

1. **Minimum Functional and Fitness Capabilities.** Before completing the **Application Form** on our website, please assess and confirm your ability to complete the following tasks:
  - a. Get down and up / to and from the floor;
  - b. Walk for 60 minutes;
  - c. Participate in both indoor and outdoor exercises with minimal assistance;
  - d. Tolerate 3 hours of exercise within a 5-hour period;
  - e. Be free of cognitive impairment such that one can follow instructions, schedules, and directions from staff/volunteers; and
  - f. Accomplish *Activities of Daily Living* and navigate the resort.
2. **Application Form.** You will register at [www.pwr4life.org/pwr-retreat/pwrretreat-registration-form/](http://www.pwr4life.org/pwr-retreat/pwrretreat-registration-form/) using the secure, HIPAA-compliant online **Application Form**. Once the Application Form is completed, you will immediately be prompted to complete the Release and Hold Harmless.
3. **Release & Hold Harmless.** All Participants must sign a **Release & Hold Harmless** agreement as a condition of participating in the PWR! Retreat. You will be prompted to complete this at the end of the Application Form, and a link to complete it will be sent to you via email.
4. **Medical Release.** Persons with Parkinson Disease ("PD") must submit our **Medical Release** form signed by your movement disorders physician, neurologist, or primary care physician to be eligible to attend the Retreat. You may download and print the form from our website, and we will email it upon request. Your doctor may fax the form directly back to PWR! at 1-888-780-0154.
5. **Virtual Interview.** Once you have submitted the **Application Form, Release & Hold Harmless**, and the **Medical Release**, one of our team members will conduct a **Virtual Interview** with you to assess your ability to participate in and benefit from the Retreat. If the Retreat is not a good fit for you, we may recommend an alternative program or service that would better meet your individual needs and ability level.
6. **Authorization Code for Payment.** Once we have received your Application Form, Release & Hold Harmless, Medical Release, and our PWR! Therapist has approved you for the Retreat, you will be issued an **Authorization Code** to complete payment on our website.
7. **Screening at the Retreat.** PWR! Staff and Volunteers will briefly rescreen all Retreat participants and accompanying adults again at the resort to address any new safety concerns or changes in fitness level since the initial screening.