

# Personal Fitness Waiver Student FAQ

## How can I access the form to request a Personal Fitness waiver?

You can access the [Personal Fitness Waiver Request Form](#) by logging into your school-provided device or any PC at the school.

The form is also available on the Charter System website under the [Resources](#) tab.

## What are the requirements for waiving a Personal Fitness course?

Students must complete the [Personal Fitness Waiver Request Form](#) and receive approval prior to the end of their junior year of high school.

Requirements (completion of one of the following):

- 1 Season of a GHSA sport\*
- 1 Season of a Non-GHSA sport\*\*
- 1 Season of Marching Band
- .5 credit of Dance, Cirque or Physical Education electives
- 3 credits of JROTC

\*Excludes One-Act Play, Literary Competitions and Esports

\*\*Non-GHSA sports must have a clear start and end date, defined practice schedule, involve physical activity, and include a record of participation. Program sponsors must provide documentation ensuring that a student has completed the above requirements in good standing.

## Which GHSA sports are eligible to waive a Personal Fitness course?

Baseball	Flag Football	Slow-Pitch Softball
Basketball	Golf	Swimming
Cheerleading	Gymnastics	Tennis
Cross Country	Lacrosse	Track
Dance	Riflery	Volleyball
Fast-Pitch Softball	Soccer	Wrestling

## Which electives are eligible to waive a Personal Fitness course?

Advanced Body Sculpting	Dance Composition	Outdoor Education
Advanced Dance Company	Introductory Team Sports	Recreational Games
Advanced Team Sports	Jazz Dance	Rhythmics and Dance
Advanced Weight Training	JROTC	Track and Field
Body Sculpting	Lifetime Sports	Weight Training
Cirque	Modern Dance	

## What if I'm experiencing technical difficulties during the request process?

Ensure that you are completing the application on your school-issued device or a PC at your school. The form does not work on iOS (Apple) operating devices.

If you receive a confirmation email that appears to be blank, close Outlook and reopen it. This may occur if a user does not regularly shutdown their device between uses.

If the form is not autoloading student information, it may be due to slow Wi-Fi speeds or a network error. Give the form a few minutes to load and if it fails to load, close the form, and retry loading it.

For additional technical support, please contact the Fulton IT Helpdesk at 470-254-4357 and have them log a ticket assigned to the Enterprise Applications team.

## What kind of documentation is required to be granted a course waiver based on participation in a non-GHSA sport?

Documentation should include clear start and end (if applicable) dates of participation. Instructors should also provide practice schedules and evidence of any physical activity required by the sport.

## How can I check the progress of my waiver request?

Students can access their waiver requests by visiting the [Personal Fitness Waiver Request Form](#) and can see the status of their request by looking under the "My Fitness Waivers" section and checking the "Approval Status."

Students should also receive an email confirming their initial request submission and final approval outcome once their submission has been reviewed. These requests should come from the email address "noreply@fultonschools.org."

## Can I resubmit my request if it was denied?

Yes, if there was an error with your initial submission or it was denied, you may submit a new request to be reviewed. You will see both submissions under the "My Fitness Waivers" section.