



"Let Your Light Shine"

St. Augustine School

5520-45 Avenue Crescent, Ponoka, AB T4J 1N6
Phone: (403) 704-1155 Fax: (403) 704-1195
www.staug.staratholic.ab.ca

Gr. 7-9 Ski Trip

January 30/2020

Due back to office by Jan. 7th, 2020

There is nothing like a beautiful day of skiing with your friends...

Why Nakiska? St. Augustine School is once again pleased to offer our Junior High Students an opportunity to experience mountain skiing at Nakiska!!! Nakiska is one of the closest mountain terrain ski hills to us. The runs are much longer than Red Deer and are a nice transition from Canyon Ski Hill to mountain skiing (Nakiska is 80% blue and green runs). It is also much easier to supervise as all lifts converge at the same place at the bottom of the hill. All students check in at the designated chalet gathering place midway through the day.

Who can go? As an extension of our grade 2-6 ski program, **all junior high students** may sign up for a one-day trip to Nakiska Ski Resort. Completed form and online payment must be received by January 7th. Lessons are optional for any students level 3 or higher (lesson ability chart provided) – it is the responsibility of the parent/guardian to choose the level of their child. **Lessons are mandatory for any student below level 3 (additional cost).**

What is included and what will this cost me? This trip includes transportation (Lions or St. Augustine Bus, Lift Ticket and Rentals/lessons if required. The cost is as follows:

I have my own equipment: **\$47.00**

I need to rent a snowboard or skis but don't need lessons: **\$78.00**

I need lessons (2hr) but no rentals: **\$88.00**

I need to rent and take a lesson (2hr): **\$96.00**

*Helmets for all students are mandatory (they come with rentals) - if you have your own equipment you must provide or rent a helmet.

Please return the completed consent form and make online payment via SCHOOLCASH by Jan. 7 to reserve a seat on the bus. **The link for payment is on the school website.**

Rescheduling due to road closures/weather: Should we need to postpone this trip due to weather or road closures, we will rebook with the ski hill for another day. If we decide to go and you choose not to send your child there will be no refund. Should there be extenuating circumstances in which your child is signed up but cannot attend, please make the school aware as soon as possible.

What do I need to look after?

Wear the Gear: Please come dressed for a day of skiing (ski pants, good jacket, mitts and hear gear, ski goggles if you have them) – watch the weather and wear appropriate gear. A reminder that helmets are mandatory.

Getting here on time: The buses pull out from the school at 6:30am (and you need to check in first) – please be on time.

Food: There is no eating or drinking on the bus. Please have breakfast before arriving at the school. Students are encouraged to either pack lunch and supper food or bring \$\$ to purchase food at the ski hill for lunch and/or Cross Iron Mills food court for supper.

Behaviour: This is a school trip and as such the same behaviour is expected from the students as would be with any school related function. Students not adhering to our guidelines or the guidelines of the ski hill may have their tickets revoked and spend the remainder of the day with a supervisor (no refund) and not be permitted to sign up for further **school** trips.

Reserving a ticket: To assure you get a seat on the bus bring back your forms and payment by **Jan. 7th.**

Departure and Arrival times: All participants **must be at the school by 6:00 am on Jan. 30, for check in – the Lions bus and the St. Augustine School bus will leave St. Augustine School at exactly 6:30 am. (this allows us to arrive at Nakiska as the hill opens, place those who need lessons in lessons and enjoy the entire day).** After a day of skiing we will leave the hill at approx. 5:00pm, stop at Cross Iron Mills food court for supper, and then continue home. **They will arrive back at St. Augustine School at approx. 9:30pm.** I encourage students to call for pick as we pass Lacombe, as it is difficult to predict an exact arrival time in the evening (road conditions, etc.)

Can my parents come? We require 1 adult supervisor for every 10 students. Mr. Bowie will be the main supervisor. Other teachers may be joining us as supervisors as well. If your parent is interested in being a supervisor and would like one of the complimentary adult chaperone tickets, there are expectations (meeting required). If your parent is interested in just coming along to ski, the cost is \$80.00 (lift ticket and transportation only. Lessons and rentals are extra – this is subject to available space on the bus.

