

The information requested on this form is collected pursuant to the School Act, notably Section 18, and the Freedom of Information and Protection of Privacy (FOIPP) Act. Information acquired through this form is restricted to Division personnel responsible for administering and teaching physical education programs. It is to be used for identifying possible safety and risk of injury concerns that may be associated with certain physical activities.

Individual schools should highlight various curricular physical education topics and identify unique programs that take students into the immediate community, e.g., cross-country running and skating are important components of the physical education program (this does not include downhill skiing, etc. which are bus trips requiring parent/guardian consent forms). Please be advised that these activities will take your child off the school grounds. Supervision will be provided. Schools should identify examples of intramural activities that may be offered to students during the school year.

Dear Parent/Guardian:

Vigorous physical activity is essential for normal, healthy growth and development. Growing bones and muscles require not only good nutrition, but also the stimulation of vigorous physical activity. Active participation in games, dance, gymnastics, individual and outdoor pursuits provide opportunities for students to gain the confidence necessary to pursue a physically active lifestyle. Physical education helps them understand and make decisions regarding personal fitness as well as develop an appreciation for the value of physical activity in their daily lives.

It is important that your child participate safely and comfortably in the physical education program. In your child's best interests, we recommend the following:

- » An annual medical examination.
- » Appropriate attire for safe participation (T-shirt, shorts or track pants and running shoes). Hanging jewellery must not be worn. Jewellery which cannot be removed and which presents a safety concern must be covered with tape.
- » The wearing of an eyeglass band and/or shatterproof lenses if your child wears glasses that cannot be removed during physical education activities.
- » The wearing of sun protection for all outdoor activities.
- » Safety inspection at home of any equipment brought to school for personal use in activity, e.g., skis, skates, helmets, etc.

Please complete the attached medical information form and have your child return it to his/her teacher. If you require further information, please contact the school.

Elements of Risk Notice

There is an element of risk in every athletic activity. The safety and well-being of students is a prime concern and attempts are made to manage the foreseeable risks inherent in physical activity by taking appropriate precautions.

However, due to the very nature of some activities, the risk of injury may increase. Injuries may range from minor sprains and strains to injuries more serious in nature.