



Recess & Results®  
[www.recessandresults.com](http://www.recessandresults.com)

Dear Friend,

Welcome to Recess & Results®! We are happy to bring Recess to you and we are glad you are here!

Throughout this entertaining exercise program, your child will participate in games, physical activity, and educational discussion related to his / her overall health and wellness. A Certified Youth Movement Instructor brings “play with a purpose” to your child, teaching them that exercise is not a chore, but more simply leading an active lifestyle through activities they enjoy.

Mission Statement:

Recess & Results® strives to touch the lives of children worldwide, leaving a lasting positive impact through entertaining and fun wellness activities in a safe and inspiring environment. Recess & Results® teaches the importance of an active lifestyle and whole food based diet through “recess” (play with a purpose), establishing healthy lifestyle patterns at an early age, leading to lifelong wellness and overall success... RESULTS!

Please review the attached program information and complete the attached health history form required for participation in Recess & Results. Make certain to note any / all health issues including asthma and allergies. Health history forms must be turned in to the Recess & Results® instructor PRIOR to the first day of class or participation may be delayed. Should you have any questions, please feel free to contact your Recess & Results® representative.

Congratulations! You have taken a big step toward ensuring a bright and healthy future for your child(ren) and we thank you again for allowing us to be a part of it. A few things to remember for class time:

- Wear comfortable clothing
- Always wear sneakers
- Bring your WATER!

Now let's get moving! See you at Recess!

Sincerely,

Beth & Jessi  
Founders of Recess & Results  
561-676-2815  
Fun@recessandresults.com

Recess & Results®

## Recess & Results® Health History Form

Please complete this form in its entirety for your child.

CHILDNAME: \_\_\_\_\_ AGE: \_\_\_\_\_

SEX (circle one): M F

Please check if your child has any of the following problems:

- Heart Disease or heart problems
- Hypertension (high blood pressure)
- Diabetes or abnormal blood sugar tests
- Epilepsy or seizures
- Abnormal Chest x-ray
- Asthma
- Orthopedic or muscular problems
- Overweight / obesity as diagnosed by pediatrician
- Allergies (if yes, please list on line below)

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Does your child suffer from any other major health problems or disease states (if yes, please list below):

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Use of prescription drugs (if yes, please list below):

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Does your child have any physical or mental developmental delays that may impair participation in a physical activity program?

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*I acknowledge that cardiovascular, strength, and flexibility training and exercise places added stress on the body. I confirm that my child is in good health and accept full responsibility for any and all risk and injury occurring during or as a result of exercise with Recess & Results.. Furthermore, I acknowledge that my child is engaging in a physical activity and exercise program designed and supervised by a certified Youth Movement Instructor and I accept all risks associated with my child's participation in the Recess & Results program. Any/all questions or concerns have been addressed with my child's pediatrician and/or Certified Youth Movement Instructor.*

\_\_\_\_\_  
**Parent signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Child Name**

**Recess & Results® Emergency Contact Information / Pick up Authorization**

Please complete this form in its entirety for your child.

**CHILDNAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**Parent/Guardian:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Cell Number:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Alternative contact in case of emergency:** \_\_\_\_\_

**Relationship to child:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Alternative phone number:** \_\_\_\_\_

**Pediatrician:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\*IMPORTANT!\***

Please list the names and relation of any other individual authorized to pick up your child from class. Please note – photo ID's will be checked. If the name is not on this list, or photo ID is not present, the child will not be permitted to leave with anyone other than parent/legal guardian.

**Full Name:** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Full Name:** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Full Name:** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Full Name:** \_\_\_\_\_ **Relation:** \_\_\_\_\_



Recess & Results® provides a safe, fun and encouraging environment for all children wishing to participate. To ensure the safety and well-being of your child(ren), Recess & Results® incorporates a few easy to follow rules for class.

Class rules are as follows:"

1. Always try your best.
2. Respect yourself and others at all times.
3. No talking while the coach is talking.
4. HAVE FUN!!

#### Recess & Results® Policy for Disruptive Behaviors

All Recess & Results® staff members have been carefully selected to ensure that your children will be in caring, able hands while participating in our program. Staff members are expected to treat others with the utmost respect and appreciation for individual differences, this includes your child. If you feel a staff member has not done this, please contact one of our program directors.

We all know that children can become easily distracted at times and need gentle guidance to steer them in the right direction. If a child is choosing to be disruptive during class our instructors will first attempt to redirect the child's behavior to help him/her refocus their attention on the activity at hand, reminding them that the class rule is to "always try your best". If the child is unable to refocus his/her attention, the instructor will ask them to take a short break on the sidelines (no more than one minute) while calmly explaining why they have been asked to take a break. Should the child choose to continue in their disruptive behavior the parents will be notified and encouraged to talk with their child about appropriate behavior while in class. If the behaviors escalate to a point where other children's ability to learn is being impaired, the child will be asked to leave the class.

If a child chooses to physically hurt another classmate he/she will be asked to take a short break (no more than 1 minute) on the sidelines and the teacher will calmly explain that hurting others is not allowed during class time as it is not respectful. At the close of class, the parents will be notified and encouraged to talk with their child about being respectful and keeping their hands and feet to themselves. Should the behavior persist after this to a point where the staff feels the safety of other children and/or themselves is at stake, the child will be asked to leave the class.

If your son or daughter has special needs in any area of development, please share this with the program director and instructor prior to classes so that we can work with you to the best of our ability to accommodate your needs.

There will be no refunds for a child asked to leave the class for behavioral issues.

**I have read the rules and policies for Recess & Results® and certify my child \_\_\_\_\_ has permission to participate in Recess & Results® classes**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**