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.

What are the requirements for waiving a Personal Fitness course?

*****Do not submit until you have COMPLETED a FULL season for the year you are waiving.*****

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 waiver a Personal Fitness course?

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

Which electives are eligible to waive a Personal Fitness course?

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

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.