



David Goldblum, Principal  
Dr. Jessica Fitzgerald, Assistant Principal

**Permission Form:**

Dear Parent/Guardian:

Physical Education classes will take place in our Fitness Center and during the warmer weather at Hockanum Park. This facility is located approximately a quarter mile from Pathways down High St. It is located beside Hockanum Elementary School at 191 Main St., East Hartford, CT.

We are asking for your permission to allow your child to leave the school grounds for Physical Education class. The park will allow for a safe environment and will facilitate a wider variety of lifetime activities for the students. If you have any questions about this or any Physical Education issue, please feel free to contact Pathways at (860) 695-9450.

Sincerely,

Physical Education Staff

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*I give* my child permission to attend physical education class at the park next to Hockanum Elementary School.

Student Name \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date Signed by parent

*I DO NOT* give my child permission to attend physical education class at the park next to Hockanum Elementary School.

Student Name: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date Signed by parent



*Pathway's Fitness Center Rules and Locker Room Conduct*

1. Use of the fitness center is limited to Pathway's students and staff.
2. The fitness center and its' equipment is to only be used under the supervision of the Physical Education teacher.
3. The fitness center and its' equipment is only to be used for its intended purpose.
4. Proper attire must be worn to use the fitness center and participate in class.
  - a. Proper attire includes: sneakers, t-shirt. Long sleeve t-shirt, sweatshirt, athletic shorts that must reach the knee in length, sweat pants, wind pants. Not allowed: yoga pants, spandex, short shorts (not reaching the knee in length, tank tops, tube tops, hats, any footwear other than sneakers.
5. Student may not touch equipment without permission and supervision.
6. Students must have permission and a pass to leave the fitness room during class.
7. No sandals, boots, open toe shoes, etc. Only sneakers may be worn when using the fitness center.
8. All watches or other large jewelry items will not be worn and should be locked away in your locker. I am not responsible for damaged, lost, or stolen valuables.
9. No gum, candy, food or beverages (other than bottled water) in the fitness center.
10. Do not drop or throw the weights. (Doing so may result in suspension of fitness room eligibility).
11. Anytime a barbell or dumbbell is being used there will be a spotter for safety.
12. All weights are to be returned to the proper location after use.
13. Horseplay, roughhousing, fighting, etc. is strictly prohibited and will result in immediate suspension of fitness center eligibility.
14. No weights or equipment will be taken from the fitness center and is to be used in their designated areas.
15. No electronics are allowed. i.e. phones, iPods, laptops, etc. School and teachers are not liable for stolen items.

Locker room conduct:

16. Anyone using the locker room is responsible for their own belongings.
17. Professionalism is expected. Horseplay, roughhousing, fighting, etc. is strictly prohibited.
18. Students are to change and then immediately exit the locker room into the fitness center.
19. Only the doors that lead directly to the fitness center are to be used. The emergency exit door and the locker rooms are only to be used in emergency situations.
20. Please leave valuables in your locker. We are not responsible for lost or stolen valuables.
21. Be fully dressed before leaving the locker room.
22. Any items left behind in the locker room will be discarded.
23. Boys do not belong in the girl's locker room and girls do not belong in the boy's locker room. Anyone caught going into the opposite sex locker room will face sexual harassment consequences.

I have read and agree to follow the above rules. The Physical Education teacher has the right to refuse the use of the fitness center for anyone who refuses to follow these rules. These rules may be changed or modified in the future to best facilitate the safety of anyone using the fitness center.

Student Signature \_\_\_\_\_

Date \_\_\_\_\_