Emergency Response: Should your child receive an injury requiring transportation to/from a hospital, an ambulance will transport your child to the Canmore Hospital. One of our staff will drive to the hospital and meet the student there. You will be contacted immediately. The staff member will stay with your child until you arrive. If the child is cleared by the doctor to return via bus or vehicle to the ski hill or home the staff member will transport the student back using the extra passenger vehicle we bring along unless instructed otherwise by your emergency contact person.

In case of emergency, Mr. Bowie's cell phone # is **403-872-7062**

Students and parents are highly encouraged to sign up for **REMINd**. The info is below.
Text @a97c7e to the number **(587) 316-6141**. You will receive a welcome text from Remind indicating that you have joined the group.



St. Augustine School
 5520 45 Avenue Crescent, Ponoka
 AB, Canada T4J 1N6
 403-704-1155

Local Field Trip Parent Permission Letter

Field Trip Activity SKIING / SNOWBOARDING
Location/ Destination Nakiska Ski Resort
Field Trip Details

Date of Field Trip	Start: <u>Jan 30, 2020</u>	Time of Departure <u>6:30am</u>
	End: <u>Jan 30, 2020</u>	Time of Departure from Venue <u>4:00pm</u>
		Time of Return <u>8:00pm</u>
Cost	See info letter.	

Integration of the events and activities with Program of Studies / Educational Value

Grades Attending 7-9
Number of Attending Students 60
Number of Attending Teachers 3
Number of Non-Teaching School Staff 4
Number of Attending Volunteers 0

Lead Teacher and Contact Adam Bowie adam.bowie@starcatholic.ab.ca

Attending Teachers, Supervisors and Volunteers

Adam Bowie and 2 to be determined.

Communication Plan

The principal will be advised of any accidents, problems, unusual incidents or weather related concerns that may occur during the field trip. As well parents guardians will be contacted if health issues, injuries, or student conduct are a concern with their children.

Method of Transportation Ponoka Lions bus and St. A's Bus

Risks - Inherent, special or unusual risks associated with the field trip

Weather related risks such as freezing temperatures, high winds, snow, ice, sleet, rain, fog.

All manner of injuries related to ski hill conditions- icy slopes, heavy powder, rough terrain, moguls, rocks, trees, foreign objects, snowboard park.

All manner of injuries resulting in dislocations, concussion, whiplash, contusions, sprains, pulled or strained muscles, knee injuries and broken bones.

All manner of head, neck, spinal, facial, eye, nose and/or dental injuries.

Possible injuries resulting from- slips/falls, skiing/snowboarding in high risk areas, colliding with other skiers, falling off lifts, jumping, skiing/snowboarding too fast, icy conditions, poor or improper equipment, inadequate observation, not being able to stop.

All manner of injuries and/or death which may result in the transportation to and from the facility.

Date Submitted for Approval Dec 16, 2019

Signatures

		<u>Dec 16, 2019</u>
Principal (Signature)	Print Name	Date
	<u>Adam Bowie</u>	<u>Dec. 16/19</u>
Lead Teacher (Signature)	Print Name	Date

Gr. 7-9 Nakiska Ski Trip Student Information and Consent Form

(Complete both sides and return)

Student Name: _____
Grade and homeroom: _____

Student ability level as per the *Lesson Ability Chart* (circle): 1 2 3 4 5
(students below a level 5 should not be on black runs)

A. Lesson Ability Chart

Levels	Skiing	Snowboarding
1	- Zero or little experience - Unable to ride lifts alone	- Zero or little experience - Unable to ride lifts alone
2	- Experience on gentle green slopes - Experience with surface lifts - Able to perform braking, snowplow and basic turns	- Experience on gentle green slopes - Experience with surface lifts - Some experience with chair - Able to side slip on at least one edge - Balance is shaky, concerned about speed and falling - Hesitant on linking turns
3	- Experience on steeper green slopes - Able to straight run with ski parallel - Able to link wedge turns with confidence	- Comfortable on any lift - Able to side slip on toe and heel edge - Links turns with ease and engages some edging - Most green slopes are considered "too easy" - Beginning to ride switch - Less concerned with falling
4	- Experience with chair lifts - Experience on gentler blue slopes - Able to link turns with skis in parallel position	- Experience with chair lifts - Linking turns with edge control - Comfortable on most blue runs - Strong Balance - Not concerned with falling - Eager to try varied snow conditions and terrain
5	- Experience with all types of lifts - Experience on steeper blue and moderate black slopes - Able to consistently link turns with parallel skis at all times	- Experience with all types of lifts - Experience on steeper blue and moderate black slopes - Can link turns with edge control in both regular and switch - Able to carve at will - Comfortable riding switch - Excellent speed control - Able to move freely in all planes of balance - Enjoy varied snow and terrain conditions

