

**DUFFERIN PEEL CATHOLIC DISTRICT SCHOOL BOARD
PHYSICAL EDUCATION SAFETY GUIDELINES
ELEMENTARY INTRAMURAL - REQUEST TO PARTICIPATE 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 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).
- c) Hanging jewelry must not be worn. Jewelry which cannot be removed and which presents a safety concern must be taped.
- e) The wearing of an eyeglass band and/or shatterproof lens if your child wears glasses which cannot be removed during intramurals.
- f) The wearing of sun protection for all outdoor activities.
- g) Safety inspection at home of any equipment brought to school for personal use in class, e.g. skis, skates, helmets.

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

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Name of Student _____ Grade _____ Teacher _____

The emphasis in the intramural program is maximum participation, fair play, teamwork and sportsmanship. The program is used to enhance and extend the Physical Education program in the classroom. Your child has indicated an interest in participating in _____ intramural program.

MEDICAL INFORMATION FORM

This form is to be completed for all students and returned to the classroom 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 or 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? _____

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3. Does your son/daughter/ward wear a medical alert bracelet _____ neck chain _____ or carry a medical alert card? _____

If yes, please specify what is written on it: _____

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 for the above Intramural Program

Parent/Guardian Signature: _____ Date: _____

Various 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 excursions form is sufficient for parent/guardian consent. Any intramural activity, which requires transportation to an off-site location (downhill skiing, skating, bowling, golf, etc...) parent/guardian consent forms (see GAP 801-Excursions) will be required to take your child off the school grounds.