

'Let Your Light Shine'

St. Augustine School

5520 45 Ave Crescent, Ponoka, AB, T4J 1N6

Ph: 1-403-704-1155 Fax: 1-403-704-1195

Gr. 10-12 Lake Louise Ski Trip April 2-3/2020

REMIND group text

Text: @srhighsk to the number (587) 316-6141

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

Lake Louise overnight trip? St. Augustine School is pleased to offer our high school students an opportunity to experience mountain skiing at Lake Louise!!! Students would have 2 days of skiing and stay one night at the HI- Lake Louise Alpine Centre.

Who can go? As an extension of our Jr. High Ski trip. Only students in Gr. 10-12 are allowed on this trip for a two-day trip to Lake Louise Ski Resort. **Students must prepay by March 18.**

Lessons are optional for any student's 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 (St. Augustine Bus), accommodations, Lift Ticket and Rentals/lessons if required. The cost is as follows:

I have my own equipment: **\$264.00**

I need to rent but don't need lessons: **\$312.00**

I need to take a **full day** lesson for the first day only but no rentals: **\$337.00**

I need to rent and take a **full day** lesson on both days: **\$392.00**

I need to take a **full day** lesson for the first day only and I need to rent for both days: **\$385.00**

Please return the completed consent and pay online using School Cash, on or before March 18.

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

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. **Cancellation:** Should less than 15 students sign up for this trip, the trip will be canceled, and funding returned.

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 6:00am (and you need to check in first) – please be on time.

Food: Please have breakfast before arriving at the school or pack it with you. Students can eat on the bus. We will not be stopping for food on the way to the ski hill. Students are encouraged to either pack lunch and supper food or bring \$\$ to purchase food at the ski hill for lunch. We will be stopping at Cross Iron Mills food courts for supper on the way back.

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 ski trips.

Final sign up day is **March 18.**

Departure and Arrival times: All participants must be at school by **5:30 am on April 2 for check in – the St. Augustine School bus will leave St. Augustine School at exactly 6:00 am. (this allows us to arrive at Lake Louise at 10am and enjoy the entire day).** After a day of skiing we will leave the hill at approx. 4:30pm and go to HI- Lake Louise Alpine Centre where we will be staying the night. The next day we will be leaving the Alpine Centre at 8:30am so that we can start skiing by 9am. On April 3, the group will be leaving the hill at 5pm, stop at Cross Iron Mills food court for supper, and then continue home. **The group will plan to arrive back at St. Augustine School at approx. 9:30pm.** I encourage students to call for pick up as we reach Lacombe, as it is difficult to predict an exact arrival time in the evening (road conditions, etc.)

Can my parents come? We require 2 adult supervisors for every 15 students. Mr. Bowie will be the main supervisor. There will always be an adult supervisor in the Ski Lodge for the whole day. Other teachers may be joining us as supervisors as well. If your parent is interested in being a supervisor, please sign the volunteer form at the bottom of the student permission form. If your parent is interested riding on the bus to the ski hill and just coming along to ski the cost is \$25.00 (cost of transpiration) – this is subject to available space on the bus. They will have to oversee organizing their own accommodations and rentals and lessons if needed.

Emergency Response: Should your child receive an injury requiring transportation to/from a hospital, an ambulance will transport your child to the Banff Hospital. One of our staff will drive to the hospital and meet the student there with the emergency vehicle. 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 encouraged to sign up for REMIND

Text @srhighsk to the number (587) 316-6141



St. Augustine School K-12

5520 45 Avenue Crescent, Ponoka
AB, Canada T4J 1N6
403-704-1155

Mountain Skiing Field Trip Parent Permission Letter

Field Trip Activity Mountain Skiing at Lake Louise Ski Resort

Location / Destination Field Lake Louise Ski Resort, 1 Whitehorn Rd, Lake Louise, AB T0L 1E0

Trip Details Enclosed

Date of Field Trip	Start: <u>Apr 2, 2020</u>	Time of Departure	<u>6:00am</u>
	End: <u>Apr 3, 2020</u>	Time of Return	<u>930pm</u>
Cost	Enclosed		

Travel Insurance Included (if trip takes place outside of AB using a commercial carrier) _____

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

Grades Attending 10-12

Number of Attending Students	<u>45</u>
Number of Attending Teachers	<u>5</u>
Number of Non-Teaching School Staff	<u>0</u>
Number of Attending Volunteers	<u>0</u>

