



## APH027-07 INFORMED CONSENT / PERMISSION FORM FOR INTRAMURALS

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, intramural activities provides opportunities for students to develop the skills and confidence necessary to play and work co-operatively and competitively with their peers.

Some examples of the types of intramural activities that may be offered this school year include:

### 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 (e.g. concussion). 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. Please call the school to discuss safety concerns related to any physical activity in which your child/ward is participating.

### In the interest of safety:

1. Students must wear appropriate attire for safe participation — running shoes with a flat rubber treaded sole which are secured to the foot are a minimum requirement along with appropriate clothing for the physical activity (e.g., shorts or sweat pants and t-shirt/sweat shirt).
2. For intramural activities:
  - a. Certain types of jewelry can pose a hazard and cause injury to the wearer and/or other participants during intramural physical activity. Students must comply with the instructions of the teacher/supervisor, following board/school procedures, when requested to remove jewelry.
  - b. Medic alert identification and religious articles of faith that cannot be removed must be taped or securely covered.
3. Students must bring emergency medications (e.g., asthma inhalers, epinephrine auto injectors) to all intramural activities.

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Name of Teacher: \_\_\_\_\_

### Elements of Risk Notice:

I acknowledge and have read the Elements of Risk notice.

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

### Intramural Activities/Clubs Permission:

I give permission for my child/ward to participate in intramural activities/clubs.

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