



PHYSICAL ACTIVITIES INFORMATION AND INTRAMURAL INFORMATION/PERMISSION

2015 - 2016

Dear Parent/Guardian:

Physical activity is essential for 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 endurance necessary for a physically active lifestyle. Active participation in games, fitness activities, dance, gymnastics, and outdoor pursuits provides opportunities for students to discover and trust themselves and gain the confidence necessary to play and work co-operatively and competitively with their peers. At Lakeshore we will be using our field, dome and gym for various curricular, co-curricular and extra-curricular activities throughout the year.

During these activities, including stand-alone School sanctioned or Student Council events, charity and spirit events etc. students will participate in a variety of activities (e.g., soccer, dodgeball, basketball, floor hockey, volleyball, frisbee, baseball, lacrosse, cricket, touch football, stationary bikes and other games and physical activities etc.).

Students will also have the opportunity to choose to participate in intramural activities that are offered outside of classroom time (e.g., basketball, soccer, floor hockey, volleyball, touch football, frisbee, and other games and physical activities etc.). Permission is required for students to participate in intramural activities.

Please be advised that some Physical Education classes, Daily Physical Activity sessions, School sanctioned or Student Council events, charity and spirit events and intramural activities, such as cross-country running, power walking, etc., may take your child off the school grounds and into the immediate community. Supervision will be provided.

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. These injuries result from the nature of the activity and can occur without fault on either the part of the student, or the School Board or its employees or agents or the facility where the activity is taking place. The safety and well-being of students is a prime concern, and attempts are made to manage the foreseeable risks inherent in physical activity as effectively as possible.

It is important that your child participate safely and comfortably in the Physical Activities, Daily Physical Activity, School sanctioned or Student Council events, charity and spirit events and intramural programs. In your child's best interests, we recommend the following:

- a) Students should have an annual medical examination.
- b) Students should bring emergency medications (e.g., asthma inhalers) to Physical Education classes, Daily Physical Activity sessions, School sanctioned activities, charity and spirit events and intramural activities.
- c) Appropriate clothing should be worn for safe participation (e.g., T-shirt, shorts or track pants, and athletic running shoes appropriate for the environmental conditions). Jewellery must be removed, if possible. Jewellery that cannot be removed and that presents a safety concern (e.g., medical alert identification or religious requirement) must be taped, or the activity must be modified.
- d) An eyeglass band and shatter-resistant/shatterproof lens should be worn if your child wears glasses that cannot be removed during Physical Education classes, Daily Physical Activity sessions, School sanctioned activities, charity and spirit events and intramural activities.
- e) Attention should be paid to protection from environmental concerns (e.g., sun, hypothermia, dehydration, frostbite, and insect bites and stings).
- f) Safety inspection should be done at home of any equipment brought to school for personal use in class, in events and intramural activities (e.g., skis, skates, helmets etc.).
- g) When it is necessary to use a water bottle, students should use a personal water bottle that is not shared.
- h) Please provide information about any medical condition that could affect them during physical activity or that we should be aware of for the student's safety.

Use of Field, Dome, Gym during Lunch

Students are provided with the privilege of using our facilities, **when available**, during lunch hour but must adhere to all safety precautions as outlined above when doing so. As well they must not bring any food onto the field or into the gym. The facilities may be in use from time to time, or closed for various reasons. No general use is allowed at these times. Students may be asked to leave, and their privileges cut, if they misbehave or break any of the rules. Supervision on the field during lunch is minimal or not available and in the dome is limited to the doors and dismissal.

Please sign and return the Physical Activities Acknowledgement of Risk section below. If you anticipate that your child/ward will be participating in intramural activities, please also sign and return the Intramurals Activities Permission section.

Name of Student: _____ Grade: _____

Homeform: _____

PHYSICAL ACTIVITIES ACKNOWLEDGEMENT OF RISK

In signing this form, I acknowledge the information about the elements of risk noted in the letter attached to this form. I/we also acknowledge that some Physical activities, including Daily Physical Activity sessions, will occur in the immediate community.

Name of Parent/Guardian: _____
(please print)

Signature of Parent/Guardian: _____ Date: _____

Name of Student: _____ Grade/Class _____

INTRAMURAL ACTIVITIES PERMISSION

I/we give permission for my child/ward, _____, to participate in intramural activities. I acknowledge the information about the elements of risk noted in the letter attached to this form. I also acknowledge that some activities may occur in the immediate community.

Name of Parent/Guardian: _____ (please print)

Signature of Parent/Guardian: _____ Date: _____