

Using POLES for Walking & Maintaining Mobility

The East Bay Regional Park District is proud to offer Poles classes taught by Jayah Faye Paley

Please read before day of class

Arrive at least 15 minutes early!

Program Description

This class, taught in and around a classroom, is geared towards helping people feel comfortable walking and exercising with poles.

We will explore very gentle, mostly flat and paved terrain on a practice walk. All practice is optional, people can participate or rest.

Top Quality POLES Provided

You are welcome to bring your own poles. If you use your own poles, you will not have the opportunity to swap and try other models. Rubber tips are required.

Medical/Physical Considerations

This class is for people with mild to moderate mobility issues. It's helpful for either preparing for or recovering from joint surgery. People with Parkinson's, MS, peripheral neuropathy, arthritis, diabetes, older adults, etc. all feel benefits from learning these skills.

Participants who need extra assistance are requested to enroll a support person. Support partners focus on their friend/buddy/spouse to assist in any way needed. Participants who do not register a support person may be asked to sit out some of the practice segments at the sole discretion of the instructor.

People already using a walker may not find a class situation ideal and might do better with individual mobility coaching.

This class is NOT for hikers. Beginner to advanced hikers have several class options for learning how to use poles with EBRPD.

What to Wear

- Comfortable, layered clothing
- Sturdy walking shoes (required)
- Hat & or sun coverage

What to Bring

- **Participant Waiver/Emergency form**
– filled out on BOTH sides and signed before arrival - **IMPORTANT!**
- Water
- Snack or light lunch if class is scheduled over lunch time
- Hand wipes to wipe hands after snacking and before handling poles
- A pen to write with
- Sun protection

RECOMMENDED "Reading"

Instructor Blog:

www.AdventureBuddies.net/blog

Review DVD Updates section

WEATHER CANCELLATION: If this program is cancelled due to weather, you will be notified as soon as possible and a refund will be issued.

Instructor has the responsibility to **start the class on time.** Late arrivals will miss crucial instructions.

If you are late, the instructor may recommend you take the class another day if too much has been missed; refunds will not be issued in these circumstances. If you choose to participate, do not expect the instructor to interrupt the class. Provide your completed paperwork and sign in.