



### **The Faculty Candidate: A Self-Declaration Statement of Health Fitness**

As a pre-condition of employment at Yangon Academy International School there exists the requirement each faculty candidate has an appropriate level of physical and mental fitness to responsibly and effectively carry-out the duties assigned, to include the paramount priority of safeguarding children. Such job description duties and safeguarding responsibilities include, but are not limited to, the following physical activities and mental health characteristics:

#### **Physical Fitness Requirements**

1. I am able to teach on my "feet" throughout the 8-hour school day.
2. I am able to actively supervise children before school, at recess, during lunch, and at dismissal time.
3. I am able to climb the 4-floor stairways regularly and without assistance.
4. I possess the physical stamina to chaperone students during evening events and overnight trips.

#### **Mental Fitness Requirements**

5. I possess the mental health required to manage my emotions and to make sound decisions.
6. I possess the mental health required to remain resilient when facing challenges.
7. I possess the mental health required to maintain healthy and ethical relationships with children.
8. I possess the mental health required to maintain healthy and professional relationships with co-workers, local staff, and administrators.

By seeking employment at Yangon Academy International School, and by signing my name below, I am self-declaring I possess an appropriate level of physical and mental fitness to assume the duties of the Employment Contract as well as performing the active responsibilities of safeguarding children as delineated by the **Eight Fitness Requirements** listed above.

**Faculty Candidate Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_