

STEPS TO FILLING OUT THE REQUIRED OSTEOFIT FORM(S):

STEP 1: All Osteofit participants must fill out an Osteofit Health Screening Form.

STEP 2: On your Osteofit Health Screening Form, if you answered "no" questions #3,4,5 and 6 and all of the first 10 boxes in question #7, you do not need medical clearance and you're good to go!! Please hand in your forms to your instructor!

STEP 3: ***IMPORTANT: On this Osteofit Health Screening Form, did you answer yes to any of the questions #3,4,5, or 6, or any 1 of the first 10 boxes in question #7? If so, you must obtain written medical clearance from a physician or nurse practitioner on the Osteofit Medical Clearance Form.

There are 3 ways to do this:

1. Phone your doctor's office to see if he/she will sign your form. Most will for free.

OR

2. Dial 811. Call the 811 BC Health Link number and getting their assistance is always helpful. IF you can get through - they are busy- ... they are nice and will walk you through it all and help you with everything. (But you will need access to email to get your 811 clearance sent to you by email).

OR

3. A physician or a nurse practitioner needs to fill this form out for you at a clinic (but they may charge to do so).

STEP 4: Once you have written clearance on your Osteofit Medical Clearance Form, bring this form to class, and hand it to your noodlelegs.ca instructor. You are now ready to participate in Osteofit!