

# OPEN GYM PERMISSION FORM

*A supervised opportunity for students to move, play, and practise skills*

**About Open Gym:** Open Gym is a voluntary, supervised program that gives students additional time to be physically active outside regular class. Students may practise movement skills, use approved equipment, and join inclusive recreational games. Activities will vary based on space, equipment, and supervision. For current Open Gym status or schedule changes, check the [ASPS HPE website](#).



SCAN FOR  
STATUS

## PROGRAM DETAILS

**Days / dates:** Monday-Friday

**Time:** 8:00-8:55 a.m.

**Location:** Gymnasium

**Eligible grades:** \_\_\_\_\_ 1-8 \_\_\_\_\_

**Supervising staff:** \_\_\_\_\_ Mr. Yu \_\_\_\_\_

**Return form by:** \_\_\_\_\_

## STUDENT INFORMATION

**Student name:** \_\_\_\_\_

**Grade / homeroom:** \_\_\_\_\_

**Parent/guardian name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## PARTICIPATION EXPECTATIONS

☐ Follow school and gym rules and all staff directions.

☐ Wear safe footwear and clothing suitable for physical activity.

☐ Use equipment safely and play respectfully with others.

☐ Report injuries, illness, or unsafe conditions right away.

☐ Participate only in approved activities and designated areas.

☐ Leave at the stated time and follow the arranged dismissal plan.

## HEALTH, SAFETY, AND EMERGENCY INFORMATION

**Medical conditions, allergies, injuries, or accommodations staff should know about:**

**Emergency contact (if different from above):** \_\_\_\_\_ **Phone:** \_\_\_\_\_

## PARENT/GUARDIAN CONSENT

☐ I have read the information above and give permission for my child to participate in Open Gym. I understand that physical activity involves some risk of injury, that participation is voluntary, and that staff will take reasonable safety precautions and follow school emergency procedures. I have provided relevant health information and will notify the school of any changes. I understand that unsafe or disrespectful behaviour may result in removal from the program.

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

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

**Student signature:** \_\_\_\_\_

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