



# St. Michael Catholic High School

## Elements of Risk Acknowledgement Form



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, fitness activities, sports and other related activities provides opportunities for students to gain the confidence necessary to pursue a physically active lifestyle. Physical education programs provide students with many opportunities to experience different aspects of fitness and to help them understand and make decisions regarding personal fitness and the value of physical activity in their daily lives.

On occasion, the physical education class may take part in an activity that takes the class off school property (ex: hiking the trails on the forestry property). Supervision will be provided. Be aware that any trip, which involves the need for the transportation of students, will require a separate consent form.

### Elements of Risk

The risk of injury exists in every athletic activity. However, due to the very nature of some activities, the risk of injury may increase. Injuries may range from minor sprains and strains to more serious injuries. The safety and well being of students is a prime concern and attempts are made to manage as effectively as possible, the foreseeable risks inherent in physical activities.

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

- A) An annual medical examination
- B) Appropriate attire for safe participation (T- shirt, athletic shorts or track pants, athletic shoes)
- C) Jewellery/watches must not be worn. Jewellery, which cannot be removed, must be taped.
- D) The wearing of an eyeglass band and/or shatterproof lenses if your child wears glasses which cannot be removed during physical activity.
- E) The wearing of sun protection for all outdoor activity.
- F) Safety inspection of all home equipment brought to school for use (ex. skis, skates, helmets).
- G) A Medical Information Sheet will be handed out in Homeroom this week. Please complete this form and have your child return it to his/her physical education teacher.

Please sign below to give your child permission to participate in the physical activity component of this Physical and Health Education Course. If you require further information, please contact the school at 258 - 7232.

Student Name: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_