ALL PAYMENTS MUST BE MADE ON SCHOOLCASH.

Please record the SCHOOLCASH receipt# _____

For Rentals:

Height: _____
Weight: _____
Shoe Size: _____


For Snowboarding rental (circle): Regular foot (left foot forward) or Goofy Foot (right foot forward)

If you would like to **volunteer as a parent supervisor** or are interested in spending the day skiing with your child, please complete the portion below. Mr. Bowie will only be contacting volunteers if any are required or parents that would like to ski if there is extra room on the bus.

Adult Printed Name: _____

Phone # _____ Relationship to student: _____

I am interested in being a parent volunteer for this trip and my Volunteer forms are up to date _____. I am interested in attending as a paying skier if there is room _____

Parent Consent 

**St. Augustine School
PARENTAL CONSENT**

Parental Consent and Total Costs (if applicable) due by: Jan 7, 2020

Student Name _____ Grade _____

Field Trip Activity SKIING / SNOWBOARDING Start Date Jan 30, 2020 End Date Jan 30, 2020

Location Nakiska Ski Resort

Method of Transportation Ponoka Lions bus and St. A's Bus

Additional Information / Explanation

MEDICAL CONDITION

The following is a list of my child's medical conditions (including allergies, conditions requiring medication, etc), a list of medication that my child must take and any special instructions regarding medication storage and administration.

I have reviewed and understand the information provided in this Parent Permission Letter, I consent to my child partaking in the field trip(s) as described in the Parent Permission Letter and I agree that this planned activity is acceptable. I also acknowledge and agree that during the planned field trip(s), (NAME OF STUDENT HERE) is to act in accordance of the School Act, District policy and rules as to student conduct. St. Thomas Aquinas Roman Catholic Separate Regional Division #38 does not provide accidental death, disability, dismemberment or medical expense insurance on behalf of the students participating in this activity. I understand that St. Thomas Aquinas Roman Catholic Separate Regional Division #38 assumes no financial liability to the students and/or their parents/guardians should the board cancel or interrupt an approved student trip / excursion for any reason whatsoever. I understand no parents/guardians shall be reimbursed for the loss of any field trip monies if the field trip/excursion is cancelled or interrupted. This includes any form of deposit. However, a parent shall be reimbursed field trip/excursion monies if the field trip is cancelled or interrupted and the school has not provided said monies at the time of cancellation to any third party travel-related agency which assisted in organizing the field trip/excursion, and the related contract between the district and the agency or the insurance provider permits a refund of field trip monies in the circumstances. I further understand that, in all instances, the board reserves, in full, the right to make any cancellation or interruptions it deems fit. I understand and agree that where circumstances arise during the field trip, such as changes in itineraries or adverse weather or road conditions, the Lead Teacher, in consultation with the Principal, may make changes in itineraries and/or travel/arrival plans for my child. I understand that a reasonable effort will be made to advise me of such a change. If my child requires medical attention, I authorize the supervisors to seek necessary medical treatment / intervention in the event of an emergency. I understand and accept the above and provide the St. Thomas Aquinas Roman Catholic Separate Regional Division #38 with the following waiver of liability and RELEASE AND INDEMNIFICATION AGREEMENT. I hereby release the St. Thomas Aquinas Roman Catholic Separate Regional Division #38 and its' staff and agents from any and all liability for any injury sustained regardless of how caused, resulting from participation in the aforementioned field trip/excursion. Alberta Health Care Card Number: _____ Emergency Parent Contact: _____ Emergency Parent Phone Number: _____ Parent Signature: _____ Date: _____