



CATERHAM SCHOOL

8 November 2010

To Parents and Guardians of AS and A2 PE Students

Dear Parents and Guardians,

As part of the AS and A2 PE syllabus, students are required to study physiological preparation for sport. This includes the immediate and long term effects of exercise of the body, health and fitness, and the different methods of training used by elite athletes. It also includes fitness assessment, which involves the study of the technology available when assessing the fitness of athletes, as well as knowledge of the protocols involved with recognised fitness tests.

In order to further enhance the students knowledge and understanding of these aspects of the syllabus, the academic PE department have organised a trip for the AS and A2 PE students to the Surrey Human Performance Institute, which is a collaboration between the University of Surrey and the Surrey Sports Park. The visit will take place on Monday 14 February, 2011.

The students will take part in a session which is designed to give them a practical introduction to both laboratory and field based testing. They will undertake a range of fitness and health testing procedures, using the most advanced techniques and equipment available to World Class athletes. They will also complete worksheets and record data whilst undertaking these tests. This will provide them with an enhanced understanding of the techniques used and the key physiological aspects involved. It will also introduce them to one of the key components of the study of sports science and the career opportunities it offers.

We will travel by minibus and we will leave School at 8.30am and then return back to school at 1.30pm. The cost of the trip will be £15.



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Please can you complete the permission slip attached to confirm that you would like your son or daughter to be included on the trip and that you are happy for the cost to be added to the school bill.

Please do not hesitate to get in touch if you have any questions or queries.

Yours sincerely,

Miss J Leach
Head of Academic PE
jaclyn.leach@caterhamschool.co.uk



CATERHAM SCHOOL

PARENTAL CONSENT FOR SCHOOL DAY TRIP

Trip Description: SURREY HIGH PERFORMANCE INSTITUTE

Date: MONDAY 14 FEBRUARY, 2011

Trip Organiser: JACLYN LEACH

I accept the School's offer to take my son/daughter on the above journey, and agree to their taking part in all activities described in the information sheet. I agree to the cost of the trip being added to my School bill.

Name of studentForm.....

I agree to authorise any member of staff during the course of the trip to approve such medical treatment for my son/daughter as is deemed necessary in any emergency or upon the advice of a qualified medical practitioner.

Any medical condition from which my son/daughter is suffering, to my knowledge, is described in a separate letter attached to this form, which also sets out any special medical requirements (such as drugs or other treatment) which may be required. The letter should both authorise staff to administer medicines and state appropriate dosage and frequency.

Please note that the School can not take responsibility for any existing ailment about which the School was not informed explicitly on this consent form.

Letter attached: YES / NO

Signed
(Parent/Guardian)

Print Name

Date

Emergency contact number

Information on the school's Policy for Welfare, Health & Safety on School Trips can be found on the website at www.caterhamschool.co.uk