

Physician Medical Release Form**TO BE COMPLETED BY YOUR PRIMARY CARE PROV. OR NEURO.**

Date: ____ / ____ / ____

Doctor's Name: _____

Your patient, _____, DOB ____ / ____ / ____ wishes to participate in the Rock Steady Boxing (NON-CONTACT) exercise program for people with Parkinson's disease. Our goal is to help your patient have a better quality of life through fitness and socialization. The activities may involve cardiovascular training (walking, punching heavy bags, etc), flexibility instruction (stretching, getting down and up from the floor), resistance training and core strengthening techniques. Safety and modifications for various levels of fitness and disease progression are considered.

PHYSICIAN'S RECOMMENDATION:

I am not aware of any restrictions to participate in this exercise program.

I believe the patient can participate but would urge caution (please explain): _____

Patient should not engage in the following activities: _____

If your patient is taking medications that will affect their heart rate response to exercise, please indicate the manner of the effect (raises, lowers or has no effect on heart rate response during exercise):

Type of medication _____ Effect _____
Type of medication _____ Effect _____

PHYSICIAN COMPLETES

_____ (patient's name) has my approval to begin the Rock Steady Boxing New Bern exercise program with the recommendations or restrictions stated above.

Printed name _____

Phone _____

Signature _____

Check box for method of returning form:

*forms cannot be faxed

MAILING SIGNED FORM:

Bike Box Project
PO Box 1313
New Bern, NC 28563

EMAILING SIGNED FORM:bethany@bikeboxproject.org**PATIENT WILL PICK UP:**

AND DELIVER:



Please call Bethany Richards at (571) 215-9282 upon completion of all documents, including the Dr.'s waiver, to schedule an assessment and start the Rock Steady Boxing program.

Member Information

Welcome to Rock Steady Boxing New Bern!

Date ____ / ____ / ____

Name _____ DOB ____ / ____ / ____

Address _____

City _____ Zip Code _____

Home phone _____ Cell phone _____

Email _____

How did you hear about Rock Steady (circle)? Referral / Media /Website / Other _____

Emergency Contact Information

Name _____

Relationship to applicant _____

Address _____

City _____ Zip Code _____

Home phone _____ Cell phone _____

Email _____

Authorization given for (spouse/caregiver) _____, to receive information/updates via text (cell number) _____ and email _____.

**AHA/ACSM Health/Fitness Facility
Pre-Participation Screening Questionnaire**



History: (check all that apply)

You have had:

- A heart attack
- Heart surgery
- Cardiac catheterization coronary
- Angioplasty (PTCA)
- Pacemaker/implantable cardiac defibrillator
- Rhythm disturbance
- Heart valve disease
- Heart failure
- Heart transplantation
- Congenital heart disease
- Other heart condition (specify) _____

Symptoms:

- You experience chest discomfort with exertion
- You experience unreasonable breathlessness
- You experience dizziness, fainting or blackouts
- You take heart medications

Other health issues:

- You have diabetes
- You have asthma or other lung disease
- You have burning or cramping sensation in your lower legs when walking short distances
- You have musculoskeletal problems that limit your physical activity
- You have concerns about the safety of exercise
- You take prescription medication(s)
- You are pregnant



PDQ-39 QUESTIONNAIRE

Please complete the following

Please tick one box for each question

*Due to having Parkinson's disease,
how often during the last month*

have you....

	Never	Occasionally	Sometimes	Often	Always or cannot do at all
1 Had difficulty doing the leisure activities which you would like to do?	<input type="checkbox"/>				
2 Had difficulty looking after your home, e.g. DIY, housework, cooking?	<input type="checkbox"/>				
3 Had difficulty carrying bags of shopping?	<input type="checkbox"/>				
4 Had problems walking half a mile?	<input type="checkbox"/>				
5 Had problems walking 100 yards?	<input type="checkbox"/>				
6 Had problems getting around the house as easily as you would like?	<input type="checkbox"/>				
7 Had difficulty getting around in public?	<input type="checkbox"/>				
8 Needed someone else to accompany you when you went out?	<input type="checkbox"/>				
9 Felt frightened or worried about falling over in public?	<input type="checkbox"/>				
10 Been confined to the house more than you would like?	<input type="checkbox"/>				
11 Had difficulty washing yourself?	<input type="checkbox"/>				
12 Had difficulty dressing yourself?	<input type="checkbox"/>				
13 Had problems doing up your shoe laces?	<input type="checkbox"/>				

