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Dear Parent(s)/Guardian(s),

This letter is to inform you of our Physical Education Department's 2012 Alpine Ski Trip to Norquay. In this letter you will find the following documents listed below. The bolded documents indicate the forms that must be returned to your child's Physical Education teacher completely filled out by Tuesday Dec 13, 2011.

- 2012 Physical Education Alpine Field Trips information
- Alpine Responsibility Code & Ski Week Gear List
- **WCS-Field Trip Informed Consent/Permission Form**
- **Parent Volunteer information (if applicable)**
- **Norquay rental and parental release form**

Each Grade 7 & 8 student will attend one day at Norquay (full-day trip) on Wednesday January 25, 2012. As you may notice the Alpine trips have changed from what they were in the past. In the past, the Alpine trips were subsidized by Chinook as part of our agreement with them, however, that is no longer the case which has resulted in changes being made.

The trip will involve a structured lesson in the morning and some free skiing/snowboarding time in the afternoon. At the conclusion of the lesson, each student will be given direction as to where they are allowed to ski/snowboard based on their skill level. No students are permitted to ski/snowboard on the terrain park at any time. All students will be expected to follow the Alpine Responsibility Code (attached). Failure to abide by the code may result in revocation of your child's lift pass.

Buses will leave at 7:15am and return to the school by 5:00pm. We will arrive at Norquay by 9am to acquire tickets and rentals and be off the hill by 2:40pm to leave at 3:00pm. **It is the responsibility of the parent/guardian to ensure that their son/daughter is at WCS in time to board the bus and that there is someone there at 5pm to pick them up.** Students may not be left at school to be picked up at a later time. If your son/daughter is sick or unable to make it on the day, please ensure that you email your child's PE teacher prior to 7am.

The fees for the Alpine Trip Experience are \$60. Please make cheques payable to Westmount Charter School. **Cheques are to be submitted to your PE teacher.** WCS will cover the rest of the fees including lift pass and rental costs for any volunteers. Please contact your child's PE teacher to reserve a volunteer spot.

Happy trails,

Physical Education Department
Westmount Charter School

Your Responsibility Code

Skiing and snowboarding can be enjoyed in many ways. At ski areas you may see people using alpine skis, snowboards, telemark skis, cross country skis, and other specialized equipment, such as that used by the disabled. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers and riders the responsibility for a great skiing experience.



1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Know the code. It's your responsibility.

This is a partial list. Be safety conscious.

Ski Week Gear List

- | | |
|--|--|
| <input type="checkbox"/> Hat, toque or headband | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Lift ticket |
| <input type="checkbox"/> Goggles or sunglasses | <input type="checkbox"/> Lunch |
| <input type="checkbox"/> Neck tube/ bandanna (not a scarf) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Warm socks x 2 | <input type="checkbox"/> If not renting- bring your ski/snowboard equipment |
| <input type="checkbox"/> Mitts/ gloves made of waterproof material | <input type="checkbox"/> Layers- long underwear/ sweatshirt or sweater/ sweats/ fleece |
| <input type="checkbox"/> Wrist-guards (for snowboarders) | <input type="checkbox"/> Outerwear- warm preferably water/wind-proof |
| <input type="checkbox"/> Hockey pants or bum padding for beginner snowboarders | |

Please mark your clothing with your name and phone number! Leave valuables at home.

WCS FIELD TRIP INFORMED CONSENT / PERMISSION FORM

It is the understanding of the Westmount Charter School faculty that field trips provide valuable and enriched learning experiences. Field trips are extensions of the classroom, thus it is an expectation that all students will participate when there is a field trip.

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WILL BE PARTICIPATING AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT. THIS FORM MUST BE COMPLETED AND RETURNED TO THE SCHOOL BY Tuesday December 13 to your PE teacher.

