



## College Gymnasium - Permission Note and Pre-screening Form

Student Name..... (please print)

Age..... Current Year Group..... D.O.B \_\_\_/\_\_\_/\_\_\_

Height.....cm Weight.....kg

Has your son ever suffered from any of the following medical conditions? Please circle where appropriate.

- |                                     |   |   |
|-------------------------------------|---|---|
| 1. Diabetes.                        | Y | N |
| 2. Stress or High Blood Pressure.   | Y | N |
| 3. Asthma or Respiratory Illness.   | Y | N |
| 4. Heart or Chest Pains.            | Y | N |
| 5. Epilepsy, Fainting or Dizziness. | Y | N |
| 6. Arthritis.                       | Y | N |
| 7. Neck or Back Pain.               | Y | N |
| 8. Any other muscle or joint pain?  | Y | N |

Please specify: .....

Has a doctor ever advised your son against any form of exercise? Y N

If YES, please explain: .....

.....

Are you aware of any illness or injury or to your son, past or present, which may be aggravated by any form of exercise? Y N

If YES, please explain: .....

.....

How do you perceive your sons current level of fitness?

Low Average Good High

**If you have answered yes to any of the relevant questions above you will need to provide a current doctors letter of consent for your son to use the college gymnasium.**

***After reading the rules and regulations overleaf, please sign and return consent form and any accompanying documentation to the college.***

Student Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_

I give permission for my son/guardian \_\_\_\_\_ to use the ERC gymnasium under supervision by relevant staff members.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_





## Edmund Rice Centre Gymnasium

### Rules and Regulations

- 1. SAFETY & SUPERVISION:** All staff and students are responsible for maintaining a safe environment. Cooperation of everyone is necessary to ensure the Gymnasium operates properly.
- 2. PRESCREENING:** All students are required to complete a prescreening questionnaire and have a permission note signed by their parents before membership of the Gymnasium can be granted.
- 3. RESTRICTIONS:** Unauthorized use of the Gymnasium is strictly prohibited and should be reported to staff immediately. Anyone violating rules outlined in this document will jeopardize their membership of the Gymnasium.
- 4. INJURIES:** All injuries (minor & major) sustained within the Gymnasium must be reported to nearest staff member immediately. Any unsafe conditions or equipment must also be reported to a staff member immediately. Effective warm ups are essential prior to training. Spotters must be used at all times when using free weights
- 5. DISORDERLY/DISRUPTIVE CONDUCT:** The College staff will demand that unruly students leave the Gymnasium and report to "Time Out" if their conduct necessitates such action. This behavior may also be dealt with by the relevant year coordinator.
- 6. REVOCATION OF PRIVILEGES:** Failure to comply with the gymnasium rules may result in having your membership/privileges revoked. Privileges may be revoked for one to two days by College staff, with longer revocation of privileges for students pending a discussion with the relevant year coordinator.
- 7. SPORTS UNIFORM:** For hygiene purposes, personal safety and to prolong the life of the equipment in the Gymnasium, a change of shirt must be worn while using machines.
- 8. SHOES:** For safety purposes, closed-toed and closed-heeled athletic footwear is required in all areas of the Gymnasium.
- 9. TOWELS:** All students using Gymnasium are required to carry a towel to wipe and dry the machines/upholstery before and after using it. Disinfectant spray will also be provided to wipe all machines off after use.
- 10. FOOD AND WATER BOTTLES:** Clear, non-breakable, plastic, leak proof drinking containers, which contain **only** water, are allowed. Glass containers/bottles are strictly prohibited. Food is not permitted in any area of the ERC.

