

**DUFFERIN PEEL CATHOLIC DISTRICT SCHOOL BOARD  
PHYSICAL EDUCATION SAFETY GUIDELINES  
ELEMENTARY PHYSICAL EDUCATION CURRICULUM - ELEMENT OF RISK AND MEDICAL INFORMATION FORMS**

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 to increase the strength and skills necessary for a physically active lifestyle. Active participation in games, dance and gymnastics provides opportunities for students to discover and trust themselves and gain the confidence necessary to play and work cooperatively and competitively with their peers. Physical education programs at both the curricular and co-curricular level provide opportunities for students to experience the fitness feeling and to help them understand and make decisions regarding personal fitness and the value of physical activity in their daily lives.

**ELEMENTS OF RISK NOTICE**

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 activity.

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:

- a) An annual medical examination.
- b) Appropriate attire for safe participation (T-shirt, shorts or track pants and running shoes). Hanging jewelry must not be worn. Jewelry which cannot be removed and which presents a safety concern must be taped.
- c) The wearing of an eyeglass band and/or shatterproof lens if your child wears glasses which cannot be removed during physical education classes.
- d) The wearing of sun protection for all outdoor activities.
- e) Safety inspection at home of any equipment brought to school for personal use in class, e.g. skis, skates, helmets.

Please complete the Elements of Risk Notice and the Medical Information forms attached and have your child return them to his/her teacher. If you require further information, please contact the school.

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MEDICAL INFORMATION FORM
This form is to be completed for all students and returned to the classroom teacher.

Name of Student Grade Teacher

I would like to inform the school about these facts pertaining to my child's physical/medical condition related to his/her participation in Physical Education Curricular and Intramural Programs.

- 1. Please indicate if your son/daughter/ward has been subject to any of the following and provide pertinent details: epilepsy, diabetes, orthopedic problems, heart disorders, asthma, allergies; head or back conditions or injuries (in the past two years); arthritis/rheumatism; chronic nosebleeds; dizziness; fainting; headaches; dislocated shoulder; hernia; swollen, hypermobile or painful joints; trick or lock knee;
2. What medication(s) should the participant have on hand during the sport activity?
3. Does your son/daughter/ward wear a medical alert bracelet neck chain or carry a medical alert card?
4. Any other relevant medical condition that will require modification of the program:

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In signing this form, I acknowledge the element of risk information noted above for the Curricular.

Parent/Guardian Signature: Date:

Various curricular and intramural programs may take students into the immediate community to participate. e.g. in class cross country running, orienteering, soccer, softball, etc...at nearby community parks. For these activities the annual walking excursion form is sufficient for parent/guardian consent. Any curricular or intramural activity which requires transportation to an off-site location (downhill skiing, skating, bowling, camping, swimming etc...) parent/guardian consent forms will be required to take your child off the school grounds (see GAP Excursion Policy 801).

MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT: Personal information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the collection of personal information are to be directed to the School Principal.

If during the school year your child's medical information profile changes please notify the school.