Teacher(s): D. Manning, C. Hooper, D. Kidd, C. Byron, J. Jansen, C. Kelly	Date Submitted: Nov 18, 2011
Class(es) participating: All Physical Education classes grades 7-8	
Max. # of Students Attending: All grade 7 & 8s.	Date and time of Field Trip: Wed Jan 25, 2012
Learning Outcomes: <ol style="list-style-type: none"> 1. Apply and refine skills related to alpine skiing or snowboarding 2. Participate in a life long common outside activity and realize the benefits of an active lifestyle 	
Description of Activity: <p style="margin-left: 40px;">Alpine Sports: Students will receive an alpine sport lesson from a qualified instructor at both Alpine venues. Students will get an opportunity for some time to ski/snowboard with groups of 3 or more following each lesson.</p>	

ACTIVITY What the students will be doing	IDENTIFIED RISK Potential risks that may be encountered	RISK MANAGING The plan to reduce the potential of this risk being encountered as well as a plan for dealing with the risk if and when it arises.
Alpine skiing or snowboarding (not both)	<ol style="list-style-type: none"> 1. Broken bones 2. Sprained joints 3. Sprained muscles 4. Bruises 5. Dehydration 6. Frost bite 7. Head injuries (e.g. Concussion) 	All students must take lessons at Norquay. Students that are found to be unsafe or unable to ski/snowboard in control may have their ticket revoked. No student is permitted in the big terrain park at Norquay. Furthermore, students are not permitted to ski/snowboard from the chair lift unless informed by an instructor. All students will wear a CSA approved helmet.
Travelling on bus to Norquay	Automobile accident from icy roads resulting in injury or death.	Cancel trip if road report from AMA discourages driving to Norquay.

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student or the Charter Board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

If you choose to engage in the above described activity, you must understand that you bear the responsibility for any injury which may occur. Westmount Charter School has basic student accident insurance in place, details of which are available upon request.

ACKNOWLEDGEMENT:

WE HAVE READ THE ABOVE, AND ACKNOWLEDGE THAT THE STUDENT NAMED BELOW WILL BE ATTENDING THIS FIELD TRIP. WE UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Name of Student:	Transportation: Please check for each day departure Bus___ or Driven by parents*** _____ return Bus___ or Driven by parents*** _____	
Signature of Student	Date:	Any medical conditions we need to be aware of: _____ _____
Name of Parent/Guardian	Contact #:	_____ _____
Signature of Parent	Date:	_____ _____

***If a student is being driven to any of the locations by anyone other than their own parents I need specific written permission and the driver needs to fill out a volunteer driver form. Please email me at Julie.jansen@westmountcharter.com for this form write details of the arrangement below please.

NOTE TO PARENT/GUARDIAN AND STUDENT/GROUP MEMBER

PLEASE READ CAREFULLY

WESTMOUNT CHARTER SCHOOL is arranging a group trip to *Norquay*

Name of School/Group

In this agreement, the term "skiing" shall include "snowboarding", "snowblading", and "cross-country skiing" and "we" shall refer to participating student/group member and his/her parent(s)/guardian(s)/agent(s).

ASSUMPTION OF RISK

We are aware that skiing involves many risks, dangers and hazards and assume all the risks of personal injury or death or property loss resulting from any case whatsoever including but not limited to the inherent risks of skiing, and the use of ski lifts, collision with natural and man-made objects or other skiers, travel within or beyond the ski area boundaries, or negligence, breach of contract, or breach of statutory duty of care on the part of *Norquay* and it's staff. We agree that *Norquay*, it's employees and agents shall not be liable for any personal injury, death or property loss and release *Norquay* and it's employees and agents and waive all claims with respect thereto.

Group Member/Student Initials _____

Parent/Guardian Initials _____

EQUIPMENT

Norquay provides rental equipment.

We accept full financial responsibility for the care of the equipment while it is in the possession of my son/daughter/group member. We will be responsible for the replacement at full value of any equipment rented on the "Group Equipment User form" but not returned to the rental facility. We agree to return all rental equipment by the specified date.

We understand that the binding system cannot guarantee the user's safety. In downhill skiing the binding system will not release at all times or under all circumstances where release may prevent injury or death, nor is it possible to predict every situation in which it will release. In snowboarding, cross-country skiing, snowblading and snowshoeing, the binding system will not ordinarily release during use; these bindings are not designed to release as a result of forces generated during ordinary operation.

We understand that a helmet designed for Recreational Snow Sports use will help reduce the risks of some types of injuries to the user at slower speeds. We recognize that serious injury or death can result from both low and high-energy impacts, even when a helmet is worn. **We understand that helmets are not mandatory but HIGHLY recommended to be worn by students/group members while skiing and ice skating.** (Helmets are not required for cross-country skiing.)

