

BISHOP LLOYD MIDDLE SCHOOL
Grade 9 Ski Trip – Thursday March 16, 2017

Dear Parent/Guardian:

As part of the PE program, a ski trip to Table Mountain has been planned for all Grade 9 classes. In the exceptional case where a student cannot participate, he or she will be expected to attend school for the day.

COST TO STUDENTS

(All costs include transportation, lift tickets, ski lessons and taxes)

Skiing (No Rentals)	\$22.00	Snowboarding (No Rentals)	\$22.00
Skiing (Rentals)	\$33.00	Snowboarding (Rentals)	\$40.00
No Rentals & a Season Pass	\$14.00	Helmet	\$5.00

All students must wear a proper snow sport helmet; the ski hill will provide them at an additional cost of \$5.00 if you do not own one. All personal snowboards must have a safety leash.

Please make cheques out to Lloydminster Public School Division.

Departure from Bishop Lloyd School will be at **7:00am** on **Thursday March 16th** with return at approximately **5:00pm** that evening. Students are expected to arrange for their own transportation to and from school.

Table Mountain has a chalet. Students can purchase food from the concession or pack their own lunch. See attached sheet for price list.

- * Students must be prepared for all weather conditions. Equipment required: A daypack with: **Sunscreen, goggles or sunglasses, mitts or gloves, layered clothing, toque, extra pair of socks and a jacket. BLUE JEANS ARE NOT ALLOWED.**

Please complete and return the attached consent forms with payment by Friday February 17th.

INFORMED CONSENT
Grade 9 Ski Trip – March 16, 2017

Under Saskatchewan Physical Education Safety Guidelines, skiing, snowblading and snowboarding are considered to be “high risk” activities meaning that given their nature, there exists the potential for participants to be injured.

In order for your child to participate, you must read, complete, sign, and return this consent form.

I _____ being the parent/guardian of _____ who is participating in the above-described activity, hereby give permission that my child may participate in the activity. I have read the attached memo, which sets out the details of the activity.

I hereby acknowledge that I have taken steps to inform myself as fully as possible concerning the details of the activity that my child will be taking and of the dangers facing participants of such activity, including the risk of physical injury. I accept that my child must follow all rules and instructions required of activity participants.

I also indemnify and save harmless the Lloydminster Public School Division Board of Education from any and all actions, cause of action, demands, expenses or losses whatsoever which they may bear as a result of my child’s participation in this event by reason of damage to any and all property and any and all personal injuries.

Signature of Parent/Guardian

Date

I agree to the conditions set above which have been explained to me by my parents.

Signature of Student

Student Health Care Number (must be provided): _____

Emergency Contact Number _____

Health Concerns (if any) _____

Please check one of the following and include appropriate payment, either cash or a cheque payable to Lloydminster Public School Division

Skiing (no rental)	\$22.00 _____	Snowboarding (no rental)	\$22.00 _____
Skiing (rental)	\$33.00 _____	Snowboarding (rental)	\$40.00 _____
Helmet	\$ 5.00 _____	Skiing/Snowboarding (no rental/season pass holder)	\$14.00 _____



TABLE MOUNTAIN REGIONAL PARK LESSONS

All students are required to take lessons. NO EXCEPTIONS.

There are three levels of skiing and snowboarding lessons that are offered:

SKIING LEVELS

- RED** An introduction to skiing, designed for first or second time skiers
We stay on the Bunny Hill.
- GREEN** Ski improvement, for skiers that can turn both ways and stop using a snowplow stance. We generally go straight to the top of the chair
- BLUE** This level is for skiers that can parallel ski and are ready for a new challenge
We will be going through the Terrain Park and down Black Diamond runs
- SNOWBLADES** You must be a blue skier in order to use snowblades and you must bring your own equipment. Snowblades cannot be rented

SNOWBOARDING LEVELS

- YELLOW** An introduction to snowboarding designed for first or second time snowboarders.
We generally stay on the Bunny Hill
- ORANGE** Rider improvement for snowboarders who are ready to start turning or still have trouble linking turns. We go straight to the top of the hill
- BLACK** This level is for confident riders who want to improve their skills
We will be going through the Terrain Park and down Black Diamond runs

- We strongly suggest that students sign up in the lesson of their ability and not that of their friends. Levels should be based on skill not peer pressure
- Once students have been assigned to a lesson they cannot change lesson or equipment (ex: from snowboarding to skiing)
- We also strongly recommend that schools adopt a policy that all students participating MUST show up to their lesson and wear a proper snow sport helmet
- All personal snowboards must have a leash restraint

PLEASE DETACH & HAVE THE STUDENT BRING WITH THEM INTO THE RENTALS DEPARTMENT



STUDENT NAME: _____

WEIGHT: _____ HEIGHT: _____ SHOE SIZE: _____

ABILITY LEVEL (CHECK ONE OFF)

SKIING: RED GREEN BLUE

OR

SNOWBOARDING: YELLOW ORANGE BLACK



2016-17 PARENT/GUARDIAN CONSENT FORM

PLEASE NOTE: THE SIGNED ORIGINAL MUST BE BROUGHT TO TABLE MOUNTAIN REGIONAL PARK AND GIVEN TO THE RENTALS FRONT COUNTER STAFF ON THE DAY OF YOUR TRIP.

