



Wilson Middle School

2003 - 9 Avenue North, Lethbridge, Alberta T1H 1J3
Telephone 329 - 3144 • Fax 329 - 3611

Castle Mountain Ski/ Snowboard Trip Skiing/ Snowboarding at Castle Mountain Resorts (CMR) 6:55 am – 4:30pm on Monday, January 22, 2017

Dear Parents/ Guardians,

The aim of Physical Activity Programs in Alberta Schools is to provide students with the opportunity to participate in a variety of sports and activities, which foster physical wellbeing and will enable students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle. As such, our school is excited for our students to have an opportunity to go skiing/ snowboarding. This year, we will participate in the School Program at Castle Mountain Resort (CMR) that provides a wonderful opportunity for students to experience a new sport and/or further develop skills in a controlled environment.



While every effort is made to reduce the risk of injury, it is important to be aware that there are hazards associated with all sports including skiing and snowboarding. Wilson, the Safety Guidelines for Physical Activity in Alberta Schools, and CMR Snow School strive to mitigate these risks by requiring all students to participate in a lesson appropriate for their skill level. All the teaching staff at CMR are Canadian Ski Instructors Alliance (CSIA) and Canadian Association of Snowboard Instructors (CASI) certified and experienced instructors. Helmets are required by the ASBIE guidelines and are available to rent. If your student is involved in an accident while on CMR property, qualified staff at CMR will respond accordingly and you will be notified according to school policy. If the trip must be cancelled, you will be notified by the school and alternative arrangements will be made.

Our ski/ snowboard trip will transport students on a charter bus to Castle Mountain Resorts, which is located approximately 1.5 hours west of Lethbridge. We will arrive at CMR by 9:00am and a CMR instructor will greet students, give a brief introduction of the day, and hand out lift tickets. Students will then be unloaded from the bus and further directed on gathering personal items and rental equipment. Once everyone has their equipment, students will meet with an instructor to determine proper placement in a beginner lesson or the ability assessment. Upon completion of the lesson, students will be informed as to the areas of the hill they may access. This access is solely based on their ski/ snowboard ability and is determined by CMR instructors. Below is a guide to help you and your child determine their ability prior to departure.

LEVEL	SKIING	SNOWBOARDING
1	<ul style="list-style-type: none"> No experience or still working on speed control and turning 	<ul style="list-style-type: none"> No experience or still working on speed control with side slipping
2	<ul style="list-style-type: none"> Able to control speed and link turns on steeper Green runs, Tumbleweed off the Huckleberry chairlift 	<ul style="list-style-type: none"> Can pendulum down steeper Green runs, able to turn edge to edge at slow speeds Has been up the Huckleberry chairlift
3	<ul style="list-style-type: none"> Starting to ski parallel at end of turn, working on pivoting to create separation Huckleberry: Tumbleweed and Buffalo Flats 	<ul style="list-style-type: none"> Able to turn edge to edge, steering with the lower body Huckleberry: Tumbleweed, Buffalo Flats
4	<ul style="list-style-type: none"> Skis parallel throughout the turn, working on maintaining balance on outside ski, pole planting, edge grip on steeper terrain Huckleberry: Tumbleweed, Pony Express, Lone Ranger Sundance: North and South Roads 	<ul style="list-style-type: none"> Able to turn continuously down steep Green runs, working on basic freestyle skills and progressing to steeper terrain Huckleberry: Tumbleweed, Pony Express, Lone Ranger Sundance: North Rd. Tamarack: Bandito, Sendero
5	<ul style="list-style-type: none"> Strong parallel skier, has separation between upper and lower body with edge grip Sundance: South Rd., Centre Tamarack: Sheriff, Bandito, Sendero 	<ul style="list-style-type: none"> Able to carve, linking turns of varied shape and size, comfortable riding switch Sundance: Centre Tamarack: Sheriff, Bandito, Sendero

The itinerary of the skiing/ snowboarding trip is as follows:

- 6:55 – Meet at Wilson to load the bus
- 7:10 – Depart Wilson on charter bus
- 8:45 – Arrive at Castle Mountain Resorts
- 9:00 – Meet CMR instructors, obtain equipment
- 9:15 – Snow School Lessons/ Ability Assessment
- TBD - Lunch – Vouchers will be given to students
- 3:00 – Depart Castle Mountain Resort
- 4:30 – Arrive at Wilson, Parent/ Guardian pickup

Behavior consistent with the Wilson Way is expected of all students leading up to the ski/ snowboard trip as well as during this trip. School rules and sanctions will be in effect should students make poor behavior choices, parents will be contacted and usual school consequences will be in place. Please know for safety reasons, your son/ daughter must demonstrate an ability to participate according to school expectations throughout, or the activity will be removed as a privilege.

