

## Rogers County Fitness Training Program – RoCo Fit Helpful information

- Read and abide by the rules for the program (included in packet)
- Hydrate during the day, every day. Drinking water is very important when participating in an exercise program. Participants will need to drink water all day in order to stay hydrated enough for workouts. Monitor hydration by the color of urine: it should be light to clear unless taking meds that discolor it. A good measure is 8 – 8 oz. glasses each day, more when exercising and even more when the temperature is high. More on hydration in one of the weekly emails.
- Bring water to workouts, carry it while during workout if possible or at least have it ready for when finished. Water will not always be provided, so come prepared.
- Leave valuables at home or lock them in the trunk of vehicle or under seat, not in sight of passersby. No one will be staying at starting shelter to watch valuables.
- Eat a light, healthy snack before coming to workout to help give energy needed. Also, plan to eat within 30-60 minutes of finishing, preferably a healthy protein (peanut butter, nuts, chicken, etc.). Food is fuel.
- No sitter will be available at workouts; therefore if child is not participating in program with parent/guardian it is important to make arrangements for sitter elsewhere.
- Come already dressed to workout (no changing area at lake) and appropriate for the weather. Wear clothing appropriate for weather 20 degrees warmer than the air temperature, the body will heat up when working out because the heart is pumping harder. **DO NOT OVERDRESS.** Make sure clothing is loose and comfortable; one needs to be able to breath and move easily. If possible, avoid cotton socks; they may contribute to getting blisters. No need to spend a lot of money on clothing initially, make that a reward for reaching goals. However, good supportive shoes are important and the best investment. If in need of advice, ask a coach.

- It is a good idea to always have a jacket or dry shirt for AFTER a workout, as sweat will feel cooler.
- **Participants must always carry inhaler** if they have asthma, AND let the coach know of health status, i.e. asthma, diabetes, heart problems, injury, etc.
- When arriving for workouts:
  - Lock all valuables in trunk or under seat out of sight
  - Sign-in on sheet to get credit and for safety. We need to know who is there and also helps us know how many qualify for tech shirts later in program
  - Find coach(s)-coaches will be holding specific pace group signs; they are excited to assist you on your JOURNEY TO FITNESS!
  - Warm up with toe tapping to help prevent shin splints! Very important!!
- **AFTER** workout, stay to stretch with group. It is very important to stretch warm muscles to avoid soreness and cramps. Never stretch cold muscles.
- Consider staying around for a few minutes after finished with stretching to socialize; this is a huge part of the program and a great benefit to mental health. It also helps with accountability, staying focused, and enjoyment.
- Read weekly information emails, there will be important and interesting information, helpful website links, and upcoming events.
- Participants are always welcome to email his/her coach or Renetta Harrison at [renettah@health.ok.gov](mailto:renettah@health.ok.gov) with any questions on this program.

***WELCOME TO ROCO Fit!  
GET IN MOTION!!!***

## **Rogers County Fitness Training Program Rules & Guidelines**

- Free and open to adults. Children 12 and over are welcome to join WITH parent/guardian and parent/guardian must be in same pace group and with child at all times. (Please do not bring a group of children, i.e. friends' children, child's friend, etc.)
- Strollers are welcome, but parent must yield to others passing and be especially careful in their pace group. Strollers are NOT usually allowed in races; please refer to the specific rules for each race.
- Participants should listen to instructions from coaches and abide by safety rules of running and walking on trail and roads (if needed).
- It is important to be on time for each workout. To stay on schedule workouts will begin at 6 p.m. with a brief announcement then get into pace groups. Each coach will speak to his/her pace group briefly regarding the weekly email or with a tip or answer to a question and explain scheduled workout interval. This allows the coaches to see who is present, take a count of those in their pace group, and find out any important information from participants (i.e. health/injury status update, etc.)
- The program is a "circle back" style. This means that a workout will start with a warm-up walk and then begin the interval of either brisk walk or run for time shown on schedule. After the each interval, the coach will blow a whistle and shout "recovery" and everyone will slow to a walk and follow the coach in a circle back style picking up the sweeper coach and last person in group. Therefore, no one will ever be left behind. This will be demonstrated before the first workout.
- Coaches will never leave any person alone at any place on route. This is for safety. If someone needs to go to the bathroom, the group will continue the workout but stay close by to pick him/her up when finished. If a person needs to stop, i.e. to tie a shoe, the sweeper coach will stay with him/her and help him/her get back up to pace group. If a person feels the need to stop completely, he/she needs to tell a coach and arrangements will be made to get him/her back to their vehicle safely or get needed assistance.

