



### Parental Consent Form for a student wishing to complete the Bronze Gaisce Award

Gaisce, also known as The President's Award is a self-development programme for young people which enhances confidence and wellbeing through participation in personal, physical and community challenges. Gaisce is non-competitive; participants are encouraged to choose their own activities and goals with the support of a trained, adult PAL.

The **PAL** is the *President's Award Leader* i.e. the adult who is registered to oversee and support the participant in achieving their Gaisce award, in this case The Bronze Award. The **GAP** is the Gaisce Award Partner, in this case Loreto College Mullingar.

Loreto College Mullingar is a Gaisce Award Partner (GAP) which is pleased to offer participants the opportunity to undertake the Gaisce Award. In order to take part in the Gaisce programme parental/guardian consent must be given to allow each participant to take part in the programme.

**This form is to be signed by parents on behalf of the student if she is 17 years of age or younger.**

**Parental Consent** (Please complete form below in block capitals)

Name of Student wishing to complete Gaisce \_\_\_\_\_

I am the parent/legal guardian of \_\_\_\_\_ (Daughter's Name)

Daughter's Date of Birth \_\_\_\_\_ Emergency Contact No. \_\_\_\_\_

Name of PAL \_\_\_\_\_

Daughter's Special Medical Needs and Medication (if any)

\_\_\_\_\_  
\_\_\_\_\_

Name of GP \_\_\_\_\_

Telephone Number of GP \_\_\_\_\_

### Medical Emergencies and Medication

In the event that I cannot be reached in an emergency, I hereby permit the concerned authorities to call 999 and/or contact a medical facility or physician selected by the Gaisce Award Partner to provide proper treatment for my daughter.

I certify that I have provided all information to the GAP regarding any necessary medical information and/or medication with regard to my daughter \_\_\_\_\_ (Daughter's Name)

I have read and acknowledge the information sheet provided regarding activities, costs and details for the adventure journey. I grant permission for my daughter, named above, to participate in Gaisce, as delivered by Loreto College Mullingar

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## General information for parents regarding Gaisce

1. Students are required to be a minimum of 15 years of age. However, Gaisce may be flexible if a student is in TY, but has not yet reached 15 years.
2. There are three main components which each participant must complete. They are:
  - Community Involvement (13 weeks), 1 hour per week
  - Personal Skill (13 weeks), 1 hour per week
  - Physical Recreation (13 weeks) 1 hour per week

And an additional 13 weeks in one of the above activities (of the student's choosing). These weeks do not have to be consecutive, but they cannot be shorter than 13 weeks in total.

3. All of the activities may be something the student already does and would like to continue.
4. In choosing activities, students should ask themselves what they current do in the particular activity and what they would like to be able to achieve at the end of a 13 week period, or in the case of a new activity 'what would the student like to learn?'
5. Students are recommended to complete the Award within a 12 month period.
6. The final requirement is an Adventure Journey Activity. This involves an overnight trip. Participants will be expected to do a hike approximately 25km/ 4 hour hikes over the course of the adventure journey and the cost will be approximately €60. If there is a student wishing to complete Gaisce, but has limited mobility, there is the possibility of completing some research on the adventure journey e.g. nature research
7. Each component of the Gaisce award must be fully completed in order to achieve the Award.
8. Registration with Gaisce costs €15. The total cost of registration and adventure activity combined will be approximately €75 in total.
9. Students' progress and participation will be monitored weekly to ensure all tasks are being completed.