

Session Number: \_\_\_\_\_

Date: \_\_\_\_\_

## **1. General Program Information**

The Town of Tecumseh Senior Advisory Committee has received funding under the Ontario Sport and Recreation Communities Fund to host a 'Senior Fitness Around Town' (SFAT) Program.

The SFAT Program will provide Tecumseh residents the opportunity to participate in a variety of fitness programming to increase physical activity and help lead engaged, active and healthy lifestyles in a recreational environment.

Older adults (55+) and seniors will participate in approximately one-hour a week, physical activity over a six-week program period. The SFAT Program will afford Tecumseh older adults and seniors the opportunity to be exposed a different physical activity each week, during the six-week session. Four (4) six-week sessions will be hosted from approximately June through to December 2018.

Each week, qualified instructors will teach an introductory level class. Participants will learn the fundamental movements of each activity, with an emphasis on continuing the physical activity beyond the session for lifelong health and well-being benefits.

A mandatory orientation session will be scheduled at the start of each session to provide participants with important information relating to hydration, sun safety, fall prevention and the like.

Participants will be required to complete a brief pre and post health assessment, administered by the Windsor Essex County Health Unit, to assist in determining the participant's level of physical activity and wellness prior to the start of the session and post session. Accordingly, participants are asked to commit to attending each week of the six-week session to achieve the full health and wellness benefits.

Please refer to the attached session schedule for the dates, times and location details.

Registered participants will receive their own fitness equipment related to each weekly activity, where applicable. Program costs, including fitness equipment, are provided under the SFAT Program.

Eligible older adults and seniors may apply to participate in one (1) SFAT Program session.

To be eligible to participate in the SFAT Program, applicants must provide proof that:

- they are at least 55 years of age;
- they are a resident of the Town of Tecumseh and have been for at least one year; and
- their primary residence is located in the Town of Tecumseh.

## 2. Applicant Information

First Name:			
Last Name:			
Street Address:			
Town:		Postal Code:	
Number of Years at this Address:			
Phone:		Alternate Phone:	
E-mail:			

## 3. Applicant Identification

The applicant named in this Application must present photo identification at the time of submitting an application for a 'Senior Fitness Around Town' Program, in accordance with the application submission requirements outlined in Section 5 of this application, "Submission of Applicants". Examples of acceptable photo I.D. include the following:

- Canadian Passport;
- Ontario Driver's License
- Canadian Citizenship Card
- Canadian Armed Forces Identification Card
- Secure Indian Status Card
- Permanent Resident Card

At the time of submitting an application, applicants will be required to produce identification which displays their address for purposes of identifying their primary residence as being located in the Town of Tecumseh.

Copy of Photo Identification Received – ID Provided \_\_\_\_\_

#### 4. Signature

The information I have provided is complete and true. I am at least 55 years of age, a resident of the Town of Tecumseh for at least one year and my residence in the Town of Tecumseh is my primary residence.

I do hereby release the Town of Tecumseh, the Windsor-Essex County Health Unit as well as their servants, agents, and employees from all claims, demands, liabilities, actions, or causes of action in any way arising out of the above Senior Fitness Around Town Program (Program) including my participation in the above Program and use of any associated facilities.

Without restricting the generality of the foregoing, I do hereby release and forever discharge the Town of Tecumseh, the Windsor-Essex County Health Unit as well as their servants, agents, and employees from all claims, demands, liabilities, actions, or causes of action for personal injury or death or damage to property (whether or not owned by the Participant) which may be sustained during the said Program and such participation and use, save and except as may arise from acts of negligence by the Town of Tecumseh, its servants, agents and employees.

I further agree to defend, indemnify and save harmless the Town of Tecumseh, the Windsor-Essex County Health Unit as well as their servants, agents and employees from any and all claims, demands of liabilities which may be made by third parties in any way referable to the said Program or such participation or use.

This Release and Indemnity shall be binding upon me, the Participant, and my respective heirs, executors, and administrators and shall inure to the benefit of the Town of Tecumseh, the Windsor-Essex County Health Unit as well as their servants, agents and employees and its successors and assigns and their heirs, executors, administrators and successors, respectively.

If I am no longer able to participate in the SFAT Program during the course of the session, I will advise the Town of Tecumseh immediately.

Participant's Signature: \_\_\_\_\_

Participant's Name (Print): \_\_\_\_\_

Date (mm/dd/yyyy): \_\_\_\_\_

Unsigned applications will be returned, unprocessed.

The personal information being collected on this Application for the 'Senior Fitness Around Town' Program is being collected for the purpose of determining eligibility under the 2018 OSRCF Senior Fitness Around Town Program of the Town of Tecumseh. The information collected is under the authority of the *Municipal Act, 2001*, and in accordance with the *Municipal Freedom of Information and Protection of Privacy Act*. Questions regarding the collection, use and disclosure of this personal information may be directed to the Director Corporate Services & Clerk.

## 5. Submission of Applications

The complete application form must be submitted in person at the following address:

Town of Tecumseh  
917 Lesperance Road  
Tecumseh, ON N8N 1W9

Please contact the Corporate Services & Clerk's Department at 519-735-2184 Extension 143 with any questions regarding the application process.

For Office Use Only							
Meets Criteria	Yes		No		Session Date _____	Verified By	