

SaskFit 2018 Registration

Register online at www.spra.sk.ca/saskfit

**Final Registration:
October 26, 2018**

Please print all information.

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Home Phone: _____ Cell: _____ Email: _____

Voluntary Self-Declaration:

I am of Indigenous descent: yes no

Necessary Medical Dietary Restrictions (Please Indicate): Gluten Free Vegetarian Nut-free

*Note: We cannot accommodate all dietary preferences and cross contamination can occur. If your restrictions fall outside of these options or if your allergy intolerance is severe, you may wish to provide your own food to ensure your safety and comfort.

REGISTRATION RATES (Includes Tax)

Note: SaskFit registration fees include Saturday's Breakfast and Lunch, Sunday's Breakfast and delegate gift. Participants are responsible for all other meals and snacks.

Early Bird (Postmarked on or before September 25, 2018)

Certified SPRA Fitness Leaders \$220 _____
 Non SPRA Fitness Leaders \$255 _____

Regular Rates (Postmarked after September 25, 2018)

Certified SPRA Fitness Leaders \$255 _____
 Non SPRA Fitness Leaders \$315 _____

Student (Confirmation of enrollment required) \$165 _____

PRE CONFERENCE FEES (Includes Tax)

P1 - CPR/AED Recertification Only (No First Aid) \$65 _____

P2 - Standard First Aid and CPR/AED Recertification \$100 _____

P3 - Functional Core Matrix for Performance and Prevention \$125 _____

P4 - Are you Getting Hurt? – Ergonomics for Fitness Professionals \$0 _____

A \$10 processing fee for paper registration forms \$10 _____

TOTAL PAYABLE \$ _____

Cheque (made payable to SPRA)

Visa MasterCard # _____

Expiry Date (MM/YY) _____

Signature _____

Contact Us

■ **Phone:** (306)780-9386 or 1-800-563-2555

■ **Email:** fitness@spra.sk.ca

REGISTRATION INSTRUCTIONS

- **The Agreement and Release of Liability (on back) must be signed and dated prior to registration acceptance**
- Session registration is on a first come basis. Register early as space is limited. First choices cannot be guaranteed.
- Paper registration should indicate first, second and third choice.
- **You must pick a session in each time slot or one will be assigned.**
- Two options to register:
 1. Online (**preferred**) at: www.spra.sk.ca/saskfit
 2. Mail or fax payment and registration form to:
SaskFit 2018
#100 - 1445 Park Street
Regina, SK S4N 4C5

POLICIES

Cancellation Policy

- Cancellations must be received in writing, email fitness@spra.sk.ca
- A \$60 administrative fee will be applied to all cancellations.
- No refunds will be issued after October 19, 2018.
- No refunds or credits will be given for no shows, partially used registrations and on-site registrations.
- Final day for registrations is October 26, 2018.

Children and Baby Policy

- To maintain the educational environment and for reasons pertaining to safety, children and babies will not be permitted in the Conference sessions.

Payment and Receipt Policy

- No post-dated cheques.
- Registrations **will not** be processed until payment is received.
- Payments must be received by the deadlines in order to qualify for advanced registration discounts.
- Receipts are issued in the name of the Conference delegate.

Session Selections

***Conference Giveaway:
Bag**

*Indicate your session choice with reference to the session number (i.e. 101, 102, 103)

*You must pick a session in each time slot or one will be assigned

Friday, November 2 - Are You Getting Hurt? Ergonomics for Fitness Professionals			
6:30 p.m. - 8:00 p.m.	_____ Yes I am planning on attending		
Session Time	1st Choice	2nd Choice	3rd Choice
Saturday, November 3			
7:00 a.m. - 8:00 a.m.			
8:15 a.m. - 9:30 a.m.	Breakfast and Keynote Mike Bracko		
9:45 a.m. - 11:15 a.m.			
11:30 a.m. - 1:00 p.m.			
1:00 p.m. - 2:00 p.m.	Lunch Break and Fitness Fair		
2:00 p.m. - 3:15 p.m.			
3:15 p.m. - 3:45 p.m.	Afternoon Break and Fitness Fair		
3:45 p.m. - 5:15 p.m.			
Sunday, November 4			
8:00 a.m. - 9:00 a.m.			
9:15 a.m. - 10:15 a.m.	Breakfast and SPRA Fitness Division Update		
10:30 a.m. - 11:45 a.m.			
12:00 p.m. - 1:15 p.m.	801		

AGREEMENT AND RELEASE OF LIABILITY

- In consideration of being allowed to participate in the activities and programs of the Saskatchewan Parks and Recreation Association's (SPRA) Annual SaskFit Conference and the use of host facilities, equipment and services, in addition to the payment of any fee or charge, I do hereby forever waive, release and discharge SPRA and its officers, agents, employees, representatives, executors and all others acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by negligence or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services at SaskFit or the use of any equipment at any site, including home, provided by and/or recommended at SaskFit.
- I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, are potentially hazardous activities. I understand and am aware that fitness activities involve risk of injury, including but not limited to bodily injuries, heart attack, stroke and even death, and I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury and death.
- I acknowledge that I do not have any physical limitations, medical ailments, physical or cognitive disabilities that would prevent my participation in SaskFit and the use of equipment or machinery. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without approval of my physician and do hereby assume all responsibility for my participation and activities utilization of equipment and machinery.
- I understand that I may be videotaped, audio recorded and photographed during the conference and I grant SPRA permission to use the images.
- I understand that I will not be permitted to participate in SaskFit unless I have signed the Agreement and Release of Liability waiver.

I have read and understand the Agreement, and am aware that by signing this Agreement, I am waiving certain legal rights which I or my heirs, next of kin, executors, administrators and assigns may have against the release(s).

Signature _____

Date _____