ELIGIBILITY: There is limited space available for this opportunity and students will be selected to participate based on the following:

1. First come, first served basis – those with their forms and full payment returned quickly are more likely to be able to participate.
2. Behaviour – students are expected to demonstrate the Wilson Way leading up to the trip as well as during. Students not meeting this expectation may be replaced by an alternate.

EQUIPMENT: Proper attire is important for the safety of your child and to ensure they have a good experience outside all day. Check the CMR website for current snow and weather conditions at: www.skicastle.ca.

- Layered clothing is best for all outdoor recreation
- Sunscreen and lip protection are important (even on overcast days)
- Knee-high socks are preferable over ankle socks which will slide off and get bunched up in boots
- Pants go outside the boots – only long johns and socks should be inside your boots
- Jeans are not appropriate, instead wear waterproof pants/ snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm and dry
- Extra pair of socks and mitts are always a good idea
- A light toque, balaclava or kerchief will fit under your helmet to keep you warm
- Goggles or sunglasses
- Change of warm, dry clothes for the drive home
- Enough food & snacks for the day trip and ride home

*A cafeteria will be open and a variety of items can be purchased. **All participants will receive a food voucher for lunch.** This voucher will provide participants with a hot dog, hamburger, or grilled cheese as well as fries and a small beverage.

FORMS: The following forms and money must be completed and **returned no later than Wednesday, January 17th, 2017** to secure a spot on the ski/ snowboard trip.

- Parent/ Guardian and Student Consent and Waiver Form
- Ski & Snowboard Day Registration Form
- Rental Agreement and Information (Only require if student is renting equipment)
- Alpine Responsibility Code
- Parent Chaperone Registration Form

PARENT CHAPERONES – Parent Chaperones are more than welcome to join us on our trip. Due to the limited capacity of our trip the number of spaces available for parents is restricted and will be accepted on a first come, first served basis. The cost for parent chaperones is dependent on the need to rent equipment. Please review the Parent Chaperone Registration Form for more detail.

If you have any questions or concerns, please contact me directly to discuss. Thank you for your support!

Warmest Regards,

Leo Lacourciere
P.E. & Outdoor Education Teacher
Lethbridge, Alberta
W: (403) 329-3144
Email: leo.lacourciere@lethsd.ab.ca

Ski & Snowboard Day Registration Form

Please complete the following information:

Student Name: _____ Grade: _____

Parent/ Guardian Name(s): _____

Parent/ Guardian Phone #: Home/ Work: _____ Cell: _____

Please select the appropriate package for your child's needs:

Selection	Package	Description	What's Included	Cost
	Package 1	Wilson Student NO rental equipment required	<ul style="list-style-type: none"> • Bus • Ski/ Snowboard Lesson • Lift Ticket • Lunch 	\$115.00
	Package 2	Wilson Student Rental equipment required	<ul style="list-style-type: none"> • Bus • Ski/ Snowboard Lesson • Lift Ticket • Lunch • Rental Equipment 	\$135.00
	Helmet	<p>*Please note: All students must wear a ski/ snowboard certified helmet while skiing or snowboarding. A bike/ skateboard helmet will not be sufficient. If you are renting equipment, the helmet is already included. If your child does not have their own helmet, they can rent just the helmet.</p>		\$3

Please use School Cash Online to secure your spot on the field trip as quickly as possible!

Rental Agreement & Information

Students will not be able to switch between skiing and snowboarding on the day of the school trip so, please be comfortable with your decision!

All participants must wear an appropriate snow sport helmet. This is mandatory! Helmets ARE INCLUDED with every rental package. You can also rent JUST a helmet if you have all your own equipment otherwise.

