

Dear Parent or Guardian:

During physical education this year, your child will be participating in a variety of climbing wall activities. Indoor rock climbing is one of the fastest growing physical activities today. It simultaneously develops coordination, strength, flexibility and cardiovascular fitness. Additionally, important life skills like problem solving, goal setting, perseverance, inner confidence and patience will be learned.

We are using a traverse climbing wall to host these exciting activities. At its highest point, the wall measures eight/ten feet high and is approximately [X] feet long. Participants climb horizontally (traverse) across the wall and their feet should never be higher than 36"/42" from the safety mats. Your child will be taught safety rules and will climb under the careful supervision of an adult instructor at all times.

In order for your child to be a part of these activities, I am asking that you sign the permission form below. This release must be returned [date] and is required for participation.

Should you have any questions regarding this exciting educational opportunity, please do not hesitate to contact me!

Sincerely,
Physical Educator

CLIMBING WALL PERMISSION TO PARTICIPATE

Teacher's Name: _____ Class/Grade: _____

_____ (child's name) has my permission to participate in the climbing wall activities. I understand that this activity involves some risk of injury and I will stress the importance of following the climbing wall rules when we discuss this activity at home.

(Signature of parent/guardian) (Date)