

Extreme Excellence Challenge—Wellness Program
Cadet Participation Consent Form

AFJROTC Extreme Excellence Challenge (E2C)-Wellness Program is designed to work with your child to help them improve their physical fitness. All physical activity sessions will be supervised and monitored by at least one of our instructors. These sessions include walking, running; and calisthenics exercises. The AFJROTC instructors have been trained in administering CPR if needed.

By signing this consent form, we understand there are risks associated with any physical activity. It is our responsibility to inform the JROTC instructors of anything that should keep my child from participating in the AFJROTC E2C-Wellness Program

As a Cadet in JROTC, I know that it is my responsibility to monitor my individual physical performance during any activity and to inform the AFJROTC instructor of any problem.

In the event of a medical problem, we understand that any medical care that may be required is our personal financial responsibility.

Signature of Parent/Guardian

Print Name of Parent/Guardian

DATE

Signature of Cadet

Print Name of Cadet

DATE