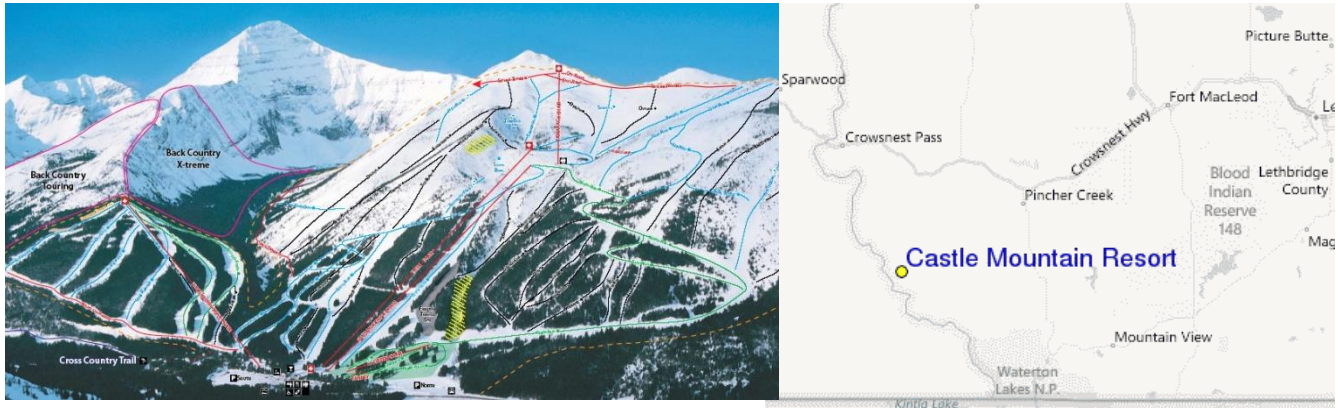


Castle Mountain Resort School Program Parent/Guardian Information Package

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 will foster physical wellbeing and will enable students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle.

This year, your school has chosen to participate in the School Program at Castle Mountain Resort (CMR). This School Program has been designed in accordance with the ASBIE guidelines for Off-Site trips and the Safety Guidelines for Physical Activity in Alberta Schools. These guidelines also meet our Chinook School Division Physical Education Safety Guidelines. Field trips such as this are a wonderful opportunity for students to experience a new sport and/or to further develop their skills in a controlled environment.



Date of Visit: **April 3-5, 2020**

2.25hrs SOUTH of Calgary

Departure from School: **4:00 PM April 3**

1.5hrs WEST of Lethbridge

Return to School: **10:30 PM Sun April 5**

1.5hrs NORTH of US border

Transportation: **Bus Car** Other

.....

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. Your school, the Safety Guidelines for Physical Activity in Alberta Schools, Chinook Physical Education Safety Guidelines, 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) or Canadian Association of Snowboard Instructors (CASI) certified or international equivalent and experienced instructors. Helmets are required by ASBIE and Chinook Safety PE Policy 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.

If you have any questions, please contact:

Supervising Teacher: **Miss Jennifer Foley**

Phone: **306-297-2733 Ext 241**

Email: **jfoley@chinooksd.ca**



Castle Mountain Resort School Program

Forms

The following forms must be completed and returned to your school by (date) Mon March 16

- Ski & Snowboard Registration Form
- Rental Agreement & Information
- SHS Participant Code of Conduct
- Acknowledgement of Risk, Informed Consent, Medical Information & Release Form

Terrain Park

The Terrain Park is OFF LIMITS for all students visiting with a school group.

Equipment

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

The following equipment is recommended:

- **Layered clothing is best for all outdoor recreation**
- **Sunscreen and lip protection are important even on overcast days...watch the UV and the weather forecast.**
- 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 or snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm
- An 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. NO long scarves.
- Goggles or sunglasses
- Wrist protection for snowboarders.
- NO jewelry recommended.
- Tie back or tuck in long hair.
- Change of warm, dry clothes for the drive home
- Enough food and snacks for the whole day and the drive home

The cafeteria will be open and a variety of items can be purchased there or you can pre-order a food voucher which can be used for a hot dog, hamburger, or cheeseburger with fries and a small beverage. If you decide to bring your own lunch and snacks, try to bring items of good nutritional value such as fruit, granola bars, nuts, raisins, and veggies. Skiing and snowboarding require a lot of energy and you will be hungry!



Castle Mountain Resort School Program

Lessons

Following the measures laid out in the Safety Guidelines for Physical Activity in Alberta Schools (June 2013) “All students should be grouped appropriately and must participate in a lesson”. Following the measures laid out in the Chinook School Division Physical Education Safety Guidelines (April 2014), “Test and group students appropriately as determined by a qualified ski instructor in order to participate in an appropriate lesson.” Lessons will be skill specific for all ability levels from first-time beginners to expert skiers/snowboarders. Please use the following guide to estimate ability level. This estimation will be verified by certified instructors at CMR on the day of the trip.