Student Name: _____

Type of Equipment: SKI or SNOWBOARD

Grade	Height (cm)	Weight (kgs)	Foot Length (cm) <i>From big toe to heel</i>	Skier/Snb Type

The UNDERSIGNED AGREES to accept full responsibility for the care of this equipment while it is in the possession of _____.
Student Name

The UNDERSIGNED AGREES to reimburse the resort for any loss or damage to the equipment other than reasonable wear resulting from its use by _____.
Student Name

SIGNATURE OF PARENT: _____

SIGNATURE OF STUDENT: _____

Lessons:

_____ will be **SKIING** or **SNOWBOARDING** (circle one)
Student Name

Ability Level (choose one): 1 2 3 4 5(Skiing only)

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE, REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1 *Always stay in control. You must 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 *Do not stop where you obstruct a trail or are not visible from above.*
- 4 *Before starting downhill or merging onto a trail, look uphill and yield to others.*
- 5 *If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.*
- 6 *Always use proper devices to prevent runaway equipment.*
- 7 *Observe and obey all posted signs and warnings.*
- 8 *Keep off closed trails and closed areas.*
- 9 *You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.*
- 10 *You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.*

**Know the Code - Be Safety Conscious
It Is Your Responsibility**

We have read the *Alpine Responsibility Code* and understand it is _____ 's
Student Name
reasonability to abide by this code for a safe outdoor experience.

Student Signature

Date

Parent/ Guardian Signature

Date

Parent Chaperone Registration Form

Please complete the following information:

Parent/ Guardian Name: _____

Parent/ Guardian Phone #: Home/ Work: _____ Cell: _____

Please select the appropriate package for your needs:

Selection	Package	Description	What's Included	Cost
	Package 1	Parent Chaperone NO rental equipment required	<ul style="list-style-type: none"> • Bus • Ski/ Snowboard Lesson • Lift Ticket • Lunch 	\$125.00
	Package 2	Parent Chaperone Rental equipment required	<ul style="list-style-type: none"> • Bus • Ski/ Snowboard Lesson • Lift Ticket • Lunch • Rental Equipment 	\$145.00
	Helmet	*Please note: All participants must wear a helmet while skiing or snowboarding. If you are renting equipment, the helmet is part of the cost for renting equipment. If you do not have your own helmet, you can rent just the helmet.		\$3

Please return the amount owing to Mr.Lacourciere as quickly as possible to secure your spot!

Parent Chaperone Rental Agreement & Information

Type of Equipment: SKI or SNOWBOARD

Name (Parent/ Guardian)	Height (cm)	Weight (kgs)	Foot Length (cm) <i>From big toe to heel</i>	Skier/Snb Type

I, _____ agree to accept full responsibility for the care of this equipment while it is in my possession. I agree to reimburse the resort for any loss or damage to the equipment other than reasonable wear resulting from its use.

SIGNATURE: _____

Lessons:

_____ will be **SKIING** or **SNOWBOARDING** (circle one)
Parent/ Guardian Name

Ability Level (choose one): **1** **2** **3** **4** **5(Skiing only)**



LETHBRIDGE SCHOOL DISTRICT No. 51

March 27, 2015

607.1.5 Parent/Guardian and Student Consent and Waiver Form

(Please read this document and the attached parent information letter carefully)
WARNING: BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS,
INCLUDING THE RIGHT TO SUE.

