ball	<input type="checkbox"/> Other:

**Specific Requests (i.e. type of craft, specific walking/hiking trail, etc.)**

Contact Signature:	Date:
--------------------	-------

**OFFICE USE ONLY**

Activity Booked: <input type="checkbox"/> YES <input type="checkbox"/> NO	Dates:
Location:	Time:
Instructor:	Contact Info:
Equipment Required:	Notes: