

23.02.2022

Dear Parents & Guardians,

Following on from a successful 2022, we are pleased to announce that Year 10 students across Albury and Wodonga will once again have the opportunity to access a 40-visit free pass through the Albury Wodonga Aquatic Facilities in 2023. This pass will allow students to utilise facilities at the Wodonga Sports and Leisure Centre, Wodonga WAVES, Albury Swim Centre and Lavington Swim Centre.

This initiative will support students to focus on their health and wellbeing as they enter the last couple of years of their schooling and manage competing priorities. It seems that it is around this age group that students start to lose focus on the importance of being healthy and active. Therefore, we hope that by offering the 40-visit free pass, students will be encouraged to use the facilities in their own time throughout the year.

If you would like your child to be involved, please complete the attached permission form and return to your child's teacher as soon as possible.

Once the form is returned to an Albury Wodonga Aquatic Facility, students will be given their 40-visit free pass to use at any of the facilities up until the end of Term 4 2023.

If you need any more information, please contact me on 02 6058 2555.

Kind regards,

Kahlia Miller

Head of Fitness and Community Engagement Programs

Albury Wodonga Aquatic Facilities

YEAR 10 HEALTH AND WELLBEING PROGRAM

PRE- SCREENING FORM

This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Aligned Leisure Pty Ltd for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

First name: Male Female Other

Surname: Date of birth:

Address: Mobile:

Email: School:

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This stage is self-administered and self-evaluated.

Please Circle Response:

| | | |
|---|-----|----|
| 1. Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke? | Yes | No |
| 2. Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise? | Yes | No |
| 3. Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance? | Yes | No |
| 4. Have you had an asthma attack requiring immediate medical attention at any time over the last months? | Yes | No |
| 5. If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months? | Yes | No |
| 6. Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? | Yes | No |
| 7. Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise | Yes | No |

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

I believe that to the best of my knowledge, all the information I have supplied within this tool is correct.

Signed (parent or guardian): _____ Date:

Parent/Guardian details:

First name:

Surname:

Relationship to student:

Mobile:

Email:

We may contact you via email regarding your child's participation in the Year 10 Health and Wellbeing Program. If you do not wish to be contacted, please tick here

- **Year 10 students must present their student card with their 40-visit card for each entry.**
- **Participants must bring a towel, wear suitable sports attire and footwear and follow gym etiquette.**
- **Students must attend a gym consultation with their parent/guardian before they are able to start attending the gym to allow us to collect important information about their medical history, learn gym etiquette and be shown how to safely use equipment.**
- **Albury Wodonga Aquatic Facilities reserve the right to refuse entry.**



