

REGISTRATION FORM for



(A) INTRODUCTION TO JAPANESE DRUMMING workshop with Hinode Taiko

THURSDAY, OCTOBER 14th
7 – 9:30 PM

OR

SATURDAY, OCTOBER 16th
9:30 AM – NOON

WORKSHOP ONLY:

Fee \$50 (\$30 for students with ID / MJCCC members)
Registration Deadline: Thursday, October 7th

(B) BEGINNERS' TAIKO COURSE 7 weekly taiko classes with Hinode Taiko

THURSDAYS, OCTOBER 21ST – DECEMBER 9TH (NO CLASS NOV 11TH)
7:30 – 9:30 PM

BEGINNERS' TAIKO COURSE ONLY:

Fee \$85 (\$75 for students with ID / MJCCC members)
Registration Deadline: Monday, October 18th

(C) "THE WORKS" workshop plus taiko course with Hinode Taiko

WORKSHOP & TAIKO COURSE PACKAGE:

Fee \$125 (\$100 for students with ID / MJCCC members)
Registration Deadline: Monday, October 18th

ALL SESSIONS HELD @ 180 McPhillips Street
Manitoba Japanese Canadian Cultural Centre

- Ages 16 & up
- No experience necessary
- Get ready to sweat and have some fun!
- Interested in performing with Hinode? These sessions are your first step!

Only paid registrations can be processed (cheques payable to: Hinode Taiko Inc.)
Phone, fax, or email reservations will not be accepted. Session size is limited.
Registrations processed on a first-come – first-serve basis until spaces are filled.

IMPORTANT: A Release and Waiver accompanies this Registration Form. Please read it carefully before signing. A Physical Activity Readiness Questionnaire (PAR-Q) also accompanies this Registration Form. Please complete and sign it.
You cannot take part in the workshop unless you hand in BOTH: (1) a signed Release and Waiver, and (2) a completed PAR-Q.

Successful registrants will receive a confirmation email. Fees non-refundable unless session is cancelled or sold out.

**Hinode Taiko Introductory Workshop and Classes 2010
Registration Form**

I want to register for:

- (A) Intro workshop: 1st choice Thursday October 14 (7-9:30 PM) Saturday October 16 (9:30 AM-noon)
2nd choice Thursday October 14 (7-9:30 PM) Saturday October 16 (9:30 AM-noon)
- (B) Beginners' taiko course: 7 x Thursdays, October 21 - December 9 (7:30-9:30 PM) (no class November 11th)
- (C) Both workshop AND course (choice of workshop date as marked above)

Name: _____ Telephone: (day) _____ (eve) _____ (cell) _____

Address: _____ Postal Code: _____ Email: _____

- My workshop fee of \$50 (\$30 for student/MJCCC) is enclosed as ___cheque ___cash
 My course fee of \$85 (\$75 for student/MJCCC) is enclosed as ___cheque ___cash
 My package fee of \$125 (\$100 for student/MJCCC) is enclosed as ___cheque ___cash } (Please do not mail cash!)
- My signed Release and Waiver is enclosed.
- My completed PAR-Q is enclosed.

Return all completed forms to:
Hinode Taiko
180 McPhillips Street
Winnipeg, MB R3E 2J9

How I heard about the workshop & classes (please tick all that apply):

- Friends of HT email Poster (where? _____) Friend/family/teacher told me
 Online classified ad Print classified ad MJCCC news Other _____

RELEASE AND WAIVER

WHEREAS I wish to participate in (a) a workshop on October 14 / October 16, 2010, (b) weekly classes October 21 – December 9, 2010, or (c) both, on Japanese drumming (taiko), conducted by Hinode Taiko Inc. (“Hinode Taiko”) at the Manitoba Japanese Canadian Cultural Centre, 180 McPhillips Street, Winnipeg, Manitoba (the “training”);

IN CONSIDERATION of Hinode Taiko allowing me to attend and participate in the training:

