

OVER 18 FORM

A student who is 18 years of age or older must complete this form to obtain credit for participation in out-of-class physical activities as part of the physical education/health education credit for grades 9 to 12. Please return the completed form to the teacher of this course.

STUDENT DECLARATION

- (1) I understand that the additional new activities I have chosen for the out-of-class component of this course have been accepted by the physical education/health education teacher of this course as indicated on my revised Personal Physical Activity Plan (attached).
- (2) I have reviewed the recommended safety guidelines for the additional new activities I have chosen. (Recommended safety guidelines are available online at Manitoba, Education, Citizenship and Youth website <http://www.edu.gov.mb.ca/k12/cur/physhlth/out-of-class/index.html>, Appendix D)
- (3) 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 consider myself sufficiently trained and competent to adapt the guidelines. In the case of organized programs, instructors, coaches or program leaders of out-of-class physical activities may impose more stringent safety standards.
- (4) I am aware that divisional personnel will not inspect the facilities or equipment I will be using for the non-school-based physical, and I will be responsible for ensuring, to the extent reasonably possible, that they meet the recommended safety standards as is appropriate for the non-school-based physical activities I may have chosen for this course.
- (5) I am aware that divisional personnel will not be present or in any way involved in supervising me while I participate in the non-school-based physical activities I may have chosen for the out-of-class component of this course, and I will be responsible for ensuring that I receive the level of instruction and/or supervision, while participating in non-school-based physical activities, appropriate to my chosen activities.
- (6) I will abide by the recommended safety guidelines as is appropriate for the additional new activities I have chosen for the out-of-class component of this course and any other more stringent safety standards imposed by instructors, coaches, or program leaders while I am participating in my chosen physical activities for the out-of-class component to the extent reasonably possible, that no one is injured and no property is damaged or lost as a result of my participation in the out-of-class component of this course.
- (7) I understand that I will be responsible for any and all fees that may result from my participation in the additional new activities I have chosen for the out-of-class component of this course.
- (8) I have considered my mental and physical condition, and the risks and suitability for me of the additional new activities I have chosen for the out-of-class component of this course.

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

Student's Legal Last Name

First Name

Middle Initial

Student Signature

Date