1. My child wishes to participate in the _____
(describe activity), (the "Activity"). I have read and understand the contents of the parent/guardian information letter, attached hereto, which sets out the details of the Activity, and I consent to and give permission for my child to participate in this program.
2. I hereby acknowledge and agree that educational activity programs, such as the Activity, involve elements of risk and that death, injuries, loss or damage can occur to students while participating in these activities.
3. I further acknowledge and agree that death, injury, loss or damage can occur without any fault of either the student, the school board, its trustees, employees, volunteers or agents. I hereby freely accept and assume all risks associated with the participation of my child in the Activity. In consideration for my child's voluntary participation in the Activity, I hereby waive any and all claims, expenses, demands, costs, suits, liabilities and causes of action against Lethbridge School District No. 51, which may arise out of such injury or loss or damage and I release Lethbridge School District No. 51 from any liability in that regard. I understand that Lethbridge School District No. 51 will be responsible for injury, loss, or damage suffered by my child while participating in the Activity if such injury, loss or damage arises as a direct result of the negligence of Lethbridge School District No. 51.
4. I accept and agree that it is my child's responsibility to abide by all laws and obey all rules set out for this trip. I agree that the supervisors of this trip may require my child to return home if a breach of those rules occurs and I agree to be responsible for and pay any and all costs that may arise.
5. In consideration for my child's voluntary participation in the Activity, I further agree to indemnify (which means to secure or protect against hurt, loss or damage and to reimburse for any loss sustained) and hold harmless (which means to assume the liability inherent in a situation, thereby relieving the other party of responsibility) Lethbridge School District No. 51, and its trustees, employees, volunteers and agents from any and all expenses, costs (including legal costs) or financial obligations arising from any suits, demands, claims, actions of any kind which may be brought against its trustees, employees, volunteers or agents for which they may become liable by reason of any injury, loss, damage or death resulting from, or occasioned to or suffered by any person or any property as a result of any act, neglect or default of myself or my child.
6. I acknowledge that it is my responsibility to advise Lethbridge School District No. 51 of any medical and/or health concerns which may affect my child's participation in the Activity.
7. I acknowledge and agree that a teacher chaperone may take any actions deemed necessary by the teacher chaperone for my child's health, safety and well-being, including the securing of medical treatment and transporting my child home (at my expense).
8. (*Applicable only when travel outside Alberta is involved*) I acknowledge that it is my responsibility to obtain any additional insurance (including but not limited to health care, trip cancellation, property or personal effects insurance, accidental death, disability or dismemberment or medical expense insurance) on behalf of my child.



LETHBRIDGE SCHOOL DISTRICT NO. 51

607.1.5 Parent/Guardian and Student Consent and Waiver Form

9. I acknowledge and understand that Lethbridge School District No. 51 is unable to provide insurance coverage for death, injury, damage or medical expenses arising directly or indirectly, in whole or in part, out of terrorism or out of any activity or decision of a government agency or other entity to prevent, respond to or terminate terrorism. In consideration for my child's voluntary participation in the activity or program, I hereby waive any and all claims of every kind that I have or may have in the future and hereby release and hold harmless Lethbridge School District No. 51 and its trustees, employees, volunteers and agents from any liability for any death, bodily injury, property damage or personal injury to my child or myself that may arise, directly or indirectly, in whole or in part, on account of terrorism or decisions of a government agency or other entity to prevent, respond to or terminate terrorism, regardless of any other contributing or aggravating cause or event.
10. In consideration for my child's voluntary participation in the Activity, I further agree to hold harmless Lethbridge School District No. 51, and its trustees, employees, volunteers and agents from any and all expenses, costs (including legal costs) or financial obligations arising from any suits, demands, claims, actions of any kind which may be brought against its trustees, employees, volunteers or agents for which they may become liable by reason of any injury, loss, damage or death resulting from, or occasioned to or suffered by any person or any property as a result of any Act of God, strikes, or government restrictions, and for acts or omissions of any persons or agencies not directly controlled by the District, including, without limitation, airlines, bus companies, railways, travel agencies, shipping companies, hotels or guides.
11. I hereby acknowledge that I have read and understand the foregoing and do hereby approve and consent to all of the above. I hereby give permission for my child to participate in the Activity.

SIGNED at Lethbridge, Alberta this _____ day of _____, 20_____.

Parent/Guardian's Name and Signature

Witness Name and Signature

Parent/Guardian's Name and Signature

Witness Name and Signature

I have read the above and it has been explained to me by my parent or guardian,

Student's Name and Signature

Witness Name and Signature

Date: _____

Note: Regarding witnesses to the signatures of the students and parents/guardians:

1. The spouse of a parent/guardian should not witness the parent/guardian's signature.
2. A parent/guardian should not witness a student's signature.
3. Employees of the School District should not witness either the parent/guardian or student signatures.
4. Witnesses should be of sound mind (i.e. not under the influence of any intoxicating substances, etc.) and should be over the age of 18.