



18<sup>th</sup> October 2022

### **Indoor Rock Climbing Session**

Dear Parents / Carers,

I am delighted to inform you that this year your child will be able to take part in an Indoor Rock-Climbing taster session held and delivered as part of our Healthy Living Curriculum. Riverside Bridge School strives to offer a broad and balanced curriculum across all areas of the school; therefore, the PE department are happy to offer Outdoor Adventurous Activities such as Rock Climbing to our pupils.

Due to the superb work Leaf 1 have produced since September in PE, this upcoming taster session is a reward trip, which will; take place on Tuesday 8<sup>th</sup> November 2022. If the session is what we would expect it to be, we will make rock climbing part of our curriculum across the school and your child will be offered further opportunities to take part in indoor climbing at YMCA in Romford.

Please read through the information below and return the signed consent slip to school by Tuesday 1<sup>st</sup> November 2022.

#### **The programme aims to achieve the following objectives for your child:**

- To develop knowledge of indoor climbing;
- To develop basic grip and footing techniques;
- To participate in an enjoyable social activity;
- To participate in an adventurous activity, that can help improve health and fitness.

#### **Clothing/equipment checklist:**

- Riverside PE kit or Sports clothing that includes:
  - Long sleeved t-shirt or jumper
  - Long legged joggers
  - hair bands/ties and a hairbrush (Long hair must be tied back)
  - Trainers

Pupils are to arrive in school as usual, changing in school as they would for a PE lesson, prior to leaving. Therefore, please ensure all clothing is clearly labelled and in a suitable bag.

It remains our policy that no jewellery should be worn at the centre. If possible, all jewellery should be left at home, as the climbing instructors cannot take responsibility for these items.

**Venue: 29 Rush Green Road, London RM7 0PH**

Kind regards,  
Mr R Flowers  
PE Lead



### **Indoor Rock Climbing Consent Form**

#### **Consent**

I agree for my child ..... to travel by minibus and participate in the Rock Climbing taster session at YMCA, Romford on Tuesday 8<sup>th</sup> November 2022.

I also agree for my child ..... to travel by minibus and participate in the Rock Climbing sessions at YMCA, Romford from Tuesday 15<sup>th</sup> November 2022, for a duration of 6 further weeks.

#### **Do not consent**

I don't agree for my child ..... to participate in the Rock Climbing taster session at YMC, Romford on Tuesday 8<sup>th</sup> November 2022. As a result, I understand my child will be working in a different class for these lessons.

Parents/Carers' Signature: \_\_\_\_\_

Date: \_\_\_\_\_