

# CLIQUE

C O L L E G E

## Fitness to Study Policy



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# CLIQUE College Fitness to Study Policy

## Issue and Review

The date of issue of this policy is September 2023.

This policy was reviewed and updated August 2024.

This policy will continue to be reviewed annually.

## 1. Introduction

At CLIQUE College, we are committed to supporting the health, well-being, and academic success of our students. Participation in physical activities is integral to the training and education provided at CLIQUE College. This policy outlines the procedures and support available when concerns arise regarding a student's fitness to study, particularly in relation to health issues such as illness, injury and Mental Health concerns.

## 2. Purpose

The purpose of this policy is to ensure that students can continue their studies in a safe and supportive environment, while also recognising the need to protect their health and well-being. The policy provides a framework for identifying, assessing, and managing cases where a student's fitness to study may be in question due to health-related concerns.

## 3. Scope

This policy applies to all students enrolled at CLIQUE College, including those participating in both academic and practical (physical) activities. It covers:

- Physical and mental health issues, including eating disorders.
- Injuries that may affect a student's ability to engage in physical activities.
- Any other health-related condition that might impact a student's participation in college activities.

## 4. Responsibilities

### 4.1. Students

- Students are expected to take responsibility for their own health and well-being, including seeking medical advice and support when necessary.
- Students must communicate any health conditions that may affect their ability to participate in physical activities to the principals, or the Head of Student Services.
- Students should comply with any recommendations or requirements made by medical professionals or the college to ensure their safety and the safety of others.

### 4.2. College Staff

- Tutors, Principals, and the Head of Student Services are responsible for monitoring students' health and well-being in relation to their fitness to study.
- Staff should report any concerns about a student's fitness to study to the Principal or the Head of Student Services.
- The college will provide reasonable adjustments and support to students with health conditions to enable them to continue their studies where possible.

## **5. Identification and Reporting of Concerns**

**5.1. Signs of Concern** Concerns regarding a student's fitness to study may arise from a variety of sources, including but not limited to:

- Noticeable physical deterioration or unexplained weight loss.
- Recurrent illness or injuries that hinder participation in classes.
- Signs of distress or mental health difficulties.
- Observations from staff, peers, or the student themselves.

## **5.2. Reporting Process**

- Any staff member who has concerns about a student's fitness to study should report these to the Principal or Head of Student Services.
- The student may also self-report any concerns or difficulties they are experiencing.

## **6. Assessment of Fitness to Study**

### **6.1. Initial Assessment**

- Upon receiving a report of concern, the principal or a Head of Student Services will arrange a meeting with the student to discuss the issue.
- The student may be asked to provide medical evidence or a letter from a healthcare professional outlining their condition and any recommended restrictions or adjustments.

### **6.2. Further Action**

- If necessary, the college may refer the student to an independent medical assessment to determine their fitness to continue participating in physical activities.
- Based on the assessment, the college may implement adjustments to the student's schedule, activities, or workload to support their continued studies.

## **7. Support and Adjustments**

### **7.1. Reasonable Adjustments**

- The college will consider making reasonable adjustments to support a student's continued participation in their course. This may include:
  - Modifications to physical activity requirements.
  - Adjustments to deadlines or attendance expectations.
  - Provision of additional academic or pastoral support.

### **7.2. Temporary Suspension or Withdrawal**

- In cases where it is deemed unsafe for a student to continue their studies or participation in physical activities, the college may recommend a temporary withdrawal or a total withdrawal until the student is fit to return.
- The decision will be made in consultation with the student, their healthcare provider, and the college's senior leadership.

## **8. Return to Study**

### **8.1. Process for Return**

- A student who has taken a break from their studies due to health reasons will be required to provide evidence of fitness to return, typically through a medical clearance.
- A return-to-study plan will be developed in collaboration with the student, ensuring a phased and supported reintegration into college life.

## **9. Confidentiality**

All information regarding a student's health and fitness to study will be treated with the utmost confidentiality. Information will only be shared with relevant staff members on a need-to-know basis, and with the student's consent where possible.

## **10. Monitoring and Review**

This policy will be reviewed annually to ensure its effectiveness and to incorporate any changes in legislation or best practices. Feedback from students and staff will be considered in the review process.

## **11. Contact Information**

Any questions or concerns related to this policy, please contact:

- **Principal:** Aimee Worth - Principal
- **Head of Student Services:** Sandra Ramsay

This policy ensures that the health and well-being of students are prioritized, particularly in relation to their participation in physical activities. It also provides a clear framework for managing situations where a student's fitness to study is in question due to health concerns.