



Fossil Ridge High School
Secondary Sport/Activity Wellness Waiver

Wellness Waiver Guidelines

- 1) Students may waive no more than 2.5 credit hours per semester for a single activity.
- 2) Students may only receive a waiver one time per qualifying activity.
- 3) The total accumulation of Wellness waiver credit may not exceed 5.0 credit hours.
- 4) The waiver must be completed in the semester the sport/activity is completed

Student Name _____ **Student ID#** _____

PSD Activity/Sport *(please circle)*

Baseball	Football	Softball
Basketball	Golf	Swimming
Cheerleading	Gymnastics	Tennis
Cross-Country	Lacrosse	Track
Dance	Marching Band**	Volleyball
Field Hockey	Soccer	Wrestling

 Principal Signature **** only required for Marching Band**

 Date

Required Signatures:

Parent/Guardian: _____

Counselor: _____

Student: _____

 Athletic Director Signature

 Date