



STRENGTHOMA POWERLIFTING CONSENT FORM (For Students Under 18 Years of Age)



To:
The Event Convener,
St. Thomas' School, Kidderpore,
4, Diamond Harbour Rd,
Kolkata - 700023

Subject: Consent and Medical Declaration for Participation

Respected Sir,

I, _____, parent of _____, studying in Class _____, aged _____ years of _____ school, hereby give my full consent for my child to participate in the **STRENGTHOMA POWERLIFTING EVENT** scheduled on 18th November, 2026 - 10 am, organised by St. Thomas' School, Kidderpore.

Consent Declaration:

I understand that weight lifting is a physically demanding sport that involves lifting heavy weights and may carry a risk of physical strain or injury. I confirm that:

- I have been informed about the nature of the activity and the safety precautions in place.
- I give my full permission for my child to participate.
- I will not hold the school/organisers/conveners responsible in case of any accident, injury, or health issue that may occur during the event.

Medical Declaration:

I hereby declare that:

- My child is in good physical and mental health to participate in weight lifting activities.
- He does not have any known medical conditions such as asthma, heart problems, joint disorders, or any other illness that may interfere with participation.
- In case of emergency, I authorize the school/organisers to provide basic first aid and seek medical assistance if required.

Parent Details:

Name: _____

Signature: _____

Relationship: _____

Contact Number: _____

Date: _____

Student's Details (for record):

Student Name: _____

Class: _____

Age: _____

Blood Group: _____

Emergency Contact Number: _____