

GOLDEN HILLS SCHOOL DIVISION NO. 75
FIELD STUDIES/STUDENT EXCURSION FORM
Form 260-1 (Nov 2013)

SCHOOL PCA Jr/Sr DATE January 30, 2015

The Sr. High class will be taking part in a field trip to: Lake Louise Ski Area & Banff Hot Springs

The purpose of the trip is: Ski Trip (Student Council and PE Department)

The trip on March 27 will begin at 5:45 a.m. and will return to March 28 at 9:45 a.m.

The phone number(s) at the destination(s) is/are: (1) 403-988-6690
(2) _____ (3) _____

The itinerary will be as follows (note places, times and activities) *Please attach.*

The driver(s) and vehicles(s) will be: A. Menegas

The students will be under the supervision of (names listed): A. Menegas, M. Robertson, M. Callaway, S. Guedes

The total cost per students for this trip will be \$ 186 broken down as follows:

⊗ If you need rentals please add \$47.
HELMETS ARE MANDATORY!!!

Parents please Pay Online, visit
<https://goldenhills.schoolcashionline.com>
click "Get Started Today!"

Educational activity programs involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, the risks involved and injuries that may result:

- Risks
1. Skiing
 2. Driving
 3. Swimming

- Injuries
1. Bumps
 2. Bruises
 3. Fractures

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student, or the school board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in the activity, you are accepting the risk that your child may be injured. The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

The following precautionary measures will be taken:

Professional ski instructors & teachers with first aid training.

March 27

- Depart PCA - 5:45 AM
 - ↳ High School Parking Lot
- Arrive at Lake Louise Ski Resort - 9:00 AM
 - ↳ pick-up rentals + tickets + hit the hill
 - ↳ bring or buy a lunch
- Depart the Hill - 4:30 PM
- Arrive at the Lake Louise Hostel - 4:35 PM
 - ↳ supper and hang-out - until 6:30 PM
 - ⊗ Full kitchen available if you need it for your food - Café in the Hostel if you want to buy supper +/or breakfast
- Devotions - 6:30 to 7:30
- Free time
- Lights out / Quiet - 11 PM

March 28

- Wake-up + Breakfast
- Depart for the Hill - 8:45 AM
 - ⊗ Bring or buy a lunch
- Depart the Hill - 4 PM
- Arrive at Banff Springs - 5 PM
- Depart Banff Hot Springs - 6 PM
- Arrive in Canmore for take-out supper - 6:30 PM
- Depart for PCA ASAP
- Arrive at PCA (High School Parking Lot) - 9:45 PM

NOTE: As this trip is considered a regular school activity all normal discipline policies and expectations apply. Any student involved in alcohol or drugs will be severely disciplined. In the case of an extended trip, the parents will be asked to take their child back before the end of the trip.

Students not taking part in the field trip will remain at school and be engaged in _____

If you require more information or wish to discuss the field trip further, please contact the undersigned teacher or principal at 903-443-4220 (Phone No.)

[Signature]
Signature of Teacher

[Signature]
Signature of Principal

[Signature]
Signature of Superintendent
(if required)

PLEASE SIGN AND RETURN ONE COPY OF THE FORM AND RETAIN A COPY FOR FUTURE REFERENCE

PARENT/GUARDIAN CONSENT

RE: STUDENT _____ Grade: _____

(check appropriate box)

I hereby consent to _____ participating in a field trip to Lake Louise Ski Area/Brent and agree to pay the proposed costs if the trip proceeds. If the Board of Trustees deems that it is inappropriate for the trip to proceed for safety reasons, I understand that I will be responsible for any cancellation cost, as they relate to my child.

Thank you. I do not wish my child to participate in the field trip.

HEALTH AND CONTACT INFORMATION

Indicate any health related problems this child has:

Special medical, dietary or other instructions:

Parents/Guardians phone numbers: Home _____ Business _____

The following person(s) should be contacted in the event that parents can not be reached:

Name _____ Phone No. _____

EMERGENCY PERMIT

In the case of a medical emergency, I hereby give permission to the physician selected by the supervising teacher to hospitalize, treat and to order injection, anesthesia or surgery for my child or ward as named above in the event I cannot be contacted.

Signature of Parent/Guardian _____ Date _____

Lake Louise

SKI RESORT

School Group Package / AIS

Step #2: Individual Information Form - School

Please copy this page and hand out to each participant in your group.

Participant's Name: _____		Age: _____	Date of Birth: _____	Skier _____ or _____	Snowboarder _____
Emergency Contact Name: _____		Emergency Contact #: _____			
Please circle what you require:		Lift Ticket _____	Lesson _____	Rentals _____	Ability Level: _____
If you require rentals please fill out the following:					
Height: _____	Weight: _____	Shoe Size: _____	(US sizes)		
If Snowboarding: _____			(Goofy = right foot forward and Regular = left foot forward)		
Snowboarding Ability Ratings			Snowboarding Ability Ratings		
Level 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 	<ul style="list-style-type: none"> * Experience on gentle green slopes and with surface lifts (Magic Carpet) * Some experience with chair * Able to side slip on at least one edge. Balance is shanky, worried about speed and falling * Hesitant on linking turns 		
Level 2	<ul style="list-style-type: none"> * Experience on gentle green slopes and with surface lifts (Magic Carpet) * Able to perform braking, snowplow and basic turns * Lesson will remain on beginner slope Magic Carpets 	<ul style="list-style-type: none"> * Experience on gentle green slopes and with surface lifts (Magic Carpet) * Some experience with chair * Able to side slip on at least one edge. Balance is shanky, worried about speed and falling * Hesitant on linking turns 	<ul style="list-style-type: none"> * Experience on gentle green slopes and with surface lifts (Magic Carpet) * Some experience with chair * Able to side slip on at least one edge. Balance is shanky, worried about speed and falling * Hesitant on linking turns 		
Level 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 * Lesson will start on the beginner slope (Magic Carpet), then progress to chairlift 	<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 * Lesson will start on the beginner slope (Magic Carpet), then progress to chairlift 	<ul style="list-style-type: none"> * 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 		
Level 4	<ul style="list-style-type: none"> * Experience with chair lifts * Experience on green and gentle blue slopes * Able to link turns with skis in parallel position 	<ul style="list-style-type: none"> * Experience with chairlifts and eager to ride varied snow conditions and terrain * Linking turns with edge control * Comfortable on blue runs. Comfortable riding switch * Strong with balance and speed control. Not concerned with falling 	<ul style="list-style-type: none"> * Experience with chairlifts and eager to ride varied snow conditions and terrain * Linking turns with edge control * Comfortable on blue runs. Comfortable riding switch * Strong with balance and speed control. Not concerned with falling 		
Level 5	<ul style="list-style-type: none"> * Experience with all types of lifts * Experience on steep blue and moderate black slopes * Skis in parallel position at all times * Eager to ski varied snow conditions and terrain 	<ul style="list-style-type: none"> * Experience with all types of lifts * Experience on steep blue and moderate black slopes * Skis in parallel position at all times * Eager to ski varied snow conditions and terrain 	<ul style="list-style-type: none"> * Not Applicable 		