Annex B: Permission Form
Activate Fitness Day: December 9, 2026

709 Toronto Signals Royal Canadian Army Cadet Corps

St Thomas Aquinas School
636 Glenholme Ave, York, ON M6E 3G9 Email: 709army@cadets.gc.ca.

Parental Consent – Permission Form

The 709 Toronto Signals Army Cadet Corps is a youth program that focuses on developing leadership skills, promoting citizenship within the community and encouraging physical fitness and healthy lifestyles. To fund our program each year, the corps, along with our Parent Support Committee, conducts fundraising days that help support activities like "Activate." With tagging being our primary source of fundraising, this allows us to conduct optional training that satisfies the training completion of each star level.

Dress: Appropriate personal training gear

Equipment: Water bottle

Rations: Participating members will be provided with 90 min access to the various activity rooms at Activate

Drop off: 30 Weston Rd c202, Old Toronto, ON M6N 0A7 1800hrs

Pick up: 30 Weston Rd c202, Old Toronto, ON M6N 0A7 2030hrs

Cadets are required to carry their **Provincial Health Card** and any **Medication** with them.

1. OPI and Contact Officer for this event is: Lt. A. Monteleone and Lt(N). J. Vu

Parents, please **RETURN the bottom portion** only and **KEEP the top portion** for your reference.

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