

A SAMPLE LETTER EXPLAINING POLAR HEART RATE MONITORS TO PARENTS

Dear Parents,

This year in physical education classes, all students will have the opportunity to use heart rate monitors. Heart rate monitors provide immediate feedback about the training intensity for each student, as well as for the teacher. A heart rate transmitter is worn around the chest, and the heart rate monitor receives heart rate information wirelessly from the heart rate transmitter. The heart rate monitor displays and records this heart rate data

The invaluable information that each heart rate monitor provides students the opportunity to learn to exercise according to their individual level. With the help of heart rate monitors, our students will now be given credit for doing their personal best, and they will be exercising according to what is safe for their level. Heart rate summaries from each physical education class will be recorded for all students wearing a heart rate monitor. Students will now have documented data that proves exercise is truly an individual experience, and that their efforts in physical education class do count.

Because heart rate monitors require the use of a textile transmitter strap, the repeated use of it throughout the day for each PE class requires constant adjustment of the strap before the class. The strap must also be cleaned after each class. This results in extreme wear and tear on the textile straps.

We would like to offer all students the opportunity to purchase their own personal textile strap. This strap would be for their individual use. This eliminates the constant between-class cleansing of the straps. Individual textile straps give students a more personal involvement with the use of technology and the confidence that the textile straps are more easily kept clean.

The cost of one strap is _____. This one-time investment means your child does not have to share the strap with anyone else. If you should decide that this is an option you would like to choose, please send in _____ with your child.

Thank you for returning this form signed, and we look forward to an exciting school year using this new technology to bring safety, enjoyment and an individualized approach to exercising. Stop in and we are happy to demonstrate how the heart rate monitors work.

Yours in fitness and health,