



**Life Orientation: Letter of participation for parents**

Dear Parent

In an attempt to monitor the growth and development of pupils at Bishops College, the L.O. department utilises a High Performance fitness test battery that has been designed in consultation with medical experts. The aim of the tests will be to investigate a change in body size with physical performance for all pupils aged 13 to 18 years. The tests are free of charge, easy to administer, safe and time efficient. Testing will be administered during Life Orientation classes and open periods for grades 8 and 9, in the first and fourth school terms.

Fitness testing in children can serve a number of purposes, including identifying those in need of improvement and individual exercise prescription; self-monitoring and testing skills; cognitive and affective learning as testing and results will be incorporated into the school curriculum. Having access to this data will allow pupils to monitor their own physical development through adolescence into young adulthood. All parents will also receive a summary of how their son did in the tests and how he compares to the grade average. The data captured will be stored in a database and all changes monitored for your sons' period at the College. Your son's details and scores will be managed with confidentiality.

Tests will assess cardiovascular fitness; upper and lower body strength; and flexibility. Body size will be determined by measuring height, weight and waist circumference. There is little risk of injury, as anyone who is involved in any level of sport will be able to complete the tests. We will also be monitoring injury incidence.

In the unlikely event that your son be injured in any testing, a physiotherapist will assess the injury and refer him to the school doctor if necessary. If necessary, any soft tissue injury management as a result of the testing will be managed free of charge. If there is a pre-existing injury that prevents him from participating in the testing, he will not be tested, but participate in the recording of the tests.

We require your consent, as your son is younger than 18 years of age. Please sign the form below stating that you give your consent.

**Consent for L.O. fitness testing of grade 8 and 9 pupils:**

Name of pupil: .....Date: .....

I \_\_\_\_\_ have read the Information Sheet. I understand what is required of my son and why the testing is an important part of the Life Orientation curriculum. I give my permission for him to participate in the testing.

Signed: \_\_\_\_\_