- 1) I ACKNOWLEDGE that there are risks associated with participating in the training, including, but not limited to:
 - a) **Superficial injury risks** such as blisters, scrapes, cuts or bruises;
 - b) **Environmental injury risks** such as temporary or permanent hearing impairment from repeated or prolonged exposure to loud noises;
 - c) **Traumatic injury risks** such as fractures or broken limbs, or other external or internal injuries such as might be caused by colliding with other persons, being struck by large wooden drumsticks, or falling during the course of choreographed movements; and
 - d) **General health risks** associated with strenuous physical activity, such as muscle, joint, tendon or other soft tissue injuries, soreness, strains, sprains, tears or inflammation, dehydration, and in rare cases heart attack or stroke.
- 2) (a) I AGREE to participate in the training notwithstanding the above-stated risks;
(b) I FURTHER AGREE to assume all related injury and health risks of participating in the training.
- 3) For myself and my heirs, executors, administrators and assigns, I RELEASE Hinode Taiko, the Manitoba Japanese Canadian Cultural Centre Inc., and their directors, officers, agents, employees, instructors and volunteers from any causes of action or claims for injury, death or damage during my participation in the training or thereafter.
- 4) I FURTHER AGREE to indemnify Hinode Taiko, the Manitoba Japanese Canadian Cultural Centre Inc., their employees and anyone acting on their behalf from any claims, including claims arising out of the negligence of any of those persons, which may be made in consequence of the training.
- 5) I STATE that I am of the age of majority and legally competent to sign this Release and Waiver, or that as the parent/guardian of the underage dependant named _____, my signature below signifies my consent to this Release and Waiver on his/her behalf.

IN WITNESS WHEREOF I have set my hand the date set out below.

Witness

Signature (of parent/guardian, if required)

Date: _____

Please print name here: _____

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

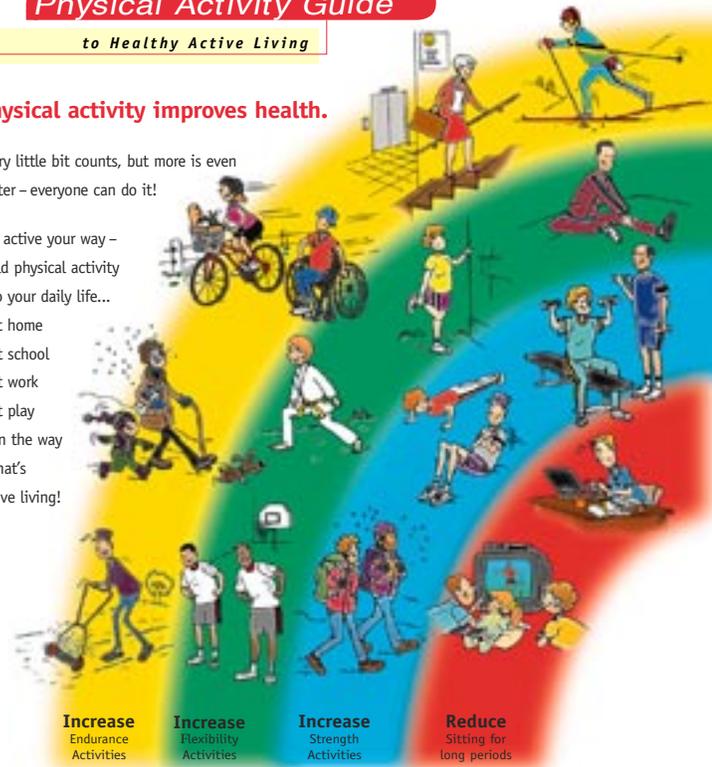
CANADA'S
Physical Activity Guide
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity: Health risks of inactivity:

- | | |
|--|--|
| <ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life | <ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

© Reproduced with permission from the Minister of Public Works and Government Services Canada, 2002.

FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».