Attention to all schools: All children attending a ski trip to Table Mountain must have the attached form signed by parent/guardian. If you have your own release forms, the following information must be included:

Dear Parent/Guardian,

Thank you for allowing your child to come and enjoy a day at our facility. We would like to bring up a few points to make your child's visit as enjoyable as possible

- 1. Make sure your children are dressed appropriate for outdoor winter activities (ex: warm clothes, mitts, toques, neck warmer, and long johns
- 2. You should make sure your child has access to proper nourishment for the day
- 3. We have at times had problems with theft. We therefore recommend that all valuables be left at home or they should just be secured in lockers in which we have a limited amount available at the cost of one dollar per use. Another option may be to make arrangements with drivers to leave extra items on their buses. Please note: We will not be responsible for missing items
- 4. We need some information about your child to be able to properly fit their skis or snowboards. Specifically we need to know your child's height, weight, and shoe size. Please make sure your child brings the bottom portion of the Lesson Information Form with them on their ski day.

Please be aware that the following disclaimer must be read and this form signed and returned to the school as a condition of your child's use of our facilities.

I understand that the binding system cannot guarantee the user's safety. In downhill skiing, the binding system will not release at all time 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, snowblading and other sports utilizing equipment with non- release bindings, 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.

I understand that the sports of skiing, snowboarding, snowblading, and other sports (collectively "RECREATIONAL SNOW SPORTS") involve inherent and other risks of INJURY and DEATH. I voluntarily agree to expressly assume all risks of injury or death that may result from these RECREATIONAL SNOW SPORTS, or which relate to the use of this equipment.

I understand that a helmet designed for RECREATIONAL SNOW SPORTS use will help reduce the risk of some types of injuries to the user at slower speeds. I recognize that serious injury or death can result from both low and high energy impacts, even when a helmet is worn.

I understand that once my child is assigned a lesson they cannot change it or their equipment (ex: changing from snowboarding to skiing).

I give my child permission to SKI or SNOWBOARD at your facilities. Please check one.

PARENT/LEGAL GUARDIAN SIGNATURE: _____ DATE: _____ GRADE: _____

SCHOOL NAME: _____ STUDENT NAME: _____

Note: There is no substitute for responsible behavior on the slopes. Follow the "Alpine Responsibility Code" and consider wearing a helmet. It's a smart idea.

Table Mountain Kitchen Prices (2015-2016 Season)

Breakfast

Bacon & Eggs, Toast	\$ 5.50
Toasted Bacon & Cheese	\$ 4.00
Toast & Jam	\$ 2.50
Ski School Special Breakfast Sandwich	\$ 4.00
Hashbrowns -- \$1.00 each or 3 for	\$ 2.50

Baked Goods

Muffin	\$ 2.50
Cookies	\$ 1.00
Cinnamon Bun	\$ 3.00
Puffed Wheat/Rice Krispe Square	\$ 1.50
Cheese Cake or Carrot Cake	\$ 2.50
Pie	\$ 3.50

Fries N Rings

Fries	\$ 3.00
Fries with Gravy	\$ 4.00
Onion Rings	\$ 3.00
Poutine	\$ 5.00
Nachos & Cheese	\$ 3.50
Side of Gravy	\$ 1.00
Cheese	\$ 1.00
Chili Fries	\$ 6.25

Burgers & Chicken & Hotdogs

		<u>Cheese</u>	<u>Combo</u>
Single	\$ 4.50	\$ 5.50	\$ 8.00
Double	\$ 5.50	\$ 6.50	\$ 9.00
Homemade	\$ 5.00	\$ 6.00	\$ 8.50
Cheese Slice	\$ 1.00		
Chicken Burger	\$ 5.00	\$ 6.00	\$ 8.50
Chicken Strips (3)	\$ 5.00		\$ 8.50
Hot Dog	\$ 3.00		
Chili Dog	\$ 4.50		
Smokie	\$ 4.00		

Beverages

Fountain Drinks	\$ 1.25	\$ 1.75	\$ 2.50
Milk	\$ 1.75		
Chocolate Milk	\$ 1.75		\$ 2.50
Coffee/Tea	\$ 1.25		\$ 2.00
Hot Chocolate	\$ 2.00		\$ 2.50
Mocha/Cappuccino			\$ 2.50

Bottled Drinks are available in vending machines at various prices

Sandwiches & Salads

Egg Salad Sandwich	\$ 4.00
Ham & Cheese Sandwich	\$ 4.00
Chicken Salad Sandwich	\$ 4.00
Roast Beef Sub	\$ 4.50
Pizza Sub	\$ 4.50
Veggies & Dip	\$ 4.00
Tossed or Caesar Salad	\$ 4.00
Macaroni Salad	\$ 4.00
Grilled Cheese Sandwich	\$ 3.50

Other Hot Stuff

Chili & Bun	\$ 5.00
Pizza	\$ 3.00
Soup of the Day	\$ 3.50

Confectionary

Chips	\$ 1.50
Choc Bars	\$ 1.50
Nibs	\$ 1.50
Twizzlers	\$ 1.50
Certs	\$ 1.50
Halls	\$ 1.50
Tylenol/Advil	\$ 4.00
Kleenex	\$ 3.00
Lypsyl	\$ 2.50
Tensors	\$ 3.50