**[BOYS & GIRLS CLUB NAME]**

**On The T.R.A.I.L. *(Together Raising Awareness for Indian Life)***

**To Diabetes Prevention**

**Caretaker (Parent/Guardian) Notice Form**

Your child has been invited to participate in the On the T.R.A.I.L. (*Together Raising Awareness for Indian Life*) to Diabetes Prevention program. This program is designed to provide youth with the tools and knowledge to prevent type 2 diabetes through healthy eating and physical activity. T.R.A.I.L. is the first diabetes prevention program developed for Boys & Girls Clubs on Native lands.

This program will:

* Discuss health topics in a way your child can understand.
* Encourage healthy behaviors that will help your child stay healthy, active, and prevent type 2 diabetes.

As part of the program the Club will administer a pre- and post-test to test your child’s knowledge and attitude about nutrition, physical activity, and type 2 diabetes. Basic information will also be collected about your child and shared with the Indian Health Service (IHS), National Congress of American Indians (NCAI), and FirstPic, Inc. *Your child’s name will not be used and personal information will be kept confidential.*

As part of the physical activity portion of the T.R.A.I.L. program, your child is invited to participate in Physical Activity Challenges. The challenges will measure strength and endurance periodically throughout the program. Strength will be measure through the plank and push-ups and endurance will be measured through the shuttle run. Data collected from these challenges will also be shared with the IHS, NCAI, and FirstPic, Inc. Your child’s name and personal information will be kept confidential. **Children with medical conditions that prevent strenuous activity such as jumping and/or running should not participate.**

If you have any questions, please call the Boys & Girls Club offices at **[CLUB PHONE NUMBER]**.