- In case of an emergency during a workout, please let a coach know and arrangements will be made for getting needed help. All coaches have each other's cell numbers and carry cell phones at all times in order to get help if needed. (Examples of emergencies: diabetes complications, asthma episode, sprain, cramp, fall, dizzy, etc.)
- Participants with asthma MUST carry his/her inhaler at ALL TIMES. Please share medical status with coach(s) before workout, i.e. diabetes, heart conditions, other chronic diseases/illnesses, existing injuries, and anything that might interfere or affect the ability to workout. This is for safety of all participants.
- Participants must stay in pace group at all times. Do not switch groups during a workout. If participant wishes to switch, he/she must do it before workout and tell coaches of the switch. Coaches need to know who is in their group before each workout, so communication is vitally important.
- For safety reasons during workouts, always move over to far right of trail if other walkers/runners approach from either front or behind pace group. Coaches will announce "runner/walker/bicycle up (coming towards) or back (coming from behind)" and group should get single file until clear again. This is an important safety measure for both participants and others using trail. If on road, run/walk AGAINST TRAFFIC (towards oncoming vehicles) and stay single/double file at all times. If oncoming vehicle is approaching, single file and follow coaches instructions.
- Stay and stretch after workout is finished to prevent injuries and excessive soreness. If a participant must leave early, tell a coach and be sure to stretch on own. Participants should schedule time for the entire workout, usually no more than an hour.
- Participants should join the pace group that feels best for him/her, not because a friend or relative is in that group. The pace group should be a challenge, but be something he/she can keep up with without a lot of struggling. Also, each participant should join a pace group that keeps him/her behind the coach; if he/she is able to run faster than coach, he/she

needs to find a group that is more challenging. It might take a couple of weeks to find the right pace, therefore give each group a few tries before switching. Remember the workouts will increase in intensity each week, therefore if it feels too easy or difficult, wait at least a week to change.

- Cancellations of workouts occur ONLY if lightening (AT TIME OF WORKOUT, not threat of or earlier storm). We will run/walk in rain, and we usually hear it is most enjoyable/fun. Ice on trail or blizzard conditions will also cancel a workout. Excessive heat cancellation will be determined at time of workout or if meteorologist highly recommends. If workout is cancelled early, an email notice will go out before 5 p.m. Otherwise, it will be announced at time of workout to those in attendance. If cancellation, all participants get credit for attendance whether they are at workout location or not. If participant is a no show and workout is not cancelled, no credit will be given. (Credits go towards tech shirt incentive at end of program).
- Each participant is responsible for his/her own credits for attendance. Participants MUST sign in on sheet at workout to get credit (also for safety reasons). Do not sign in for other participants not attending workout, this is not fair to those in attendance. Sign-in sheets are only way of tracking credits for incentives.
- For best results from program, participants should attend all workouts AND do cross training and Honor workouts as shown on schedule. Two workouts a week will NOT get results expected. To gain the most benefits, attendance at all workouts, cross training, and educational clinics are suggested.
- Most importantly, HAVE FUN AND MAKE FRIENDS! Participation in this program will improve all aspects of health.

***WELCOME TO ROCO Fit!***  
***GET IN MOTION!!!***

**Rogers County Fitness Training Program**  
**Required Form – Must Complete, SIGN BOTH and Return to:**  
**Renetta Harrison, RCHD, 2664 N. Hwy 88, Claremore, OK 74017 - 918-341-3715 FAX**

Participant Name:

\_\_\_\_\_

(First)

(Last)

If under 18 - Parent/Guardian's Name: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_

Mailing Address:

\_\_\_\_\_

\_\_\_\_\_

(City)

(State)

(Zip)

