



OVER THE WALL

a seriousfun camp



Endurance Exercise Class

Participant Pack 2023

By Zak Harris
Personal Trainer
4/5/2023

Introduction

In 2023 many of you selfless individuals are taking part in a range of endurance events. To help you all achieve the best you can, I will be conducting free group exercise sessions in June. All participants will also have the opportunity to book a complimentary consultation with myself to discuss their training and diet. In this pack you will find, a breakdown of the session, a safety brief, a Physical Activity Readiness Questionnaire (PAR-Q) and a waiver for data protection & rights to use images.

About me

My name is Zak Harris, I am a certified member of the Chartered Institute for the Management of Sport and Physical Activity. I have gained my Level 2 Gym Instructor and my Level 3 Personal Trainer qualification. In addition to this I have over 5 years military experience with the Royal Navy as a Mine Clearance Diver. In this time, I have served 3 tours of the Middle East.



The Session

For the session with Over The Wall I plan to conduct a group *Figure 1: Zak Harris* endurance exercise class with an introduction to interval training. This will be approximately a 90-minute session. This will include a safety brief, warm up, group interval run along Southsea Beach and a cool down. We will meet at the Canoe Lake Carpark then move onto a grass patch to conduct a warm up. As a group we will then move out to the Promenade and down towards the South Parade Pier. From there we will conduct the main session of interval training towards the Pyramids Centre where we will regroup and run down to the D-Day Museum. There we will conduct a short group exercise activity before running the same route back. If we get the time we will go back out and do another lap or a half. Once we get back to Canoe Lake as a group, we will carry out a cooldown.

Safety

All forms of exercise will impose an element of risk. To limit this, I have conducted a full risk assessment of the session. There will be a safety vehicle at both car parks, Canoe Lake and D-Day Museum. I will have the keys for both on my person and they will be used in the case of any emergency that doesn't require an ambulance. I will also have a mobile phone on me for calling any emergency service, should they be required. I am the primary First Aider, but many of you know Jed and he will be acting as my secondary First Aider.

I will remain with the participants at the back of the group to maintain motivation and advice throughout. From this position I will be able to see all participants ahead. In the case of an emergency to stand at the top of the promenade and wave their arms above their heads, shouting 'Casualty, Casualty, Casualty' you are to do this until I arrive or acknowledge the situation. If participants see this in front of them, you are to stop on the promenade and conduct the same drill creating a visible line all the way to the situation. From there I will assess the situation and only continue the session if safe to do so.

You are all to bring your own full water bottles. I would highly recommend carrying them throughout the session.

Welfare

There are public toilets at Canoe Lake that will be open until 8:30pm, also toilets available at the D- Day Museum carpark open until 7pm. The parking at both D-Day Museum and Canoe Lake are pay and display until 8pm, but the street parking along the seafront is free after 6pm.

PAR-Q

Please see attached the PAR-Q form. This is a requirement to complete prior to attending.

Consent

All information gathered from the participant will be permanently deleted within 90 days of the session. This information is gathered for your safety during this event and will not be shared with anyone else.

During this event there will be photographs and videos taken for the use of my social media and website. These will only be used for publicity of Harris PT and upcoming similar events I organise. These images and videos will also be sent to Over The Wall for their own use. If you consent to this please sign at the bottom of this document. If you have any questions at all before attending, please get in touch and ask.

'By signing in the box below, I consent to all the information held within this document & I agree for Over The Wall to share the information on this form and the PAR-Q with Zak Harris for health and safety purposes and to confirm my place at the session.'