



SeaChange Retreats - Information for Medical Teams

For participants to join our 'Living With Cancer' retreat, our insurers require written medical consent declaring participants are medically fit to attend.

We ask that you seek consent from a senior medical professional who knows you. This is likely to be your oncology or surgical consultant. For people on maintenance treatments this may be your GP.

Please ensure your medical professional reads the below information and completes the consent form on page 3. Please upload this signed form with your booking (if you have any problems please send a copy via email to info@seachangeretreats.org).

This document outlines the physical activities involved during the retreat and potential risks to enable medical teams to assess suitability to participate (not all activities will be included in all retreats).

Surfing:

Surfing is a high energy, high impact, cardio sport. Participants will be using large foam boards to support stability while taking part in a beginner surf lesson. Water support volunteers will be present to support the water session, however participants will need to be able to carry these boards to the waters' edge (support will be available) and maneuver them in the water.

Participants are welcome to remain in a prone position throughout the surf session instead of attempting to stand. Alternatively they may wish to ride in a kneeling position. In both cases they need to be able to pull themselves onto the boards and (ideally) be able to push up with their arms, lifting their chest off the board.

In order to stand on a surfboard they need to be able to complete the above. In addition, they need to push themselves up with their arms to a 'table top' kneeling position; bring one knee through in front of them; and then move up to a standing position.

Managing fatigue will be important and participants will be encouraged to take breaks as and when they need. Surfing is a high energy sport and may induce breathlessness in those who are not cardiovascularly active. It may not be suitable for those who have impaired cardiovascular or pulmonary function as a result of treatment or cancer.

Surfing is an open water sport so is not appropriate for those who are rendered immunologically compromised as a result of their treatment.

All lessons are completed in waist-chest depth water, overseen by a RLSS lifeguard and will only take place when the sea state, tide and wind are within safe working distance. However, there is risk of impact from their own or others boards; risk of impact through collision with other water users; risk of impact from jumping or falling from the board. Surfing is a high impact sport so may not be suitable for people with osteoporosis or involvement of cancer in the bone, particularly if it is causing structural instability or has been recently treated.

Board handling and safety (including covering of head with hands when falling from the board) will be discussed prior to entering the water. Participants will be provided with wetsuits appropriate to the conditions to reduce cold.

Yoga:

A yoga session will be completed. This will be led by an experienced and qualified practitioner who will support adjustments for any adult that requires them. This will be a low impact exercise. Options to practice on a chair or on the floor during the entire session for those who would prefer. Blocks, bolsters and pillows will be available.

Dance workshop (included in some retreats):

No prior dance experience is necessary and there are no requirements of physical ability or energy levels.

Breathwork Sessions (included in some retreats):

Conscious Connected Breathwork sessions will be carefully facilitated and offer non-connected (relaxed) breathing alternatives for individuals who are identified at higher risk, e.g. those who are pregnant; or those who have a diagnosis of epilepsy, cardiac issues, history of psychosis, or eye conditions. Please identify if these adaptations will be required.

Sound Bath Sessions (included in some retreats):

Led by an experienced facilitator, sound bath sessions offer an opportunity for deep relaxation. Comfortable positioning will be considered particularly for individuals with bone metastasis.

Workshops & discussion sessions:

These will be held on land and offer opportunities for participants to reflect on their experiences and learn new skills.

CONSENT

For senior medical professional to complete (please tick):

- ☐ I have read and considered the information provided and I understand the potential risks involved in the retreat activities.
- ☐ I agree that (Name of applicant) is medically fit to take part in a SeaChange Retreat.
- ☐ I consent to be contacted by the SeaChange Retreats team should they require further information.

Any additional comments:

Name:

Position:

Date of consent:

Contact details (email / telephone):

We intend for this consent to last for the duration of the retreat. If participants attend future retreats they will be requested to sign this consent form again.