**Due to having Parkinson's disease,
how often during the last month
have you....**

Please tick one box for each question

	Never	Occasionally	Sometimes	Often	Always or cannot do at all
14 Had problems writing clearly?	<input type="checkbox"/>				
15 Had difficulty cutting up your food?	<input type="checkbox"/>				
16 Had difficulty holding a drink without spilling it?	<input type="checkbox"/>				
17 Felt depressed?	<input type="checkbox"/>				
18 Felt isolated and lonely?	<input type="checkbox"/>				
19 Felt weepy or tearful?	<input type="checkbox"/>				
20 Felt angry or bitter?	<input type="checkbox"/>				
21 Felt anxious?	<input type="checkbox"/>				
22 Felt worried about your future?	<input type="checkbox"/>				
23 Felt you had to conceal your Parkinson's from people?	<input type="checkbox"/>				
24 Avoided situations which involve eating or drinking in public?	<input type="checkbox"/>				
25 Felt embarrassed in public due to having Parkinson's disease?	<input type="checkbox"/>				
26 Felt worried by other people's reaction to you?	<input type="checkbox"/>				
27 Had problems with your close personal relationships?	<input type="checkbox"/>				
28 Lacked support in the ways you need from your spouse or partner?	<input type="checkbox"/>				
<i>If you do not have a spouse or partner tick here</i>					
29 Lacked support in the ways you need from your family or close friends?	<input type="checkbox"/>				

*Due to having Parkinson's disease,
how often during the last month
have you....*

Please tick one box for each question

	Never	Occasionally	Sometimes	Often	Always
30 Unexpectedly fallen asleep during the day?	<input type="checkbox"/>				
31 Had problems with your concentration, e.g. when reading or watching TV?	<input type="checkbox"/>				
32 Felt your memory was bad?	<input type="checkbox"/>				
33 Had distressing dreams or hallucinations?	<input type="checkbox"/>				
34 Had difficulty with your speech?	<input type="checkbox"/>				
35 Felt unable to communicate with people properly?	<input type="checkbox"/>				
36 Felt ignored by people?	<input type="checkbox"/>				
37 Had painful muscle cramps or spasms?	<input type="checkbox"/>				
38 Had aches and pains in your joints or body?	<input type="checkbox"/>				
39 Felt unpleasantly hot or cold?	<input type="checkbox"/>				

*Please check that you have ticked **one** box for each question before going on to the next page*

Thank you for completing the PDQ 39 questionnaire



WAIVER & RELEASE OF LIABILITY

Rock Steady Boxing, Inc. (hereinafter, "RSB"):

The individual named below (referred to as "I" or "me") desires to participate in the Rock Steady Boxing program (the "Activity"). As lawful consideration for the intangible value that I will gain by participating in the Activity, I agree to all the terms and conditions set forth in this Waiver and Release of Liability (this "Release").

I am aware and understand the nature of the Activity, and my physical condition and capabilities, and I believe that I am physically capable of participating in such activity. I further acknowledge that I am aware that the activity may be conducted in facilities open to the public or members of the public and/or employees of another corporate entity or entities, during the activity. I further agree and warrant that any time, if I believe any condition to be unsafe, I reserve the right, without penalty, financial or otherwise, to immediately discontinue further participation in the activity and bring such condition to the attention of the management of RSB.

I AM AWARE AND FULLY UNDERSTAND that (a) the Activity involve risks and dangers of **SERIOUS BODILY INJURY**, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by me or by the actions or inactions of others participating in the Activity, the conditions under which the Activity takes place, or **THE NEGLIGENCE OF THE "RELEASEES" NAMES BELOW**; (c) there may be other risks and social and economic losses either known to me or not readily foreseeable at this time, and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** incurred as a result of my participation in these activities.

