

**Valley Hill Youth Treatment Centre Leisure/Recreation Activities Form**

As part of treatment; there are schedules recreation times and leisure activities planned. If there is a condition or reason as to why a client cannot participate we need to know in advance so alternatives can be scheduled. Please complete the following:

**Allergies** \_\_\_\_\_

**Medical Conditions** \_\_\_\_\_

**Other** \_\_\_\_\_

**Consent for Outings/Activities**

I agree to allow \_\_\_\_\_ to participate in all group outings and activities while he/she is a resident of Valley Hill Youth Treatment Center in Prince Albert, SK.

The activities are designed to demonstrate or model to the individual chemical free experiences that may build self-esteem, self-confidence, self-worth and trust.

Activities in and around Prince Albert SK may consist of, but are not restricted to the following:

- ✚ Swimming
- ✚ Hiking, Camping, Canoeing
- ✚ Visiting a gym
- ✚ Ball
- ✚ Bowling, Pool, Mini Golf
- ✚ Self-Care
- ✚ Field Trips
- ✚ Barbecues

Qualified instructors will be available when needed and Valley Hill Centre staff will be supervising all activities. Clients will be advised as to proper safety precautions and use of safety equipment.

**Client Signature** \_\_\_\_\_

**Parent/Legal Guardian** \_\_\_\_\_

**Counsellor/Recreation Therapist** \_\_\_\_\_

**Date** \_\_\_\_\_