

## CROSS COUNTRY APPLICATION FOR EXEMPTION – SUNSHINE COAST SCHOOL SPORT TRIAL



### Instructions

This form must be completed in full to apply for an exemption from competing at our regional trial. The application must meet an approved criteria as listed in the "Grounds for Absence" section to be considered for selection in a regional team competing at a Queensland Representative School Sport (QRSS) State Championship.

### Office Use Only

Received:	
Approved:	
Notified:	
Filed:	

This form must be received at the Sunshine Coast School Sport office **no later than 24 hours prior to the commencement of the regional trial**. Our office reserves the right to refuse late applications.

This form and required supporting documentation must be signed off by your school principal or authorised school delegate and emailed to [sport.scrssb@qed.qld.gov.au](mailto:sport.scrssb@qed.qld.gov.au).

### Additional information

Requests for exemption must be accompanied by an email address that can be used to acknowledge receipt of the absentee application form and whether the application has been successful or not successful.

Please note that a successful application for exemption from participating in a regional trial does not automatically guarantee selection in our regional team that will compete at the QRSS State Championship.

If you are unable to participate in the regional trial and want to be considered for selection (and to be invited to join our regional team), you must provide supporting documentation (e.g. medical certificate) at the same time with this completed application.

### Cross country exemption application conditions

- 1) You must already be selected in a district cross country team.
- 2) You must have a cross country qualifying result from one of the following:
  - a) District cross country trial event in the current year.
  - b) School cross country event in the current year.
  - c) A result from an approved cross country event you have competed in within the last 6 months.
- 3) An approved exemption application will be considered by our team selector panel in the following order of priority:
  - a) Your qualifying result achieved at your district cross country trial event in the current year (and your written history of cross-country performances) first.
  - b) Your qualifying result achieved at your school cross country event in the current year (and your written history of cross-country performances) second
  - c) Your qualifying result from an approved cross country event you have competed in within the last six months (and your written history of cross-country performances) third.
- 4) If you choose to run at our cross country trial then the result you achieve will be used for selection purposes. Any exemption that is in place will be null and void.

**Please type or clearly print in all fields on page 2 of this form.**

# Sunshine Coast School Sport Cross Country exemption application form

## Applicant details

FIRST NAME:		LAST NAME:	
GENDER		DOB:	
MOBILE PHONE:		FAMILY EMAIL:	

*You must have been nominated to compete in the regional cross-country trial by your district.*

## Grounds for absence

<input type="radio"/> Medical condition on the day(s) of the trial	<i>Include current, valid medical certificate from health professional that states you are unfit to participate; the reason you are unfit to participate; the duration you are unfit to participate (start date and end date); and the date when full participation can resume.</i>
<input type="radio"/> Absence due to an authorised school activity	<i>Include a letter on official school letterhead signed by your school principal stating your name; the activity; the duration of the activity (start date and end date); and that you are required to attend the activity.</i>
<input type="radio"/> Absence due to competing in a QRSS event or another sport event of the same or higher level	<i>Include documentation from the event organisers that states that you are selected in the team (your name is to appear in the documentation), the event name and dates of competition.</i>
<input type="radio"/> Absence due to religious and/or cultural responsibilities	<i>Include a letter on official school letterhead signed by your school principal to support the absence.</i>
<input type="radio"/> Bereavement or compassionate reasons	<i>Include a letter on school letterhead signed by your school principal to support the bereavement or compassionate grounds.</i>

*By signing this form, I give permission for RSS staff to contact me, my parents/guardians or staff at my school.*

### Authorised School Delegate Details

Applicant Signature	School name
Date	Delegate name
Parent/Guardian Name	Email
Parent Email	Mobile Phone
Parent Signature	Signature
Date	Date