I ACKNOWLEDGE THAT I AM VOLUNTARILY PARTICIPATING IN THE ACTIVITY WITH KNOWLEDGE OF THE DANGER INVOLVED AND HEREBY AGREE TO ACCEPT AND ASSUME ANY AND ALL RISKS OF INJURY, DEATH, OR PROPERTY DAMAGE, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS RSB, its clubs and their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the activities take place (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations and further agree that if, despite this release, I or anyone on my behalf makes a claim against any of the Releasees, I will be responsible for the payment to any or all of the Releasees harmed by such assertion of a waived claim, or any expenses arising from my assertion of waived claims or causes of action, including but not limited to reasonable attorney fees and court costs.

I hereby further agree that this agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as consent to any subsequent waiver or modification. Every term and provision of this agreement is intended to be severable -- if any one or more provision is found to be unenforceable or invalid, said provision shall not affect the other terms and provision, which shall remain binding and enforceable. All matters arising out of or relating to this Release shall be governed by and construed in accordance with the internal laws of the State of Indiana without giving effect to any choice or conflict of law provision or rule (whether of the State of Indiana or any other jurisdiction). Any claim or cause of action arising under this Release may be brought only in the federal and state courts located in Marion County, Indiana and I hereby consent to the exclusive jurisdiction of such courts.

BY SIGNING, I ACKNOWLEDGE THAT I HAVE READ AND UNDERSTOOD ALL OF THE TERMS OF THIS AGREEMENT AND THAT I AM VOLUNTARILY GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE THE RELEASEES.

[Signature]

[Signature]



ROCK STEADY BOXING NEW BERN

PARTICIPANT

LIABILITY WAIVER

In consideration of the fee paid, participant understands that there is a risk of personal injury in the course of instruction and, with this knowledge, agrees to assume the risk of any injury and damages to participant during training.

Specifically, participant agrees to hold harmless Rock Steady Boxing New Bern, and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees, and other participants connected with the events from all losses, damages, injuries, causes of action, claims, or complaints in the event that the participant is damaged or injured in any way during participation, instruction, and/or performance of any exercise or during any activity associated with the event location or during transit to or from the event.

Participant further agrees to strictly obey instructors and observe safety rules.

Signature

Date

Print Name

ROCK STEADY BOXING NB PRICE STRUCTURE:

To schedule your assessment, once all paperwork is complete, please contact
Bethany at 571-215-9282 or Staci at 928-502-1048.

Assessments take @ 1 hr.

Plan to wear clothing that allows you to move freely and sneakers.

Cost for assessment and boxing gear is a total of \$125 due at appointment.

Payment is with a credit card that will be kept on file. Please remember to update your card on file as your info changes or you get a new card or replacement card.

12 Month Membership	One-time payment of \$1,008	Equivalent to \$84/month
3 Month Membership	Quarterly payment of \$270	Equivalent to \$90/month
1 Month Membership	\$96/month	Equivalent to \$96/month

*you can change your membership at any time

*pay annually or quarterly and save \$\$

**Variety classes and game night are included with
RSB membership. Support group meetings are highly recommended.**

Schedule for variety classes and support group meetings:

1st Friday at 11am: Chair Yoga

4th Friday: Support Group (all welcome - - - PwP and caregivers)

4th Monday: Care Partner Only Group

All Support Group meetings are held at:

Trinity United Methodist Church, 2311 Elizabeth Ave., New Bern, NC 28562



GEAR ORDER FORM

Rock Steady Boxing New Bern encourages boxers to have their own equipment.

See items below to purchase individually or choose the bundle pack (recommended).

Items listed are at wholesale price from Century Martial Arts Supply.

Bundle Pack (recommended)	Wraps S/M, M/L, L/XL	Boxing Gloves 12oz, 14oz, or 16oz	\$75
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Or purchase items individually:

RSB Neoprene Wraps	S/M, M/L, L/XL	\$20
Boxing Gloves	12oz, 14oz, or 16oz	\$55

*wraps must be purchased through RSBNB, however boxing gloves MAY be purchased through personal shopping & selection.

*wraps can be washed and boxing gloves can be cleaned with warm, soapy water