We further agree to defend and indemnify the PROVIDERS for any loss or damage, including any that results from claims or lawsuits for personal injury, death and property loss and damage related to the use of this equipment.

RESPONSIBILITY CODES

Norquay requires the parent/guardian and student/group member know and obey the ALPINE RESPONSIBILITY CODE and CROSS-COUNTRY SKIER'S RESPONSIBILITY CODE. *Norquay*, teachers/group leaders, chaperones reserve the right to revoke a lift/trail/skating ticket in event of a violation of the RESPONSIBILITY CODES or other unacceptable conduct.

LIABILITY RELEASE

We agree to release *Norquay*, it's employees, owners, affiliates, agents, officers, directors, and the manufacturers and distributors of the rental equipment (collectively the "PROVIDERS"), from all liability for injury, death, property loss and damage which results from the equipment user's participation in the sport of skiing, use of, or in any way related to the use of the rental equipment, including all liability which results from the negligence of the PROVIDERS, or any other person or cause.

This agreement is governed by the laws of Alberta. If any provision of this agreement is determined to be unenforceable it shall be severed and the remaining provisions shall be given full force and effect.

<< Please Sign Acknowledgement and Permission on Reverse >>

ACTIVITY STUDENT/ GROUP MEMBER TO PARTICIPATE IN Check One

 Skiing Snowboarding

ABILITY (For student/group member lesson) **Check One**

- N Ability** – Beginner lesson, group member never skied before
- Level 1 Ability** – Novice Lesson
- Level 2 Ability** – Intermediate Lesson
- Level 3 Ability** – Advanced Lesson

SKIER TYPE (Alpine Skiing Only) **Check One**

- Type I** New Skier. Ski conservatively. Prefer slow speeds. Prefer easy, moderate slopes. Favor lower than average release/retention settings. This corresponds to an increased risk of inadvertent binding release in order to gain increased release capability in a fall.
- Type II** Ski moderately. Prefer a variety of speeds. Ski on a varied terrain, including most difficult trails. All skiers who do not meet all descriptions of either Type I or Type III.
- Type III** Ski aggressively. Normally ski at higher speed. Prefer steeper and more challenging terrain. Favor higher than average release/retention settings. This corresponds to decreased capability to release in a fall in order to decrease risk of inadvertent binding release.

GROUP MEMBER INFORMATION

Name: _____

Parent's/Guardian's Name: _____

Emergency Contact Name: _____

Emergency Contact Phone #: _____

Health Card #: _____

Any Allergies/Health Conditions: _____

Age: _____ **Height:** _____ **Weight:** _____ **Shoe Size:** _____

ACKNOWLEDGEMENT

My participating child/group member and I understand these warnings and we have identified my child's/group member's ski/snowboard ability, skier type classification, age, height and weight accurately and correctly. We, the undersigned, have read and understand the terms of this form.

SIGNATURE OF STUDENT/GROUP MEMBER _____

SIGNATURE OF PARENT/GUARDIAN/AGENT _____

PERMISSION

I give my son/daughter/group member, _____ permission to participate in the group trip to be held at *Norquay*

SIGNATURE OF PARENT/GUARDIAN/AGENT _____

DATED _____ / _____ / _____

VOLUNTEER INFORMATION

- I would like to volunteer as a parent assistant on this field trip. I will be available for the duration of the field trip. (please check one below)
- I will take the bus from WCS to Norquay at 7:15am
 - I will meet you at Norquay by 9am

ACKNOWLEDGEMENT:

I HAVE READ THE ABOVE, AND ACKNOWLEDGE THAT THE PERSON NAMED BELOW WILL BE ATTENDING THIS FIELD TRIP AS A VOLUNTEER. I UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, I AM ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Name of Volunteer:	<p><u>Please circle:</u></p> <p>Not Participating</p> <p>Skiing or Snowboarding</p> <p>Ability level:</p> <p><u>Beginner Intermediate Advanced</u></p>	<p>Volunteer rental equipment:</p> <p>Required? Yes___ No___</p> <p>___ft ___inches ___lbs</p> <p>___shoe size</p> <p>___goofy ___regular</p> <p>(snowboarders only)</p>	
Signature of Volunteer		Date:	Contact #

