

September 23, 2011

Dear Parents/Guardian:

I am writing this letter to give you more specific information about the gymnastics program at Hall's Prairie which is starting Tuesday, October 4th and will be held every Tuesday and Thursday morning from 8:15 to 8:45. (Please do not send your child any earlier than the 8:15 start time as there is no supervision). It is recreational gymnastics, the emphasis focusing on fun while building confidence, coordination, flexibility and strength.

The activities that we are learning or are working towards learning include: cartwheels, baby cartwheels, walking up the walls, teddy bear stands, headstands, forward rolls, backward rolls, shoulder rolls, straddle rolls, no handed rolls, dive rolls, two people rolls, front walkovers, back walkovers, back bends, handstands, handstand forward roll and backward roll to handstand. We always warm up before each session by playing chasing games, such as octopus tag and dodge ball with soft kicks.

Eventually I may be teaching some of the advance students front handspring, back handspring and progressions to front and back handsprings.

At times we may be using the ropes to climb, swing and do rotations. We also may eventually use the benches to do walking, kicks, turns, cartwheels and handstands.

Children participating in gymnastics should bring proper gym attire such as shorts or exercise pants. Please ensure your child is not wearing any jewellery.

If you have any questions, please feel free to ask me. I would be happy to clarify any questions you may have about the activities in the classes. Parents/Guardians are welcome to stay and watch.

Thank you.

Sarah Neff
Community Gymnastics Coordinator

If you would like your child to participate in the gymnastics program, please return the permission form below and the Informed Consent Release of Liability Form to the school by Friday, September 30, 2011



I consent for my child, _____ in Division _____ to participate in the gymnastics program on Tuesday and Thursdays, from 8:15 to 8:45 a.m. I understand that the classes will be run by a member of our community.

Parent's Signature

Phone Number



**INFORMED CONSENT AND RELEASE OF LIABILITY
To Be Completed For High Risk Activities**

_____ (the "Activity")

(Describe Activity)

To: The Board of Education of School District No. 36 (Surrey) and its officials, employees, teachers and agents (collectively and individually, the "Board")

STUDENT:

In consideration of the Board permitting me to participate in the Activity,

I _____ (the "Student") state as follows:

1. I have discussed with my parent(s)/guardian their expectations, and the Board's expectations, of my behaviour during the Activity.
2. I understand and agree to abide by the School's Code of Conduct and any other rules that are set out for this Activity.
3. I agree to cooperate with, and follow the directions given to me by, any of the Activity's supervisors for the entire duration of the Activity.
4. I have discussed with my parent(s)/guardian the significance of the declaration I am making by signing below.

Student

Date

PARENT(S)/GUARDIAN:

I _____ (the "Parent(s)/Guardian") am the parent(s)/guardian of the Student. In consideration of the Board permitting the Student to participate in the Activity, I agree as follows:

1. I have read and understand the materials provided to me by the Board outlining the Activity and agree the Activity is appropriate for the Student. I hereby give my consent for the Student to participate in the Activity.
2. I represent to the Board that the Student is medically fit to participate in the Activity. I have informed the Student not to participate further if he/she feels anything to be unsafe.
3. I hereby agree that I shall pay any and all financial obligations, loss or claims for compensation that the Board may suffer or incur in any way as a result of the Student's participation in the Activity.
4. I hereby waive any and all legal rights that I may have now or in the future and release from liability and agree not to sue the Board for any loss or damage that I may suffer as a result of the Student's participation in the Activity.
5. I recognize releasing the Board from liability prevents me from claiming for money from the Board.
6. I represent that I have discussed with the Student my expectations, the Board's expectations, and the risks and consequences of injury. I accept and assume all these risks and the consequences and freely choose to permit the Student to participate in the Activity regardless.
7. I hereby agree that it is my responsibility to arrange insurance to cover any loss or damage the Student may suffer, or liability I may incur, as a result of the Student's participation in the Activity.

Parent(s)/Guardian

Parent(s)/Guardian

Date