



## HYHC Hearts-in-Training Application Form & Guidelines

SportMedBC (SMBC), in partnership with the Healthy Hearts Society (HHS), is pleased to offer a hearts-in-training component to the Honour Your Health Challenge (HYHC) InTraining program for 2010.

If you are interested in hosting hearts-in-training in your area, please make sure you are able to commit to the following guidelines before filling out the application below.

### Guidelines

- ❖ You are willing to be the primary contact for SportMedBC & Healthy Hearts Society in helping with getting this program set up. As a primary contact, you must be able to:
  - Help with securing a central location in the area (community hall, friendship centre or gym) for the screening to take place.
  - Make sure SMBC & HHS are aware of where the facilities are and if any user fees are applicable.
  - Be able to secure equipment needed for the screening (i.e. tables, chairs, power bars etc).
  - Refer SMBC & HHS to local (Aboriginal) health care professionals who would be willing to be trained in the hearts-in-training program and would be available to volunteer their time to assist with the screening to gain valuable experience with this program (i.e. nurses, tobacco reduction coordinators etc.)

If you fit the guidelines above, and are interested in adding a hearts-in-training component, please fill out the form below:

Leader Name: \_\_\_\_\_

Organization: \_\_\_\_\_

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

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: H: \_\_\_\_\_ W: \_\_\_\_\_

Email: \_\_\_\_\_

✚ Please indicate if your area has hosted a hearts-in-training screening before (check all that apply):

- 2008       2009       Other: \_\_\_\_\_

✚ If you have been involved with a hearts-in-training screening in the past, please indicate your level of involvement (please check all that apply):

- As a primary contact person:
  - 2008       2009
- As a leader:
  - 2008       2009
- As a participant:
  - 2008       2009
- Conducted a hearts-in-training screening independently:
  - 2008       2009
- Conducted a Hearts-At-Work (or similar) screening but not Hearts-in-Training:
  - 2008       2009

**SportMedBC is prepared to offer a number of options to help communities prepare and include the hearts-in-training program as part of HYHC InTraining 2010.**

Please indicate the level of support you wish to have provided in your community:

- I am interested in having SportMedBC & the Healthy Hearts Society hearts-in-training team visit my community to help train and conduct screenings in my community.

OR

- I am interested in receiving supplies and materials from SportMedBC & Healthy Hearts Society to help support my team in planning our own hearts-in-training screening.

Please check the following that applies:

	I need:	I have:
A suitable facility for screening to take place.	<input type="checkbox"/>	<input type="checkbox"/>
Health care professionals to assist with the screening.	<input type="checkbox"/>	<input type="checkbox"/>
Community volunteers and/or group leaders to assist with the screening.	<input type="checkbox"/>	<input type="checkbox"/>
Screening equipment:		
- Blood pressure automated machines (i.e. BpTru)	<input type="checkbox"/>	<input type="checkbox"/>
- Cholestch LDX machines	<input type="checkbox"/>	<input type="checkbox"/>
- Stadiometer and/or tape measure	<input type="checkbox"/>	<input type="checkbox"/>
- Electronic weight scale	<input type="checkbox"/>	<input type="checkbox"/>
- BMI chart	<input type="checkbox"/>	<input type="checkbox"/>

<b>Tool sheets:</b> - Cholesterol, Blood Pressure, Diabetes Handouts - Canada's Food & Activity Guides - Goal Setting Sheets	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
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\* Please note, this is an application process and not every hearts-in-training application will be accepted for the 2010 HYHC InTraining program.

**Please Note: Only those communities who are approved to run SportMedBC supported HYHC 13-week InTraining Programs will have the opportunity to host a Hearts-In-Training session as part of the 13-week InTraining Program.**

**Submit this application ALONG WITH your  
 HYHC Sun Run InTraining Group Leader Application  
 by December 14, 2009 to: Denise Lecoy, Provincial Coordinator, Honour Your  
 Health Challenge: Fax (250) 276-4707.**