**ELMVALE DISTRICT HIGH SCHOOL**

**HEALTHY ACTIVE LIVING**

**Parents:**

Your son/daughter is a student in the Healthy Active Living course offered at Elmvale District High School. On several occasions during the semester, students will have the opportunity to leave the school grounds as a class or in small groups to engage in a variety of physical activities that can’t be offered on the school property when students do not have access to the gym. Students are expected to walk/run to and from any off-site programming. Travel by automobile is NOT permitted. Activity programs such as the ones listed below involve certain elements of risk and may result in injury.

**Some of these activities could include:**

* Running the Heritage Park 5 km jogging circuit
* Fitness/weight training at the Elmvale Arena
* Bowling at Springwater Lanes
* Tennis, skating or slow pitch at the Arena grounds.
* Hill running at Homer Barrett Park.

It is important to be aware that, while students will be supervised during these activities, **the nature of these activities could result in a teacher not being able to provide constant visual supervision of all students at all times**. Examples of these types of activity could be students running the Heritage Park trail in groups of 2-4 to fulfill their own personal fitness goals or travelling to the arena fitness centre or rink to participate in class activities.

To ensure that your son/daughter is able to participate fully in these activities, some basic safety rules are necessary and will be enforced. **Students will be expected to use the sidewalks at all times when available, cross any roads only after ensuring safe crossing is possible, and act in a mature and reasonable manner at all times when off school property, wait for teacher supervision when arriving at arena/fitness centre and follow class rules for hall use at the end of the period.** Any student who is not willing to follow these basic safety rules will not be allowed to participate in future events and will be expected to complete alternative assignments.

After having reviewed the basic behaviour expectations with your son/daughter, please sign below if you will allow your son/daughter to participate in these off school activities during the semester.

**ACKNOWLEDGEMENT and PERMISSION**

**We have read and discussed the above information. We understand that participating in any activities off school property such as the ones described above, we are assuming the risks associated with doing so.**

**I will allow my son/daughter to participate in Healthy living activities that occur off the school premises during the semester.**

Student: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_

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

(Students under 18 years of age)