



## Medical Clearance Form

**Casting for Recovery does not share any medical or personal information with any third-party without written permission of the retreat participant.**

Name of Participant: \_\_\_\_\_

Section below to be completed by participant's Doctor/Care Nurse

Can you please confirm that the participant:

- had a breast cancer diagnosis Y / N
- 
- is stable on treatment Y / N

Relevant Medications:

\_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_

\_\_\_\_\_

Physical or mobility limitations that might restrict participation:

\_\_\_\_\_

I have read the information below, concerning the Casting for Recovery Retreat. It is my opinion that the above patient is able to participate in the activities at the Retreat.

Dr.'s /Care Nurse's Signature \_\_\_\_\_

Date \_\_\_\_\_

Please print name \_\_\_\_\_

Contact telephone number \_\_\_\_\_



### **Information for Participant's Doctor/Care Nurse**

**The mission of Casting for Recovery (CfR ACT) is to enhance the quality of life of women, who are in various stages of recovery from breast cancer, through the sport of fly fishing in a natural setting, within a supportive environment at week-end retreats.**

**The retreat offers a forum for a participant to meet with other women with a similar experience, to learn a new skill and to enjoy a respite from everyday concerns. The ACT Fly Fishing club organises the retreats at no cost to the participants.**

**Women of all ages and in all stages of recovery are eligible to attend, provided they have a medical clearance from their doctor/care nurse.**

**Fly fishing techniques provide gentle exercise for joint and soft tissue mobility. Lightweight equipment is used and no heavy lifting is involved.**

**Women are encouraged to participate at their own level of comfort. Participants with advanced disease may attend as long as they are able. The retreat offers plenty of rest periods.**

**No previous fly fishing experience is required, however fly fishing is an outdoor sport and some physical activity (eg. casting a light fishing rod) is involved, but it can be done seated as well. Please let CfR know what physical limitations your patient may have, so that we can assess her suitability to attend and we will do our best to accommodate her.**

**No medications will be administered and no treatment or medical advice will be provided by staff/volunteers at the retreat. There will be a female RN and a trained First Aider in attendance at the retreat.**

**PLEASE FILL OUT THE MEDICAL CLEARANCE FORM**