



# INFORMED CONSENT FORM LOW-RISK GYM ACTIVITIES

*This form may be used to cover more than one activity in a single excursion.  
If combining activities, you will need to identify or combine the risks of each activity. However,  
should the activities be completely different, you may be required to have parents sign off on  
multiple forms.*

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by  
parents/guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: \_\_\_\_\_ School Name: H.E. Bourgoin Middle School

Location: Bonnyville Centennial Centre (Gym Start Program & Fitness) Start/Departure Time: 8:40 am

Grade/Class: 7/8 ROK Sports and Wellness End/Return Time: 10:15 am

Teacher/Supervisor in Charge: Mrs. Chick Date: Dec 8, 15, 22, Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 16, 23

***Please note there is a \$30 charge for this ROK Sport that will be attached to SchoolCash upon return of this form. This includes a 10 punch pass for the C2 as well as training facility availability and access to the Gym Start program. Please complete all attached documents and read thoroughly.***

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual in Gymnasium activities, classes, and events sponsored or organized by Northern Lights Public Schools (the "Organization"), the Gymnasium activities may include, but are not limited to: running, jumping, stretching, the use of different kinds of equipment, different types of games, training, orientational or instructional sessions or lessons, (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent/Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent/Guardian's Name: \_\_\_\_\_

**Description of Risks**

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
    - A. Contracting COVID-19 or any other contagious disease;
    - B. Improper technique resulting in injury to arm, hand, shoulder, knee, hip, back, wrist, arm or any other part of the physical body;
    - C. Executing strenuous and demanding physical techniques;
    - D. Exerting and stretching various muscle groups;
    - E. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment, resulting in injury;
    - F. Abrasions, sprains, strains, fractures, or dislocations from slips, trips, or falls;
    - G. Privacy breaches, hacking, technology malfunction or damage;
    - H. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma from slips, trips, falls, collisions, or flying objects;
    - I. Physical contact with other Individuals, spectators, equipment, and other hazards;
    - J. Not wearing appropriate attire or footwear;
    - K. Failure to act safely or within the Individual's ability or within designated areas;
    - L. Negligence of other persons, including other spectators, Individuals, or employees;
    - M. Extreme weather conditions;
    - N. Travel to and from events which are an integral part of the Activities
  4. The Parties understand and acknowledge that:
    - A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;
    - B. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
    - C. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
    - D. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in
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place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:
  - A. That the Individual's mental and physical condition is appropriate to participate in the Activities;
  - B. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
  - C. To comply with the rules and regulations for participation in the Activities including the Safety Guidelines for Physical Activity in Alberta Schools as enforced by the RESPONSIBLE PERSON in their club/team/cohort;
  - D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities
  - E. To comply with the rules of the facility or equipment;
  - F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
  - G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury, and the Individual agrees not to participate if impaired in any way;
  - H. That it is the Individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - I. That COVID-19 and all other communicable diseases are contagious in nature and the Individual may be exposed to or infected by COVID-19 or any other communicable disease, including communicable disease exposures arising out of supervision, instructions, recommendations, warnings or advice given or which should have been given, and such exposure may result in personal injury, illness, permanent disability or death, and voluntarily agree to assume all of the foregoing risks;
  - J. That the Parties acknowledge that they have considered and disclosed to the School Board all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to safely participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.
6. In consideration of the Organization allowing the Individual to participate, the Parties agree:

- A. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- B. That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities

### General

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

### Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

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Name of Individual

(print)

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Signature of Individual

(For students 18 years of age or older)

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Date

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Name of Parent / Guardian

(print)

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Signature of Parent / Guardian

(For students under 18 years old)

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Date

*The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or Northern Lights Public Schools' FOIP Coordinator, Brad Williams.*