



**Cariboo-Chilcotin School District No. 27**  
**PARENT/GUARDIAN CONSENT AND ACKNOWLEDGEMENT OF RISK For LOW or**  
**MODERATE RISK DAY or OVERNIGHT FIELD TRIPS**

**SCHOOL: Graduation Routes Other Ways**

**TRIP INFORMATION**

**FIELD TRIP NAME** Downhill Skiing, Snow Board Skiing, and Snow Shoeing at Mount Timothy Recreation Resort

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with the Lead Teacher BEFORE signing it.

This form must be signed and returned to the school by 30-Jan-2023 for your child to attend the field trip.

**OPTIONAL NATURE OF FIELD TRIP**

A viable and planned educational program will be made available in the school for students who do not participate in this optional field trip

**PROGRAM/ACTIVITY INFORMATION**

**Destination** Mount Timothy Recreation Resort

**Date(s)** 09-Feb-2023 to 09-Feb-2023

**Series of off-site trips**

**Learning Goals and/or curricular connections** Students do not have a regular PE Class, and as such these organized activities help to foster sportsmanship and belonging.

**Activities**

**Method of transportation** Private Vehicles

**Lead teacher** Lacey Tomlinson and Virginia Ivey

**Total no. of supervisors planned** 2

**Supervisory arrangements** One Supervisor will be skiing on the hill with the students and one supervisor will be at the Mount Timothy Recreation Resort Ski Facility lodge. Finally, parents will be joining the students on the ski hill.

**Cost to Student**

**Comment on Costs** Payment: GROW will pay Mount Timothy Recreation Resort for student lessons (\$20.00 for each student or approximately \$400.00) GROW PAC will pay Mount Timothy Recreation Resort for student lift passes and adult chaperone/parent passes. Student Lift Passes are

\$30.00 each and adult chaperone/parent passes are \$60.00 each. GROW Parents to pay Mount Timothy Recreation Resort directly for all rentals the morning of the event. Full Rental Package including helmet is \$33.00 for each student, and \$40.00 for each chaperone/parent (including rental insurance).

### **What to bring**

If they have their own ski equipment, students and their parents/chaperones may bring their own equipment instead of renting from the Mount Timothy Recreation Resort (must include a helmet, or it may be rented from the Mount Timothy Recreation Resort Ski Facility. Students must bring warm clothes (mittens, toque, winter jacket, winter ski pants, winter boots), lunch (there is a cafeteria at Mount Timothy Recreation Resort Ski Facility and water to drink. Parents/guardians must accompany their children on the trip with their own ski equipment or rented equipment from the Mount Timothy Recreation Resort Ski Facility.

### **Student training/Preparation to be able to participate safely**

To attend the Down Hill Skill Session Mount Timothy Recreation Resort, all students and parents/guardians must attend a mandatory Teams Meeting on February 6th to review the safety rules, required clothing, and agenda of the day. In particular the meeting will detail: Agenda for the Day. Information regarding appropriate clothing and food. Information detailing the different skill level of skiers. Meeting spot when arriving at the ski hill. Number of school Supervisors and their location at the ski hill. Grouping of Students into their skill level. Mandatory ski Lessons. Students following direction of School Supervisors and Mount Timothy Recreation Resort staff while at the ski hill to avoid all undue risk. Parental participation. All students must attend a lesson session that will be tailored to their skill level (Beginner, Novice, and Intermediate) at the Mount Timothy Recreation Resort Ski Facility on the day of the event. As part of this ski package, each student must complete the detailed Mount Timothy Recreation Resort Ski Facility Contract which contains the Liability Disclaimer, choice of activity (down hill ski, snowboard, or snow shoe), the student level of ability, and their height, weight and shoe size if they are renting equipment.

## **Board Responsibilities**

The board will make every reasonable effort to ensure or ascertain that:

- a. The staff, volunteers and/or service providers involved are suitably trained and qualified.
- b. The students are adequately supervised over all aspects of the program/activity.
- c. The location(s) used are appropriate and safe for the activity(ies) and group.
- d. Equipment used has been inspected and deemed appropriate and safe.

- e. Planning is in place to identify and manage known potential risks.
- f. Planning is in place to deal with an injury to or illness of any of the students.

