



Matsuyama Elementary School
 7680 Windbridge Drive
 Sacramento, CA 95831
 PHONE: (916) 395-4650 FAX: (916) 433-5556
Judy Farina, Principal



Dear Parents or Guardians,

Your child has the opportunity to participate in transverse climbing wall units as part of our physical education program.

A transverse climbing wall requires students to move across the wall as opposed to climbing up the wall. At its highest point the wall measures 8 feet and is 40 feet long. Participants climb horizontally (transverse) across the wall and their feet should never be higher than three-and-a-half feet off the ground. There are mats on the ground under the wall that also serve to cover the wall when it is not in use. Your child will be informed and tested on the safety rules and will climb under the careful supervision of an adult instructor at all times.

Indoor rock climbing is one of the fastest growing activities today. It simultaneously develops coordination, strength, flexibility, and cardiovascular fitness. Additionally, important life skills such as problem solving, goal setting, perseverance, inner confidence, and patience will be learned through the activities performed on the rock wall. Students that continually have to be reminded about safety protocol will lose the privilege of participating in rock wall activities.

In order for your child to participate on rock wall activities, we must have a signed permission slip on file. Should you have any questions regarding this excellent learning opportunity, please do not hesitate to call us.

Sincerely,

Judy Farina

Judy Farina, Principal

Todd Melton

Todd Melton, PE Teacher

PERMISSION TO PARTICIPATE

_____ has my permission to participate in rock wall
 (Student name)
 activities at Matsuyama Elementary School. I understand that this activity involves some risk of injury and I will stress the importance of following the class safety rules when we discuss this activity at home.

 (Signature of Parent)

 (Date)