



Crows Nest State School

Prep to Year 10

Athletics Permissions

Dear Parents/Carers,

Some rules have changed around the legal permission requirements for some of the activities we do during PE lessons and extra-curricular sports. Namely, DISCUS, JAVELIN and the FOSBURY FLOP high jump technique.

These activities are now deemed “High Risk” and therefore we need parental permission for students to be involved in these activities.

We always undertake these activities in a safe and controlled manner, adhering to all the requirements of the associated risk assessments and will continue to do so in the future so nothing has changed other than needing parental permission to do so.

Please sign the form overleaf (ticking high jump, discus and javelin) and hand back to the office, this information will go on file and you will not have to fill in this form again at Crow’s Nest State School.

Below we have provided for your information a brief overview of when we teach these activities at Crow’s Nest State School.

High Jump – Fosbury Flop	Discus	Javelin
<u>No classes</u> are taught the fosbury flop technique. Only students who show promise using the scissor technique are taught the fosbury flop technique in small groups during lunch time or after school.	Discus is introduced in Prep with foam discus’. By Year 2 students move to rubber discus’. 9 year olds and above compete in the Discus event at our school carnival with 10 years and above at representative carnivals if they meet the qualifying standards.	Javelin is introduced to students during Years 5-6 during PE lessons. 13 year olds and above compete in the Javelin event at our school carnival and at representative carnivals if they meet the qualifying standards.

Yours sincerely

Scott Edmunds
Principal



The Department of Education Curriculum Activity Risk Assessment (CARA) guidelines require parental/carer consent and a medical declaration in order for students to participate in high/extreme risk Track & Field events.

High Risk	High Jump* (Fosbury Flop technique) Discus Javelin (13-19 years)
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Parents/carers must complete the consent and medical declaration sections below (tick all relevant boxes). Students with an identified medical condition must also provide a medical clearance to participate.

Failure to submit the consent and medical declaration/clearance will result in the student being unable to participate (or use the Fosbury Flop technique) in the specific field event.

Student Details

Student's Name	
Date of Birth	
School	

Parent / Carer Consent

I, _____ (name of parent) understand the listed field events are considered as high/extreme risk. I give consent for my child (details above) to participate in the following event/s.

(tick each box relevant to your child)

HIGH JUMP (Fosbury Flop technique) DISCUS JAVELIN

Signature of Parent: _____ Date: _____

Parent / Carer Medical Declaration

I, _____ (name of parent) declare my child (details above) has **NO** identified medical condition/s that may impact their safety during participation in the following high/extreme risk field event/s.

(tick each box relevant to your child)

HIGH JUMP (Fosbury Flop technique) DISCUS JAVELIN

Signature of Parent: _____ Date: _____

Only complete the following section if your child has an identified medical condition and has been given medical clearance to participate in a specific field event.

I, _____ (name of parent) declare my child (details above) **DOES HAVE** an identified medical condition/s that may impact their safety during participation in high/extreme risk field event/s.

I have provided a medical certificate declaring my child is clear to participate in the following event/s.

(tick each box relevant to your child)

HIGH JUMP (Fosbury Flop technique) DISCUS JAVELIN

Signature of Parent: _____ Date: _____