

TVRA Parent/Guardian Letter



Dear Parent/Guardian,

TVRA has launched the first-ever Virtual Trainer Series available to all secondary students across Thames Valley. All trainers are certified and highly accredited in their field. Students can access these workouts by going to www.tvraa.com. Each week, trainers will take students through a workout of their choice. These workouts can be done at home and require little to no equipment. Please retain these pages for your information.

Physical activity is essential for healthy growth and development. Growing bones and muscles require not only good nutrition but also the stimulation of vigorous physical activity to increase the strength and endurance necessary for a physically active lifestyle. Active participation in physical education classes, which includes games, dance, gymnastics, and outdoor pursuits, provides opportunities for students to develop the skills and confidence necessary to play and work cooperatively and competitively with their peers.

Elements of Risk Notice

The risk of injury exists in every athletic activity. Falls, collisions and other incidents may occur and cause injury. Due to the nature of some activities, injuries may range from minor sprains and strains to more serious injuries affecting the head, neck, or back. Some injuries can lead to a concussion or paralysis or prove to be life-threatening. Injuries as a result of participation in activity can occur without fault on either the part of the student, or the school board and its employees or agents, or the facility where the activity is taking place. The safety and well-being of students is a prime concern and attempts are made to manage, as effectively as possible, the foreseeable risks inherent in physical activity.

Sincerely,

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