



# WEST KILDONAN COLLEGIATE

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Howard Kowalchuk, Principal  
Peter Krahn, Vice-Principal  
Yolanda Buchberger, Vice-Principal

Dear Parent/Guardian:

Vigorous physical activity is essential for normal, healthy growth and development. Growing bones and muscles require not only good nutrition, but also the stimulation of physical activity. The West Kildonan Fitness Room gives opportunities for the students to make healthy decisions regarding personal fitness; valuing physical activity in their daily lives.

**The risk of injury exists in every athletic environment. Injuries may range from minor sprains and strains to more serious injuries affecting the head, neck or back. Some injuries can lead to paralysis or prove to be life-threatening. These injuries result from the nature of the activity and can occur without fault on either the part of the student, or the school board, or its employees, or agents or the facility where the activity is taking place. The chances of an injury occurring can be reduced by carefully completing the Safety Techniques PowerPoint/Test and by following instructions at all times in the Fitness Room. West Kildonan Collegiate attempts to manage, as effectively as possible, the risk involved for students while utilizing in the fitness room.**

It is important that your child participate safely and comfortably in the Fitness Room. In your child's best interests, we recommend the following;

- a) An annual medical examination
- b) Appropriate attire for safe participation. Hanging Jewelry must not be worn.

**Improper use of equipment and foolish behavior will result in the student's pass being taken away, due to safety concerns.**

In signing this form, I acknowledge the element of risks involved and give permission for

\_\_\_\_\_ (name of student) to use the West Kildonan Collegiate Weight Room facility.

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

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

Date: \_\_\_\_\_