

27<sup>th</sup> July 2019

Dear Parents/Carers

As we did last semester, in order to deepen knowledge levels your student's Cert III in Fitness class will be working through some of their practical competencies at Reebok Crossfit Gold Coast on Strathaird Road, Bundall. Students will be instructed in proper technique for a range of movements and equipment as well as how to structure sessions to achieve a range of outcomes for their clients. The class and accompanying teacher will walk to the venue on Fridays and then walk back to school following the session, in time for the next period.

There will no additional cost to the students for this regular excursion as the cost is part of the levy that is paid to be in the Cert III Fitness course.

These sessions will occur on Fridays most weeks throughout the rest of the school year. Students will be advised during the week if this practical session will take place at the gym or at school. They will need to meet at the hall at 11.30am sharp on Fridays. They must have their own towel and water bottle. They will wear full Benowa SHS sports uniform but may bring a shirt to change in to when we get to the venue. At the end of the session the class and accompanying teacher will walk back to school. Students will not be permitted to stop at shops or the service station at any stage therefore it is suggested that they pack suitable snacks to consume both pre and post workout.

**Venue:** Crossfit Reebok Gold Coast. Strathaird Road, Bundall  
**Dates:** Various Fridays throughout Semester 2  
**Time:** Meet at the hall at 11.30am  
**Transport:** Students will walk to and from the venue with the teacher  
**Essentials:** Towel and water bottle  
**Uniform:** Sports Uniform but may bring a change of shirt

Please note that the Department of Education, Training and the Arts **DOES NOT** have Personal Accident Insurance cover for students. Education Queensland has public liability cover for all approved school activities and provides compensation for students injured at school **ONLY when the Department is negligent**. If this is not the case then all costs associated with injury are the responsibility of the parent or caregiver. **Please complete the attached medical form indicating if there are any medical conditions or medications we need to be aware of for this excursion.**

Yours sincerely,

Ian Hutchison  
Head of Department

Mark Rickard  
Executive Principal

# CERT III in Fitness

COST: NIL

As parent / guardian of \_\_\_\_\_ Care \_\_\_\_\_

I give permission of my son/daughter to attend **Crossfit Reebok Gold Coast** in Semester 2 2019 to meet course requirements for their Cert III in Fitness and I understand that:

They will be walking to and from the venue with a teacher

They will be required to follow all instructions and safety procedures at all times

That Education Queensland rates weight training as a high risk activity and whilst there are inherent risks in any high intensity, weight training activities students will be properly instructed and supervised to manage and minimise these risks

**Education Queensland has public liability cover for all approved school activities and provides compensation for students injured at school only when the Department is negligent. If it is not the case then all costs associated with injury are the responsibility of the parent or caregiver.**

Are there any medical conditions/medication that we need to know about that might affect your student for this excursion.

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Emergency Contact name & number (during office hours):

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**PLEASE RETURN PERMISSION to Mr Hutchison  
By Friday 3<sup>rd</sup> August at the very latest**