

KOTARA HIGH SCHOOL

UBF FITNESS PERMISSION NOTE



The Kotara High School Sports Program offers its students a variety of activities, some of which require leaving the school grounds. Parental permission is required when leaving the school to firstly participate in the activity and secondly for the bus travel involved. This note also includes a commitment to pay the weekly fee.

I give my Son/Daughter _____ of Year _____ permission to participate
in the sport of _____ for Term _____ 2022.

I understand that a weekly fee of \$10.00 is required to be paid to the venue each week. I am also prepared to pay the \$30 bus fare by the first week of sport.

The activity will be conducted at Urban Base Fitness (UBF), Gateshead.

I acknowledge that my child will be participating in strenuous activity using UBF Fitness gym facilities and equipment. This may include resistance and cardio training using free weights, mechanical equipment and mechanical systems. I am aware that this activity involves some risks.

I also understand that for legal/safety reasons a waiver form must also be completed prior to participation. If this note is not returned before sport commences, or if my son/daughter is not wearing the correct sports equipment or they do not have the weekly fee, they may be unable to participate but will still be under the supervision of their sport teacher and attend the venue.

To the best of my knowledge my child has no medical condition, disability or injury which puts him/her at risk in participating in this activity. (NB: if there is please inform the supervising teacher). All relevant medical information regarding my child has been submitted to the Front Office at the school.

In the event of illness or injury, I authorise the seeking of such medical assistance on my behalf that my child might require. I also give permission for my child to travel to and from the venue.

Parent/Guardian signature: _____ Date _____

Medical Conditions: _____

Please return this note AND WAIVER FORM prior to the sport commencing.