



Osborne School

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Headteacher: Sonia White (O'Donnell)

8 October 2018

Dear Parents and Carers

Sport and Recreation: Boogie Bounce / Fitness Class

I am pleased to inform you that we have managed to arrange for two instructors to come into the Osborne College to teach Boogie Bounce as part of the Sport and Recreation programme. The aim of the programme is to introduce college students to a variety of activities available to them both in the college and the wider community.

The Boogie Bounce/Fitness classes involve pupils doing a variety of activities to music. The sessions will take place on Thursday mornings and will cost £4 per student per session. If pupils are using the trampettes they require specialist socks that are used at trampolining centres. The college can provide the socks if your child does not have any of their own.

Please complete the enclosed disclaimer form and return to College by Thursday 11 October.

If you have any questions please do not hesitate to contact me either on s.lang@osborne.hants.sch.uk or via the school office on 01962 854537.

Yours Sincerely

Stewart Lang
Head of Key Stage 4

Reply Slip to: Stewart Lang

Boogie Bounce/Fitness Class

Child's Name: Class:.....

My son/daughter would/would not* like to participate in the Boogie Bounce/Fitness Class

He/She does/does not require Osborne College to provide trampolining socks.

Parent/Carer Signature.....

Please print name.....

*Please delete as appropriate



WELCOME TO BOOGIE BOUNCE XTREME.

PLEASE READ THROUGH THE FOLLOWING INFORMATION CAREFULLY. WE WOULD BE MOST GRATEFUL IF YOU COULD SIGN AND DATE THIS DOCUMENT.

WHILST EVERY CARE HAS BEEN TAKEN WITH REGARD TO YOUR SAFETY, WE CANNOT ACCEPT ANY RESPONSIBILITY FOR ANY INJURIES SUSTAINED DURING THIS EXERCISE PROGRAMME OR WHILST USING THE BOOGIE BOUNCE EQUIPMENT. IF ANSWERING YES TO ANY OF THE BELOW QUESTIONS YOU MUST CONSULT YOUR GP BEFORE TAKING PART.

Question:	YES:	NO:
1. Has your doctor ever said you have a heart condition and should undertake supervised activity?		
2. Do you have chest pain brought on by exercise?		
3. Have you developed chest pain in the last month?		
4. Do you tend to lose consciousness and fall over as a result of dizziness?		
5. Has the doctor ever given you medication because your blood pressure was too high or you have a heart condition?		
6. Do you have a bone or joint problem that could be aggravated by this exercise programme?		
7. Are you aware, through your own experience or from a doctor's advice, any other reason why you should not take part in physical activity?		
8. Are you currently pregnant or have been pregnant in the last 6 months?		

Having answered YES to one of the questions above, I have sought medical advice and my GP has agreed that I may exercise.

Full Name.....

Address.....

Telephone number Email Address.....

Signature..... Date.....

Emergency Contact Name.....

Relationship.....

Contact Number.....

Where did you hear about Boogie Bounce (ie: recommendation, local newspaper, exhibition, web site etc)?

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Boogie Bounce Xtreme Ltd undertake that any personal information which you supply will not be divulged to any third party without your written consent.