

Class participant instructions for staying safe while doing T'ai Chi Chih

Be aware that you as a class participant, have a role in maintaining your safety doing T'ai Chi Chih.

- Discuss any exercise concerns with the class instructor.
- Wear comfortable, loose-fitting clothes and flat-soled, non-slip shoes to class.
- Bring water to stay hydrated during class
- Only exercise in a comfortable range of motion
- Choose to sit, if you become fatigued or balance is a problem during the movements.
- Limit movement such as reaching up or down, if advised to do so by your health professional.
- Adapt any movement, if it results in discomfort or you have been advised to do so by your health professional
- If diabetic or if you experience periods of low blood sugar, be sure to eat something prior to class and bring a ready sugar substance to take during class, if needed.

Tips for safe and effective home practice

- For home practice, follow the guidance of your class instructor
- Strive for daily practice
- Calm the mind and relax prior to starting your T'ai Chi Chih practice
- Do not practice in an overly cold or hot environment (e.g. in front of air conditioning, or outside when it is cold and windy, or very hot)
- Do not consume cold drinks or frozen foods, such as ice cream, immediately before or after practicing T'ai Chi Chih (warm tea or room temperature drinks are recommended)
- Try to practice before a meal or at least one hour after a meal, it is not good to practice when feeling hungry or full
- Avoid practicing after consuming alcohol
- **if any movement results in pain or discomfort, stop and discuss with your instructor or your medical consultant before continuing**

*In order to maintain your safety while participating in T'ai Chi Chih classes and home practice, please answer the following questions. If you answer **Yes** to any of these questions, please discuss your answers with your instructor prior to joining the class.*

_____ Are you limited in your ability to engage in mild exercise (equivalent to putting away groceries)?

_____ Has your doctor or health care professional advised you to limit or avoid specific physical movements or activities?

_____ Do you lose your balance, at times, or experience dizziness or lightheadedness when bending over to pick something up off the floor or when rising from a chair?

_____ Are you limited in your cognitive ability to maintain your own safety during exercise?

I know of no medical reason why I should not participate in this class. I understand that if I do have any medical reason why I should not participate in this class, it is my responsibility to obtain a clearance from my doctor before commencing.

Adapted from iMTQA International Medical Tai Chi Qigong Associations) teaching guidelines