



Dear parents / guardians:

August 30th, 2024

We are pleased that your child has taken an interest in École Broxton Park School's Fusion Cross Country Program. Our season kicks off right away, with our first practice and race taking place in the second week of school. Please ensure this form is completed and returned, no later than Thursday, September 5 th.

**Practice Information for Grade 5 to 9 Students:** Cross Country practices will be held on Friday's at lunch break. Students will meet Friday's @ 12:30 pm in the small gym, where we will start our practices. We will be practicing on the school field, as well as on the paths and fields around the neighborhood. This may include locations such as Participark and Hamburger hill. Please sign the off-grounds permission slip attached to this form in order for your child to participate. Our first practice will be on September 13th.

**Race Information:** Races will take place at different schools across Parkland School Division on Thursdays. Students in Kindergarten to Grade 4 need to be there at 4:00pm because races start at 4:15 pm, with the youngest athletes competing first. I.e. the 2019 girls and boys run first, followed by the 2018s, then the 2020s and so on. Students in Grade 5 to Grade 9 need to be there at 4:45pm because their races start @ 5pm. At races, parents are responsible for the supervision of their students, and families can leave once their child has finished running. Student race times vary depending on the age of students, and the number of athletes running. This means that we are not able to predict when your child will be done with their race.

When you arrive at a race, find the Fusion coach under the Broxton Park flag to check-in and receive your name tag. Next, find your child's running group (organized based on birth year and gender) and wait until it is their time to run.

**Optional T-Shirt Information:** Runners can order Fusion Athletics Cross Country T-shirt to wear to races. The cost of this shirt is \$10.00 and it will be added to the total cost of your race fees. Please circle your child's T-shirt size in the table on the next page. With the quick turn-around of the season, we expect a slight delay in the printing of our shirts. If the shirts are not ready by our first race, we will be distributing Fusion pinnies that students will have to return at the end of each race day.

Below is a list of race dates and locations, as well as a guide for your race and t-shirt fees. Once your form has been returned, your fees will be uploaded to Powerschool.

<b>Student NAME:</b>		
<b>Student Date of Birth:</b>		
<b>Date</b>	<b>Location</b>	<b>Mark if planning to attend so we can make labels</b>
Sept 12th	Forest Green	
Sept 19th	Woodhaven	
Oct 3rd	High Park	
Oct 10th	Meridian Heights	
Oct 17th	Prescott @ Jubilee	
<b>Unisex Child T-shirt Size:</b> XS S M L XL <b>Unisex Adult T-shirt Size:</b> XS S M L XL	<b>Fee for Cross Country Running Club: \$25</b> <b>T-Shirt Fee: + \$10.00</b> <b>Total cost: =</b>	

**Fees must be paid prior to September 12th and there will be no refunds if a student is not able to attend the races.** Please respect our coach's time, please ensure your form is submitted by Wednesday, September 13th.

If you have any questions or concerns please don't hesitate to contact [trish.spink@psd.ca](mailto:trish.spink@psd.ca) or [jessica.middleton@psd.ca](mailto:jessica.middleton@psd.ca)

Sincerely,

Fusion Athletics Department



## Parental/Guardian Permission

Dear Parents and/or Guardians,

The staff of École Broxton Park School prioritize the safety and well-being of all students during off-site activities, and we make every effort to ensure each off-site activity is both educational and secure. However, it's important for parents and guardians to understand that, despite our meticulous planning and precautionary measures, there are inherent risks associated with any outing or excursion. While we anticipate and prepare for many potential scenarios, not all risks are foreseeable.

By allowing your child to participate, and by signing this form, we ask that you acknowledge and understand this inherent uncertainty, and trust in our commitment to manage and respond to any challenges that may arise. Please help us in reinforcing the necessity to adhere to all codes of conduct, so that we can continue to enjoy off-site activities at this venue in the future.

### **Physical Risks to Students:**

- **Muscle Activity:** Engaging in these exercises may involve exerting and stretching various muscle groups at different intensities.
- **Potential Injuries:** Though rare, there is the possibility of abrasions, sprains, strains, fractures, or dislocations.
- **Physical Interactions:** Activities might occasionally involve contact with others, spectators, equipment, or hazards in the area.

### **Environmental Risks to Students:**

- **Safety Precautions:** There's a potential risk if students do not act safely, beyond their abilities, or outside designated zones.

- Surface Interactions: There's a chance of collisions with surfaces such as grass, turf, or walls, which might lead to minor injuries like rashes or bacterial infections.
- Equipment and Objects: Students may encounter or collide with various objects, including fences, poles, stands, and sports equipment.
- Other Individuals: Sometimes, unforeseen risks can emerge due to the actions or negligence of other individuals, be it spectators or unrelated persons.

Name of Student: \_\_\_\_\_

Date of Birth of Student: \_\_\_\_\_

**Field Trip:** School cross country practices which may require students to run off grounds in places such as Participark and Hamburger hill for training purposes.

Dates: Starting Friday September 13 to Ending on Friday October 11th.

**The student named above:**

- Has permission to partake in the Off site Cross country practices
- Does NOT have permission to partake in the Off site Cross Country practices

Medical conditions: \_\_\_\_\_

\_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Daytime phone number of parent/guardian: \_\_\_\_\_

Email address: \_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_

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