

# Preparing for exercise referral programmes



**Unit:** Planning exercise referral programmes with patients

## TASK – consider this...

*What environments and equipment may be needed to deliver exercise referral programmes?*

# Resources to deliver exercise referral

## Environment

- Designed for exercise
  - Studio
  - Gym
  - Pool
  - Sports hall
- Not designed for exercise
  - Home
  - Outdoor space
  - Park
  - Community setting

## Equipment

- Portable equipment
  - Bands, hand weights
  - Steps
  - Stability equipment
  - Chairs
- Fixed equipment
  - CV machines
  - Resistance machines
  - Free weights

# TASK

*What are the key considerations to ensure the following environments are safe?*

- *Group A – Studio*
- *Group B – Gym*
- *Group C – Pool*
- *Group D – Outdoors*
- *Group E – Home*
- *Group F – Community hall*

# Considerations

- Risk assessment and safety procedures
- Accessibility
- Emergency exits, emergency contacts, phone, first aiders etc
- Space
- Temperature
- Floor surface
- Insurance
- Time of day – some conditions less symptomatic later, e.g. Respiratory
- Other users (busy or quiet)
- Client confidence, less confident may prefer quiet times
- Weather (if outdoors)
- Hydration

# TASK

*Describe the advantages and disadvantages of using different types of fixed equipment and portable equipment for exercise referral.*

# Equipment

- Portability
- Cost
- Health and safety
- Maintenance
- Quantity available
- Hygiene, e.g. Mats
- Induction needed to use
- Technical demands, e.g. level of skill
- Physical demands, e.g. level of fitness
- Level of supervision needed

# Client medication

- Always check and ensure clients have emergency medication with them, e.g. Inhalers
- Exercise referral instructor can carry, if required
- Client is responsible for administering!