



Discovery SharkFit | Frequently asked questions

1. What are the ages of the participants?

All individuals aged between 18 and 65 are welcome. Most of our current participants are in this age group.

2. Do I have to be fit to participate in the programme?

No, you do not have to be fit for this programme.

Discovery SharkFit caters for those who have never exercised before, for those who want to improve their existing exercise programmes, and for weekend warrior supporters, for example, those who do short-distance or long-distance cycling, walking and running.

It also caters for those who have participated in gym programmes, but who want a different experience or activity.

The exercises vary and you participate at a pace you feel comfortable with – fast, slow or medium.

3. Can I participate in the programme if I have a chronic illness?

Part of the pre-participation process includes answering a few health questions about yourself. If you answer 'no' to any of the questions, you are requested to visit your general practitioner for a brief assessment. Your general practitioner is then required to provide written confirmation that he/she is happy for you to participate in Discovery SharkFit. He/she should also add any limitations to your participation, for example, no running, no cardio activity etc.

4. Can I participate in the programme if I have a sports-related injury?

This depends on the type of injury, but, if your injury not serious, you can do alternative exercises on the particular day.

5. Is a fitness assessment conducted before the programme?

Yes. All participants are required to participate in a bio-mechanical assessment conducted by The Sharks Medical Centre biokineticist before starting the programme. He/she will advise if he/she is happy for you to participate in the programme and also of any limitations for you during the programme.

On the first day of the programme, another fitness test will be conducted on the field.

6. What sorts of exercises are included in the sessions?

The fitness programme includes basic exercises, such as jogging and walking around the field, push-ups, foam-rolling exercises, elastic band exercises and core exercises. It also includes drills such as ladder running, rope battles, touch rugby, and other fun games, for example, Stuck in the Mud, Sharkie Jack Knife etc. We also play fun and team-orientated exercise games.

7. What happens if it is raining on the day of programme?

We have a rainy day plan that takes place under cover.

8. Are there showering facilities?

Yes. We use the players' changing rooms.

9. Is there safe and secure parking?

Yes. Parking is inside Growthpoint KINGS PARK, adjacent to where the sessions take place.

10. Can I participate in the Tuesday and Thursday sessions as well as on another day of the week?

Yes. The session will be different, and remember that the times are as follows:

Tuesdays and Thursdays: 05:30 to 06:30

Mondays, Wednesdays and Fridays: 06:00 to 07:00

11. What happens if I can't make every session?

This is no problem other than the fact that we will miss you and look forward to your return.

12. Is there a place for me to leave my car keys while I participate in the session?

Yes. We have a safe box you can use.

13. Will I see some of The Sharks?

Maybe, depending on the time of their training sessions.