SKIING

- Level 1 Never skied before OR skied once or twice (unable to stop)
- Level 2 Able to stop and can complete basic turns on gentle terrain; beginning to link turns
- Level 3 Able to link wedge turns on beginner terrain; beginning to ski parallel from middle to the end of the turn
- Level 4 Able to ski consistently on parallel edges on all green and blue terrain
- Level 5 Able to ski parallel on black diamond terrain in all snow conditions (Expert Terrain skier)

SNOWBOARDING

- Level 1 Never ridden before OR ridden once or twice with little success
- Level 2 Able to side slip (on both toe and heel edge) across green terrain in both directions; beginning to link turns
- Level 3 Able to confidently link skidded turns on green and blue terrain
- Level 4 Edging or carving becoming more predominant. Linked turns are using lower body with less upper body rotation. Able to ride all expert terrain confidently

Beginner Kinder Ski and Snowboard

All students in Grades K – 2 will participate in a lesson separate from older students with instructors assigned to work just with them. Lessons will be geared to this age group specifically.



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**



Castle Mountain Resort School Program

Ski & Snowboard Student Registration Form

To be returned to the school

Where: **Castle Mountain Resort**

When: April 3-5, 2020

Please complete the following information.

Student Name: _____ Grade: _____

Parent/Guardian Name(s): _____ Phone: _____

Please circle NO or YES for each option and the associated cost:

Required	Item	NO	YES	COST	Amount Owing
✓	Travel				\$25
✓	Group Pizza (Sat Supper)				\$10
✓	Accommodations				\$60
✓	Snowshoe Tour (Sat only)				\$16
✓	Lift Ticket (2 days)	NO – I have a season’s pass	YES	\$30	
✓	Lessons (Includes 4 hours Sat and 2 hours Sun - required for ALL students)				\$76
✓	Rental – 2 days (includes helmet)	NO – I have all my own gear	YES – be sure to complete rental information on reverse	\$48	
	Lunch Voucher (\$15 per day)	NO	YES - Voucher for hotdog, hamburger, or cheeseburger with fries and a small beverage	\$15 x _____ (# of days)	
TOTAL COST :					
Please enclose cash or cheque for exact amount payable to <u>Shaunavon High School</u>.					



Castle Mountain Resort School Program
Student Rental Agreement and Information

To be returned to the school

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 (please circle): 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

My student will be: SKIING / SNOWBOARDING (circle one)

Ability Level (Choose one): 1 2 3 4 5 (Skiing Only)



Castle Mountain Resort School Program

SHS Student Code of Conduct

To be returned to the school

Code of Conduct

1. To be eligible to participate in SHS's GO Adventure Club Castle Mountain Ski/Snowboard/Snowshoe Trip April 3-5, 2020, students are expected to abide by the following expectations and return this signed Code of Conduct, Medical Release, Registration, and Rental forms, along with full payment, to Miss Foley by **Monday March 16, 2020**.
2. Use only rental equipment inspected and issued by a certified technician. If supplying your own personal equipment, it must be checked and in good repair.
3. Helmets and lessons are mandatory for all those skiing and snowboarding. Wrist protection is recommended for snowboarding.
4. No long scarves. Tie back or tuck in long hair. No jewelry is recommended. Wear clothing appropriate for winter out-of-doors activity.
5. Make appropriate decisions with proper clothing, equipment, and hydration to prevent frostbite, hypothermia, and sunburn. Wearing goggles/sunglasses and sunscreen are recommended.
6. Ski/snowboard only on appropriate areas as identified by a qualified ski instructor patrolled by members of a recognized ski patrol.
7. Be familiar with alpine skiing safety rules (including lift procedures & alpine responsibility code) and respect the role of the ski patrol. Ski/snowboard in control at all times avoiding hot-dogging and jumping.
8. Report any injuries to chaperones and seek supervised medical care, as needed. Head injuries will be given great respect with prevention of a second head injury in short succession being high priority of management.
9. Respect and abide by all expectations communicated regarding accommodations and free time available.
10. Understand that there will be zero tolerance for substance use (tobacco, vaping, alcohol, energy drinks & all other drugs) before and for the duration of this trip.
11. Understand that extra-curricular activities are a privilege & they must make academics their first priority by:
 - a) Not skipping classes
 - b) Demonstrating appropriate behavior (both inside and outside the classroom)
 - c) Maintaining a class load of at least 4 classes per semester (Exceptions may be granted for athletes in their final year)
 - d) Working to the best of their ability & complete homework
 - e) Having all of their school fees paid
12. Conduct them self in a positive & respectable manner when representing themselves, our school & community.
13. Those participants unable to abide by these expectations will result in direct chaperone supervision for the remainder of the trip, will not be allowed to participate in future GO Adventures for the remaining 2019-20 school year, and potentially, will not be able to participate in GO Adventures for the following 2020-21 school year.

Student Name: _____

Signature: _____

Guardian Name: _____

Signature: _____

Date: _____



"Get Outside" GO Adventure Club 2020



Castle Mountain Resort School Program
SHS Student Informed Consent & Medical Release

To be returned to the school

Acknowledgement of Risk, Informed Consent & Medical Release

1. I have read through the Parent/Guardian Information Package and give full permission for my child to participate in this SHS GO Adventure trip to Castle Mountain Ski Resort (CMR) on April 3-5, 2020.
2. I am aware of, acknowledge, and accept that there are hazards associated with all sports, including skiing and snowboarding. My child will have access to suitable equipment and clothing that will decrease weather and environment-related risk.
3. I give permission for qualified staff at CMR to respond accordingly if my child is involved in an accident while on CMR property. You will then be notified according to school policy.
4. Current health concerns and/or allergies for my child are: None At This Time

Student's Name

Birthday (dd-mm-yy)

Health Card Number

Date

Mom's Name

Mom's Cell Phone

Home Phone

Dad's Name

Dad's Cell Phone

Parent/Guardian Signature

