



# Active Adult Fitness Class Protocol

Your health and safety are our top priority. Please follow SRSRC's Active Adult Fitness Class Protocol to ensure a safe and enjoyable experience for all participants. *Items in italics also apply to the use of the Gym.*

## 1. General Readiness

Participants should:

- *Be able to move independently without assistance (may use a cane or walking aid for stability if needed).*
- *Be cleared by a healthcare provider for general fitness activities.*
- *Be able to obtain all needed equipment for class and clean up all equipment used, without assistance or a risk of safety to self & others around.*
- *Be able to transition safely between positions (standing, seated, floor, if applicable).*
- *Demonstrate sufficient balance and coordination to follow class instruction/use equipment safely.*
- *Be able to follow verbal and/or visual cues in a group setting.*

## 2. Physical Health Considerations

Participants should ideally:

- *Have stable cardiovascular health (no recent cardiac events, uncontrolled hypertension, or dizziness with exertion).*
- *Have managed chronic conditions (e.g., diabetes, arthritis, osteoporosis) that do not limit safe participation in group movement.*
- *Be free from acute injuries or recent surgeries that restrict exercise.*
- *Be able to perform daily activities (walking, climbing stairs, rising from a chair) independently or with minimal support.*

## 3. Mind and Body Awareness

Participants should:

- *Be able to follow multi-step directions and respond to instructor cues.*
- *Have vision and hearing sufficient for participation (glasses, hearing aids, etc., are encouraged).*
- *Demonstrate awareness of surroundings and safety in a group setting.*

***SRSRC staff may discontinue or limit a member's ability to participate in fitness activities if they are not able to meet the above criteria.***