

Boys and Girls Club of the Poarch Band of Creek Indians
On The T.R.A.I.L. (*Together Raising Awareness for Indian Life*)
To Diabetes Prevention

Parent/Guardian Notice and Permission Form

Your child is invited to participate in the On the T.R.A.I.L. (*Together Raising Awareness for Indian Life*) to Diabetes Prevention program. This program is designed to provide youth with the tools and knowledge to prevent type 2 diabetes through healthy eating and physical activity. T.R.A.I.L. is the first diabetes prevention program developed for Boys & Girls Clubs on Native lands.

This program will:

- Discuss health topics in a way your child can understand.
- Encourage healthy behaviors that will help your child stay healthy, active, and prevent type 2 diabetes.

As part of the program the Club will administer a pre- and post-test to test your child's knowledge and attitude about nutrition, physical activity, and type 2 diabetes. Basic information will also be collected about your child and shared with the Indian Health Service (IHS), National Congress of American Indians (NCAI), and FirstPic, Inc. *Your child's name will not be used and personal information will be kept confidential.*

___ **YES, I give permission for my child to participate in the T.R.A.I.L. program.**

Optional Activity: As part of the physical activity portion of the T.R.A.I.L. program, your child is invited to participate in Physical Activity Challenges. The challenges will measure strength and endurance periodically throughout the program. Strength will be measure through the standing long jump and endurance will be measured through the 20 meter (22 yard) shuttle run. Data collected from these challenges will also be shared with the IHS, NCAI, and FirstPic, Inc. Your child's name and personal information will be kept confidential. **Children with medical conditions that prevent strenuous activity such as jumping and/or running should not participate.**

Note: Your child may still participate in the T.R.A.I.L. program regardless of participation in the Physical Activity Challenges.

___ **Yes, I give my child permission to participate in the Physical Activity Challenges.**

If you have any questions, please call the Boys & Girls Club offices at **251-368-9136 x 2411**.

Note: Your child must return this letter in order to participate in the 2016-2017 T.R.A.I.L. program.

Child's Name (please print): _____

DOB: _____ Grade: _____ Circle: Male Female

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____ Date: _____