



## Permission and Acknowledgement of Risk – School, Physical Education, Off-Site Activities, Intramurals

F 6-08A

Dear Parent/Guardian:

Pembina Hills School Division is committed to the health, safety and overall well-being of its students and staff. Students and staff who are supported in a healthy environment are better able to fulfill the Division's education goals.

Students in our schools participate in daily physical activity including playground time, school based sports activities, intramurals, field trips and walking to and from buses. During any activity but especially activities where collisions can occur, students are at a risk for concussions. Educators and school staff play a crucial role in the identification of a suspected concussion as well as the ongoing monitoring and management of a student with a concussion.

### **In the interest of safety, students MUST:**

1. For physical education classes and intramural activities: wear appropriate attire for safe participation (e.g. T-shirt, shorts or track pants). Running shoes that provide good support and traction are a minimum requirement.
2. Hanging jewelry (e.g. necklaces, hoop earrings) must not be worn. In many activities (e.g. tag games, climbing, etc.) no jewelry can be worn. Jewelry which cannot be removed and which presents a safety concern (e.g. medical alert identification, religious requirement jewelry) must be taped or securely covered.
3. For the daily physical activities: wear appropriate running shoes and loose-fitting clothing that will not inhibit movement.

### **In the interest of safety, we strongly recommend:**

1. Students have an annual medical examination.
2. Students bring their emergency medications to all curricular and co-curricular physical activities.
3. Students remove eyeglasses during daily physical activity, physical education classes and intramurals. If eyeglasses cannot be removed, the students must wear an eyeglass strap or shatterproof lenses.
4. Students wear/apply environmental protection for all outdoor activities (e.g. sunscreen, hat, insect repellent).
5. A safety inspection is carried out at home of any equipment brought to school for personal use in class, or in intramural/club activities (e.g. skis, skates, helmets).

### **Notification of AP 60-08 Concussion Protocol**

Should your son/daughter/ward sustain an injury where a concussion is suspected then Administrative Procedure (AP) 60-08 Concussion Protocol must be followed.

If your son/daughter/ward is diagnosed with a concussion, Form 60-08D Documentation of Concussion Monitoring – Medical Examination must be completed and AP 60-08 Concussion Protocol must be followed before the student returns to physical education classes and intramural/ club activities.

For further information, please contact the school principal.

**Elements at Risk**

The risk of injury exists in every athletic activity. Falls, collisions and other incidents may occur and cause injury. 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 affecting the head, neck or back. Some injuries can lead to paralysis or prove to be life-threatening.

These injuries result from the nature of the activity and can occur without fault on either the part of the student, the school board or its employees/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, as effectively as possible, the foreseeable risks inherent in physical activity.

A student choosing to participate in physical activities assumes the risk of an injury occurring. The chances of an injury can be reduced by carefully following instructions at all times while engaged in the activity.

Please call the school to discuss safety concerns related to any physical activity in which your child/ward is participating.

**Declaration**

I have read and acknowledge the above activity and risk disclosure information provided to me about the school, physical education, off-site activities, intramurals, and club activities my son/daughter/ward will participate in.

I give my permission for my son/daughter/ward \_\_\_\_\_ to participate in the school, physical education, off-site activities, intramurals & club activities.

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

Please Print Name: \_\_\_\_\_ Date: \_\_\_\_\_