## POTENTIAL KNOWN RISKS

## OTHER RISKS

Down hill skiing, snow boarding, and snow shoeing can result in slips, cuts, head injuries, strained backs, broken bones, cold/frozen skin, or overheating of body temperature. This can occur due to: Equipment failure (broken boot, bindings, skis, poles or snow shoe). The student being inexperienced and proceeding too quickly on the trail/path. Student not hydrating Student not dressed appropriately Exhaustive List of possible injuries: Skin abrasions: cuts, grazes, or damage to the soft tissue in the skin. Shoulder separation: damage of the AC joint ligament situated at the outer side of the collar bone, attached to the front of the shoulder blade. Broken collarbone: extremely painful and can make it difficult to lift your arm. Knee sprain: resulting in skis going in opposite directions. Lower back pain: this is a result of falling backwards or absorbing too many shocks from the bumps on the trail. Carpal tunnel syndrome: caused by pressure on the median nerve in the wrist which provides feeling to your thumb, index, and middle fingers. Wrist fractures and breaks: resulting in using your hand to minimize the impact on crashes. Contusion or concussion: head Injury that occurs due to crashes.

## CONTINGENCY PLAN (should situations dictate a change to logistics)

If weather is poor (rain, snow or extreme cold), the event will be cancelled.

## EMERGENCY PLAN (incase of student injury or illness)

First Aide "bag" is taken on the trip. Given serious injury, 911 can be called to receive support. Parents are on the trip and can transport child to hospital if required. First Aide attendants are available at the Mount Timothy Recreation Resort Ski Facility.

## ADDITIONAL COMMENTS or INFORMATION ABOUT TRIP:

Agenda: 9:00 am Students arrive Students broken into appropriate skill levels and put on their ski equipment. 10:00 am - 1:00 pm Students receive lessons (Beginner, Novice, Intermediate) from the Mount Timothy Recreation Resort Ski Facility staff. As students receive lessons they are allowed to use the ski hill on the appropriate ski runs. Lunch will occur between 12:00 pm and 1:00 pm. 3:00 pm Event concludes



## Cariboo-Chilcotin School District No. 27 PARENT/GUARDIAN CONSENT AND ACKNOWLEDGEMENT OF RISK For LOW or MODERATE RISK DAY or OVERNIGHT FIELD TRIPS

Sign and return this page by 2023-01-30T08:00:00Z. Retain other pages for your information

## CONSENT AND ACKNOWLEDGEMENT OF RISK

|                        |                                                                                         |
|------------------------|-----------------------------------------------------------------------------------------|
| <b>FIELD TRIP NAME</b> | Downhill Skiing, Snow Board Skiing, and Snow Shoeing at Mount Timothy Recreation Resort |
| <b>DESTINATION</b>     | Mount Timothy Recreation Resort                                                         |

1. I acknowledge my right to obtain as much information as i require about this program or activity and associated risks and hazards, including information beyond that provided to me by the school board.
2. I freely and voluntarily assume the risks/hazards inherent in the program/activity and understand and acknowledge that my child may suffer personal and potentially serious injury arising from participation.
3. I have reinforced with my child the expectation to abide by the rules and regulations, including directions and instructions from the school's and/or service provider's administrators, instructors, and supervisors over all phases of the program/activity.
4. In the event my child fails to abide by these rules and regulations, disciplinary action may require exclusion from further participation, or that I be contacted to pick up my child, unless I have specified other transport arrangements.
5. I acknowledge that it is my responsibility to advise the Lead Teacher of any medical and/or health concerns of my child that affect participation in the stated program or activity.
6. I acknowledge that the trip supervisors may secure transport to emergency medicals services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services.
7. Based on my understanding, acknowledgment , and consents as described herein,

(Full Name of Student) .....has my permission to participate.

|                                     |                                     |                 |                     |                 |
|-------------------------------------|-------------------------------------|-----------------|---------------------|-----------------|
| <b>Skiing Ability:</b>              | <b>Circle one:</b>                  | <b>Beginner</b> | <b>Intermediate</b> | <b>Advanced</b> |
| .....                               | .....                               |                 |                     |                 |
| Date                                | Parent/Guardian Name (please print) | Signature       |                     |                 |
| Parent/Guardian<br>Contact Numbers: | Day.....                            | Evening.....    |                     |                 |