

# Grade 10 Physical Education/Health Education Parental Consent Form (Students Under age of 18)



## Manitoba Education

A student who is under the age of 18 cannot be registered in the Grade 10 Physical Education/Health Education distance learning course unless this form is completed. Please return **the completed** form with the course registration form and payment for the course.

The purpose of this form is to obtain the following:

1. **Parental Consent:** Parents\* agree to have their child enroll and participate in this course, which includes the study of potentially sensitive content and participation in selected physical activities. They also agree to ensure that the risks and safety guidelines and standards related to their child's chosen physical activities for this course are followed.
2. **Release by Parent:** Parents agree not to sue for any injury, death, damage, or loss caused by any act or failure to act resulting their child's participation in this course.
3. **Indemnification by Parent:** Parents give assurance of protection against claims or liabilities resulting from any act or failure to act by their child while he/she is participating in this course.

\* The term "parents" refers to both parents and guardians and is used with the recognition that in some cases only one parent may be involved in a child's education.

### 1. Parental Consent

- I am aware that this course contains sensitive content in Module 8: Substance Use and Abuse Prevention and I consent to have my child study this module.
- I am aware that I have the option of allowing my child to complete either the regular lesson and assignment (Lesson 4A) in Module 10: Human Sexuality or the alternate lesson and assignment (Lesson 4B) in the same module.
- I will consider my child's mental and physical condition, and the risks and suitability to him/her of his/her chosen physical activities for this course.
- I understand that there is a risk of injury associated with all types of physical activity. I will review the safety guidelines recommended for the physical activities chosen by my child in Appendices D and E of *OUT-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education (2008)* and will discuss them with my child. I understand that the recommended safety guidelines are believed to reflect best practice and are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities). I may deem my child sufficiently trained and competent to adapt the guidelines. On the other hand, in the case of organized programs, instructors/coaches/program leaders of OUT-or-class physical activities may impose more stringent safety standards. I also understand that my child will be required to demonstrate the specific safety outcomes of his/her chosen physical activities for this course.
- I will be responsible for ensuring, to the extent reasonably possible, that the facilities, the equipment, and the level of instruction and/or supervision to be used by my child for his/her chosen activities meet the recommended safety standards as is appropriate to his/her chosen activities for this course.
- I will encourage my child to abide by the recommended safety guidelines as is appropriate for his/her chosen physical activities for this course and any other more stringent safety standards imposed by his/her instructors, coaches, or program leaders while he/she is participating in his/her chosen physical activities for this course to ensure, to the extent reasonably possible, that no one is injured and no property is damaged or lost by reason of my child's participation in this course.

### 2. Release by Parent

- In consideration for my child being permitted to enroll and participate in this course, I release and agree not to sue Manitoba Education for any injury (or death) or damage to or loss of property sustained by my child, whether such injury, death, damage, or loss is partly or fully caused by any act or failure to act (including, without limitation, negligence), resulting from my child's participation in this course. This includes its officers, employees, or agents and, where my child attends school, the school division/district, its officers, employees, or agents. I also agree that this release and agreement not to sue will bind my heirs, executors, administrators, and assigns.

### 3. Indemnification by Parent

- I will indemnify and save harmless Manitoba Education, its officers, employees, or agents and, where my child attends school, the school division/district, its officers, employees, or agents, from any and all claims, liabilities, and demands of any kind which may be brought against them and for which it/they may become liable by reason of any injury (or death) or damage to or loss of property resulting from any act or failure to act (including, without limitation, negligence) by my child while he/she is participating in this course.

I have read, understand, and agree with the above statements.

Parent/Guardian Signature (if student is under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_

### Safety Guidelines for Physical Activity in Manitoba Schools

Safety is paramount when participating in any physical activity. You and your child will need to consider the nature and risk level of the physical activity (e.g., skateboarding, swimming) in determining whether the physical activity is suited to your child and, if so, the level of supervision required by you or another adult. Taking responsibility for your child's safety is a very important part of this course. Always think **safety first**. You and your child can use the following checklist before he/she participates in any physical activity:

- Do you and your child understand the safety rules related to the physical activity?
- Is the activity suitable to your child's age, ability, and physical condition?
- Is the activity suitable for any medical conditions that your child might have?
- Do you and your child understand the correct form or technique of the exercises or skills he/she needs to practice?
- Do you and your child understand the risks associated with the physical activity and ways to avoid the dangers?
- Is the equipment to be used by your child suitable and in good condition?
- Is the facility or playing area to be used by your child safe?
- Will appropriate instruction and/or supervision be provided to your child in light of the danger or risk associated with the physical activity?
- Has your child discussed his/her choice of physical activities with you and his/her tutor/marker for this course?

### Resource

- For a copy of the safety guidelines contained in Appendices D and E of *OUT-of-Class Safety Handbook: A Resource for Grades 9 to 12 Physical Education/Health Education (2008)*, go to <[www.edu.gov.mb.ca/k12/dl/downloads/](http://www.edu.gov.mb.ca/k12/dl/downloads/)>. If you do not have access to the Internet, contact the Independent Study Option at 1-800-465-9915 and request a print copy.

### Student Information (to be completed by parent)

\_\_\_\_\_  
Student's Legal Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Middle Initial

\_\_\_\_\_  
Address City/Town Postal Code

\_\_\_\_\_  
List any medical conditions that may affect your child's ability to take part in physical activities (e.g., diabetes, asthma, etc.).

### Notice about Collection of Personal Health Information

I understand that the School Programs Division, Instruction, Curriculum and Assessment Branch, Distance Learning Unit (School Programs Division) is collecting the above-mentioned personal health information about my child from me and, where my child attends school, from the school, for the purpose of delivering the Grade 10 Physical Education/Health Education distance learning course to him/her, and I understand that the personal information is being collected under the authority of subsection 13(1) of *The Personal Health Information Act* of Manitoba. I also understand that the personal health information about my child being collected by the School Programs Division is protected by *The Personal Health Information Act*. If I have any questions about the collection of my child's personal health information by the School Programs Division, I should contact the Distance Learning Unit Coordinator, 555 Main Street, Winkler MB R6W 1C4 (toll-free: 1-800-465-9915).

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

Date \_\_\_\_\_

## Grade 10 Physical Education/Health Education

- This course requires a minimum of four months to complete due to the written assignments/exam and 55 hours of physical activity (approximately 4.5 hrs/week) that must be logged during the approved 12 week physical activity plan. Each 4 week log must contain a minimum of 18 hours.
- You can only be registered in one Physical Education/Health Education course at a time.



### Module 1 – Assignment 1.3

This assignment **REQUIRES** a mandatory phone conversation with your tutor marker to discuss and approve the physical activity plan. The plan will guide you in completing the required 55 hours of physical activity. Hours will not be accepted if this phone conversation has not occurred.

- The Physical activity logs/plans must be completed during the period of enrollment and after the phone conversation has occurred.