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

Attending Teachers, Supervisors and Volunteers

Adam Bowie
Kari Davidson
Justin Florean
TBC

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 St. A's Bus

Skiing/Snowboarding Responsibility Code and Levels of Ability information forms : Attached Yes

Detailed Itinerary of the trip (Including information regarding accommodations if applicable) Attached Yes

Safety Precautions

All students who are assessed at beginner (green) ability shall participate in mandatory ski or snowboard lessons upon arrival to the ski facility. Students assessed at intermediate (blue) or advanced (black) abilities shall also participate in mandatory lessons, but shall do so at any time during the day. Parents must advise in writing, of their child's known ski ability (review and return responsibility code and levels of ability forms). Parents shall advise their child of the areas of the ski hill that they are able to ski based on their ability and their obligation to partake in mandatory lessons.

Equipment Required

Students must use equipment that is of the proper length, in good working condition and suitable for the purpose it was designed. If the equipment is rented by the student prior to the ski trip or owned by the student, it is the responsibility of the parent to ensure that proper and safe equipment is used. All students must wear ASTM (American Standard for Testing and Materials) International approved ski or snowboarding helmets.

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 in high risk areas, colliding with other skiers, falling off lifts, jumping, skiing 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.

Slip/Trip/Fall exposures relating to road/sidewalk conditions, snow, ice, pot holes, trees, stairs, parking lots, ramps, water pools.

All manner of injuries and/or death related to highway travel by bus or vehicle.

Motor traffic exposures such as intersections, high traffic volumes, speeding vehicles, blind spots, crosswalks, railway crossings, construction zones and weather related injuries resulting from high winds, rain, fog, snow, thunder storms, lightning.

Date Submitted for Approval Jan 24, 2020

Signatures

[Signature]

Principal (Signature)

[Signature]

Lead Teacher (Signature)

[Signature]

Print Name

Adam Bowie

Print Name

[Signature]

Date

Feb 4, 2020

Date

Gr. 10-12 Lake Louise Ski Trip Student Information

Student Information

Student Name: _____

Grade: _____

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	<ul style="list-style-type: none"> - Zero or little experience - Unable to ride lifts alone 	<ul style="list-style-type: none"> - Zero or little experience - Unable to ride lifts alone
2	<ul style="list-style-type: none"> - Experience on gentle green slopes - Experience with surface lifts - Able to perform braking, snowplow and basic turns 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Experience on steeper green slopes - Able to straight run with ski parallel - Able to link wedge turns with confidence 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - Experience with chair lifts - Experience on gentler blue slopes - Able to link turns with skis in parallel position 	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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

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ALL PAYMENTS MUST BE MADE ON SCHOOLCASH PRIOR TO SUBMITTING FORM.
 Please record the ONLINE SCHOOLCASH receipt# _____

For Rentals:

Snowboard package _____ or skiing package _____

Height: _____

Weight: _____

Shoe Size: _____

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

If you 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: _____

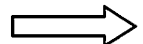
I am interested in being a parent volunteer for this trip and my Volunteer status is up to date _____.

I am interested in attending as a paying skier if there is room _____.

REMIND

Text @srhighsk to the number (587) 316-6141

Please sign parent consent on reverse.



St. Augustine School K-12

PARENTAL CONSENT

Parental Consent and Total Costs (if applicable) due by: Mar 18,2020

Student Name _____ Grade _____

Field Trip Activity Mountain Skiing at Lake Louise Ski Resort Start Date Apr 2,2020 End Date Apr 3,2020

Location Lake Louise Ski Resort, 1 Whitehorn Rd, Lake Louise, AB T0L 1E0

Location Method of Transportation St. A's Bus

Please Indicate your field trip payment method: schoolcash online

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.

I have reviewed the Alpine Responsibility Code, (parent form signed and attached) slope ratings and a map of the ski area with my child. I have reviewed the level of ability information and selected the appropriate level of ability for my child on the attached level of ability form. I have also advised my child of appropriate ski runs based on their ability.

My child will attend the event: _____

Alberta Health Care Card Number: _____

Emergency Parent Contact: _____

Emergency Parent Phone Number: _____

Parent Signature: _____ Date: _____

This form is REQUIRED to be returned to school.

If you are experiencing financial difficulties please contact the principal in confidence.