

12 October 2017

Dear Parent/ Carer

Cross Fit Training Centre - Thursday 19 October 2017

As part of your child's BTEC Sport course, we will be visiting a CrossFit training centre and taking part in a fitness session. Students will attend form fitness, where they will be taught by specialised strength and conditioning coaches. This will give your child the opportunity to have an insight to a unique fitness centre and take part in personalised fitness sessions. During the visit students will develop their understanding of training methods, which will support the content of the BTEC course. This exciting opportunity will take place on Thursday 19 October, in their BTEC lesson.

In order for us to keep you informed and to ensure the safeguarding of your child, please read this consent form carefully and then sign and return it to the school. Please note that without this consent form we will be unable to allow your child to participate in this event.

1. This will involve transportation by the school mini bus, students are expected to remain seated with their seat belts fastened and to behave sensibly at all times.
2. Parents/guardians must ensure that we have up to date contact and medical details.
3. In the event of a serious injury, requiring hospital treatment, parents will be contacted as soon as possible by the group leader and given all the relevant facts. The priority will always be to get treatment for the child.
4. For minor injuries, first aid treatment will be administered by an appropriate person and the student will be brought back to school with the team.

If you have any queries, please direct these to the head of PE at the school.

Yours sincerely

Miss C Rhodes

Curriculum Leader for Physical Education

Cross Fit Training Centre Visits – Thursday 19 October 2017

I am the parent/guardian of _____ in class _____ .

My son/daughter has the following medical issues _____

I have read this blanket consent form carefully and understand that I am giving my consent for my child to participate in the specified sports event.

I understand the procedures detailed above and will regularly check my child's planner for details of fixtures dates and times.

Signed _____ Print _____ Date _____