



481 Shamrock Avenue, Bredell, Kempton Park

RST FITNESS CONCENT FORM – YOUTH FITNESS PHYSICAL SKILLS TEST

Dear Parent,

Is your child involved in any sport or do they lack physical activity. RST FITNESS offers your child a FREE FITNESS ASSESSMENT at CURRO. Statistics show that 1.3 Million youths had sport injuries last year. The main contributor to these injuries was due to substandard fitness levels and under development of core muscles.

The Youth Fitness Academy will not just be open to students partaking in sports but to all students that want to become more active physically as most students today lack physical activity. The aim of the Fitness Academy is to assist students to DEVELOP SUPERIOR CORE STRENGTH, AGILITY AND ENHANCE PERFORMANCE FITNESS LEVELS.

Note that your child will complete the various exercises according to their current ability and will not be forced in any way to do more than what they can do. RST's FITNESS ASSESSMENT Coach has 8 years Gym experience and have been involved in training various athletes and junior rugby and cricket teams for the past 13 years.

The Fitness Test that we will perform will include the following activities:

ATTRIBUTES ASSESSED	METHOD OF ASSESSMENT
Height	Measurement
Weight	Measurement
Body Mass Index	BMI Calculation
Leg Strength	Standing broad jump
Explosiveness	1kg medicine ball push
Agility	10 x 5 m shuttle run
Acceleration	Timed 10m sprint
Speed	Timed 30m sprint
Endurance	Endurance Run/PACER
Flexibility	Sit and reach test
Upper body Strength	Push-ups in 60 seconds
Core Strength	Sit-ups in 60 seconds

RST FITNESS will provide personal feedback on the results to you as parent together with more information on the FITNESS ACADEMY. In order for us to perform the fitness test we need your consent below:

By signing below I hereby give permission that my son/daughter may perform the RST Fitness Test as described in this document.

I fully indemnify RST FITNESS and its COACHES of any injuries my child might incur whilst performing the test or whilst using RST FITNESS's training equipment.

STUDENT and PARENT INFORMATION	
Student Name	
Student Surname	
School	
Home Language	
Student Date of Birth - dd/mm/yyyy	
Home Address	
Cell Number - Student	
Cell Number - Father	
Cell Number - Mother	
E-mail Father	
ID nr - Father	
E-Mail - Mother	
ID nr - Mother	
Allergies and Medical Conditions	
Date	
Signature	
Forward this page back to jpvdr@absamail.co.za	

If you have any questions please feel free to contact me.

Jean-Pierre van der Riet
Owner



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