

METAMORA CCSD #1

Home Of The Redbirds

Outdoor Recess Injury Waiver

Health and Physical Education

Students in all grades receive physical education daily. Students receive a grade of S or U. A request to be excused from PE due to illness or exceptional circumstances must be submitted in writing by the parents. Any student who must be excused longer than two days must have a doctor's written statement stating the length of excused absence. A student under doctor's excuse must obtain a written statement from the doctor before reentry into PE. In most cases, any student excused from physical education due to illness or injury will also be excused from recess, extracurricular practices, and extracurricular events.

However, we understand that at times, **students excused from PE in grades K-8** may need to be outside at recess to enjoy the weather or to get fresh air. We would like to be able to allow this without risking further injury to the student. Recess and student activity is unpredictable in general at this age.

With a parent signature, we will allow students excused from PE to be outside with restricted activity. The recess monitors on duty will be notified of the student with restricted activity and will direct the student. Students must remain on the blacktop and remain out of the pathway of other students who could potentially harm them. Students who choose to move around on the playground will be taking a risk of further injury to themselves.

If the weather does not allow for students to be outside, they should remain in the office instead of the gymnasium. This is for their protection, as the space in the gymnasium is confined.

Please sign this form, in order to give permission to your student who has a doctor's excuse to miss PE to be outdoors during recess. This signature indicates that you understand that allowing this could potentially cause further injury, but you still give permission. A student signature indicates that the student understands that he or she will comply with the rules and regulations set forth by the recess monitors and the principal regarding their outdoor activity. When giving permission to be outdoors during recess in no way affects participation in PE.

Student Name (Printed)

Student Signature

Today's Date

Parents Signature

Today's Date

Date **restricted** outdoor recess is to begin _____

Date **restricted** outdoor recess will end _____

NOTE: Students may:

- Sit on bench or sit with a friend
- Play with chalk
- Read a book
- If the injury is not the writing hand, they can draw, etc. while sitting