E-mail: \_\_\_\_\_ Phone # (918) \_\_\_\_\_

Age: \_\_\_\_\_  Male  Female

In Case of Emergency Contact: \_\_\_\_\_ Phone # (918) \_\_\_\_\_

OR: \_\_\_\_\_ Phone# (918) \_\_\_\_\_

T-shirt size: Adult Men's - S M L IX 2X 3X Adult Women's - S M L IX 2X 3X

Youth Boy's - S M L

Youth Girl's - S M L

Registration for: \_\_\_\_\_ RoCoFit I Walk \_\_\_\_\_ RoCoFit I Run/Walk

\_\_\_\_\_ RoCoFit II Walk \_\_\_\_\_ RoCoFit II Run/Walk

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

**Rogers County (RoCo Fit) Fitness Training Program  
Participant Acknowledgment and Release**

I, \_\_\_\_\_, in consideration of my participation in activities and exercises of RoCo Fitness Training Program, including any athletic training program(s), hereby agree and acknowledge:

1. Physical activities and exercise may be dangerous to my health following a period of non-activity, and I agree that before undertaking any physical activities, training or exercises suggested, sponsored or promoted by RoCo Fitness Training Program, or its leaders, participants and/or members, that I will seek appropriate medical or professional advice as to whether I am healthy enough for it and whether I should participate in the activity, whether walking, running, cycling, swimming or any other physical exertion (and warm-up or cool-down activities related to the same). That is, I will consult a health-care provider before undertaking an increase in my physical activity by joining RoCo Fitness Training Program or participating in its activities and training.
2. The leaders and members of RoCo Fitness Training Program are merely experienced participants in various forms of exercise, and I agree that I will not assume any other participant, member or leader is an expert with any special qualification or endorsement of any body, especially with respect to diagnosis or treatment of any injury I may suffer, and with respect to any pre-existing condition(s) I might have. That is, I hereby release the following and agree I will not hold any other participant, member or leader of or in RoCo Fitness Training Program liable for any injury, damage or loss I may suffer (including loss of life and aggravation of any previous injury or condition) as a result of my participation in the activities, training and exercises held, conducted, promoted or sponsored by RoCo Fitness Training Program.
3. The activities of RoCo Fitness Training Program are generally conducted in public places such as parks and public rights-of-way, and at various times of day or night, and in various conditions of weather, and I agree that I am solely responsible for my safety in all such activities or exercises. That is, I will not hold any other participant, member or leader of or in RoCo Fitness Training Program liable for any injury, damage or loss I may suffer, including loss of life, as a result of conditions occurring during the activities, training and exercises held, conducted, promoted or sponsored by RoCo Fitness Training Program, such as but not limited to weather (snow, ice, rain, lightening, wind or cyclone, puddles and washes), potholes, uneven pavement or soil, loose pavement or soil, acts of animals, both domestic and feral, or traffic of any type on or about any location where the activity or exercise is conducted. This release shall extend to all places I might be during such activity, training and exercise, whether public or private, and include any forms of transportation I might utilize in the company of other RoCo Fitness Training Program participants.
4. With the knowledge that I will not receive compensation, further value, or consideration, I hereby consent to all photographs that may be taken of me and/or any minor in my guardianship and/or written description of my/our activities involving this program. I agree the photos may be used by Rogers County Fitness Training Program, and others authorized by this entity for the purposes of illustration, promotion or publication regarding the program, in any legally authorized manner. The photographs will not be used for any commercial, money-making purpose. I understand that by signing this release form, I am waiving any privacy rights I may have in relation to these photographs.
5. Finally, I agree and covenant that I will not sue or make any claim against any other participant, member or leader for any injury, damage or loss I may suffer, including loss of life, as a result of my participation in the activities and exercises held, conducted, promoted or sponsored by RoCo Fitness Training Program.

I hereby represent and warrant that I am over 18 years of age, of sound mind and full mental capacity and freely and voluntarily sign this Acknowledgment and Release.

If I am signing on behalf of a person under 18 years of age, I warrant and represent that I am legally authorized to sign on behalf of such minor as guardian, and I will hold the participants, members and leaders of RoCo Fitness Training Program harmless from any claim brought by or on behalf of the minor for any loss, damage or injury resulting from his/her participation in the activities, training and exercises of RoCo Fitness Training Program.

Dated: \_\_\_\_\_

\_\_\_\_\_  
**SIGNATURE**

Print Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_