

10.5.22

Dear Parent / Guardian,

(Year 12 Sport and Exercise Science) University of Essex Exercise Physiology and Biomechanics Visit 14.6.22

We have arranged to take the Year 12 Sport and Exercise Science students to the University of Essex on **Tuesday 14th June 2022** for a day of Exercise Physiology and Biomechanics workshops taking place between 9.30-3.30pm. The purpose of the trip is to allow them to gain practical experience of what studying sport and exercise science at University might be like, raising awareness of this as a potential progression route after college.

The trip will leave from the Suffolk One coach park at **8.30 am**, please arrive promptly. Students should be back at college by **4.30pm** so will need to arrange their own transportation home.

This educational visit will be conducted in a Covid-19 secure way and travel to and from the venue has a higher need for face cover use; the college requirement is that it is expected and recommended that everyone wears a face covering i.e. it is not optional without special exemptions. This is also expected in crowded areas. We really appreciate the students support with this. It is requested that you monitor your own health and wellbeing, stay aware of potential COVID-19 symptoms, and do not attend the event if you suspect any illness.

The workshops may require students to undertake practical sport/exercise activities, as such we expect all students to wear appropriate clothing and footwear (shorts/tracksuit bottoms, a t-shirt/polo shirt, tracksuit top or sweatshirt, and clean indoor training shoes) to allow them to fully engage in the sessions. We recommend that students arrive dressed in appropriate kit and footwear and remain wearing these items throughout the duration of the visit.

Students should make sure that they bring a packed lunch with them on the day of the trip. If any of those in attendance usually receive a free school meal whilst at college there will be the option of having a packed lunch provided by the college to take with you on the visit. A separate e-mail to those eligible for this will be sent asking if you would like to receive the packed lunch the college can provide. Please also encourage your son/daughter to bring a refillable bottle of water with them on the trip.

The cost of this visit will be **£25.50 due by Friday 27th May 2022** to cover the event fees and coach travel. As this visit is a compulsory part of the course for all students, if the payment requested is likely to cause any difficulty or concern, please do contact us so we can

explore options that will allow all students to attend. Payment should be made at www.onecollege-shop.co.uk. Please return the permission slip below by Friday 27th May.

Yours faithfully



Paul Rea
Head of Sport

**(Y12 Sports) University of Essex Visit Exercise Physiology and Biomechanics
14.6.22**

Please return this parental/guardian permission slip directly to the Orange Zone Admin Desk by Friday 27th May 22.

I give permission for (Student Name) to take part in the visit to **(Sports) University of Essex on 14.6.22**

I have paid £25.50 via www.college-shop.co.uk [] please tick.

I confirm my son/daughter has arranged transportation home [] please tick.

Medical Information:
.....
.....

Emergency Contact Name/s:

Emergency Contact Number/s:

Signed: (Parent/Guardian)

Date: