

Ponoka Elementary School

Principal: Mr. Tim Bowman

Assistant Principal: Mrs. Rolanda Eadie

5510-48 Ave. Ponoka, Alberta T4J 1N7
Phone: (403) 783-3583 Fax: (403) 783-6094



Information:

On March 1 and March 16, 2018 students in grades 2, 3, 4, 5, and 6 will have the opportunity to participate in a skiing/snowboarding lesson and activity day at Canyon Ski Resort in Red Deer, AB. We will be leaving the school and boarding our Wolf Creek school buses to depart to the hill at 8:30 a.m. and arriving back at 3:00 p.m. It is part of the Outdoor Pursuits component of Physical Education. Students will be supervised by our school staff, volunteers, as well as the Canyon Ski Resort ski instructors. **Students may participate on 1 or both days!** The program is open to skiers/snowboarders of all levels, including those who have no experience. It is highly recommended that students selecting snowboarding have prior ski experience.

Risks:

The risks and possible associated injuries involved with skiing include:

- slipping, falling, sliding down the hill.
- falling as students get onto or off the lifts.
- colliding with other skiers/snowboarders, or other obstacles.
- travelling by school bus to and from the ski hill.

*****Students MUST listen to the instructor as they will tell them where they are allowed to ski/snowboard according to their level.**

Clothing:

Students need to come prepared with appropriate clothing for the day which includes: snow pants, winter coat, gloves and a hat. Goggles and a neck warmer are optional comforts.

Registration:

If your child is interested in participating please complete the **online registration & payment through Acorn on our school website**. We also need all forms completed and returned-the attached registration form along with **two attached consent forms** (one from the school and one from the ski hill) by **Friday, February 16, 2018** to confirm your skiing/snowboarding spot.

Our payment plan allows you to make your payment up to one week prior to the actual ski date, so that you do not have to pay for both dates at once. The March 1st ski date closes on Feb. 22. and the March 16 ski date closes on March 9. Unfortunately, no exceptions will be made.

Please note the following

- Once the payment date has expired no more registrations will be accepted. Please look at these dates well in advance.
- **No Refunds Will Be Issued** unless the school or hill cancels the event and the event cannot be rescheduled.
- It is mandatory for snowboarders and skiers to wear a helmet.



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Each PES skier/snowboarder will participate in a mandatory lesson (included with registration fees) and then have time to practise their skills on the slopes. Students will need a bag lunch with an extra snack and drink. Students are encouraged not to be purchasing items from Canyon's food concession. Therefore, it is not necessary to send money on these days.

Parent Volunteers:

The success of our ski/ snowboard program relies on the help of parent volunteers! Parent volunteers need to have a Criminal Record Check on file at the school and will be responsible for their own costs of a lift ticket and rentals at the hill. Parents will also need to arrange for their own transportation.

Please contact our main office if you are interested in being a parent volunteer.

As a parent volunteer, your responsibilities may include:

- to help students once they arrive at the hill by finding ski boots, and getting their equipment on.
- to help supervise students in the ski lodge, as well as on the hill.
- to assist those students who are learning to ski. This could entail being available on the training hill or "bunny slope" to offer a helping hand.
- we will also be looking for a couple of volunteers with trucks who can help transport ski/snowboard equipment to the hill.

Parents may only transport their own children from the hill if a notification for transportation form is signed prior to the scheduled trip(s). Forms are available at the office and are also available at the ski hill if needed.

If you have any questions or concerns please contact Rolanda Eadie at the school office- 403.783.3583. Thank you! We are looking forward to another fantastic day of skiing & snowboarding!

Mrs. Rolanda Eadie

Vice Principal

Ponoka Elementary School



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******* PLEASE READ, SIGN AND RETURN THE NEXT TWO PAGES*******

Please Sign and Return both sides of these permission forms. The front form is our school form and the back side is the permission form from Canyon Ski Resort. Both MUST be filled out and signed. This sheet plus the Canyon Ski Field Trip Registration Form sheet must be brought back to your child's homeroom teacher after the payment is done online.

ACKNOWLEDGEMENT/PERMISSION- Must be signed by a parent or guardian for the child to attend.

We have read the provided information above about the field trip and its educational purpose, location, transportation, duration etc., and we understand the risks.

I, (parent name) _____ understand the risks and give permission for my child _____ in class _____ to participate in the _____ field trip as described above.

Signature of Parent/Guardian _____

Contact numbers _____

My child's medical condition/requirements _____

Canyon Ski Resort Field Trip Registration Form

Please fill out the registration form and return to your homeroom teacher by **February 16th**.

Student Name: _____ Homeroom teacher _____

Lift Ticket/ Equipment Rental/ Lesson & Transportation Costs

Please only fill in the areas of the table below that apply to your child-on the days your child will attend

NOTE: Lesson & Helmet are MANDATORY

March 1 March 16

Lift Pass, Lesson, Ski Rental & Bus Transportation: (rental includes mandatory helmet)	\$55.00		
Lift Pass, Lesson & Snowboard Rental & Bus Transportation: (rental includes mandatory helmet)	\$60.00		
Transportation & Lift Pass/Lesson: (has own snowboard / ski equipment, & helmet)	\$38.00		
Grand Total			

Acorn or cheque receipt number _____

Skiing/snowboarding Experience

- Never/ever skied before
- Level 1 Green - Little experience, unable to ride lifts alone, cannot stop/brake on own
- Level 2 Blue - **Skiing** - experience with green slopes and surface lifts, able to brake/stop, snow plow and basic turns
Snowboarding - able to side or slip on at least one edge, balance is shaky, concerned about speed and falling, hesitant about linking turns
- Level 3 Black - **Skiing** - comfortable on any lift, experienced on blue slope, able to constantly link turns in parallel position
Snowboarding - linking turns with edge control, strong balance, eager to try varied snow conditions and terrain, able to slide slip on toe and heel edge

_____ My child will be skiing at level Never/ever 1 2 3 (Please circle one)

_____ My child will be snowboarding at level Never/ever 1 2 3 (Please circle one)

Volunteers

I am interested in volunteering for the Canyon ski resort field trip.

Name _____ Daytime Phone number _____

_____ I am a skier and will be skiing with the students.

_____ I will not be skiing but will help in what other areas that are required at the ski hill.

Note to Participants (and legal guardians if under 18 yrs of age)
Please Read Carefully!

This form must be completed and signed and is required for all participants who wish to participate in this outdoor recreation and ski/snowboard education program. In this agreement, the term "skiing" shall include "snowboarding" and "telemark skiing" and "snow tubing" and "we" shall refer to "participant and his/her parent(s)".

ASSUMPTION OF RISK

We are aware that skiing involves many risks, dangers and hazards and we assume all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to the inherent risks of skiing, the use of ski lifts, collision with natural or man-made objects or other skiers, travel within or beyond the ski area boundaries, or negligence, breach of contract, or breach of statutory duty of care on the part of Canyon Ski Resort & Recreation Area Ltd. and its staff. We agree that Canyon Ski Resort & Recreation Area Ltd. and its employees and agents shall not be liable for any such personal injury, death or property loss and release Canyon Ski Resort & Recreation Area Ltd. and its employees and agents and waive all claims with respect thereto.

Participant's Initials _____ Parent's Initials (if under 18yrs of age) _____

EQUIPMENT

Canyon Ski Resort & Recreation Area Ltd. provides rental equipment. Bindings on equipment reduce the risk of injury when falling. They will not release under all circumstances and they do not guarantee safety in all cases.

ALPINE RESPONSIBILITY CODE

Canyon Ski Resort & Recreation Area Ltd. requires you know and obey the ALPINE RESPONSIBILITY CODE. Skiers must always SKI UNDER CONTROL AND BE ABLE TO STOP TO AVOID COLLISION WITH OTHER SKIERS OR OBJECTS. Canyon Ski Resort & Recreation Area Ltd. enforces leashes (as per step 6 of the Alpine Responsibility Code). Leashes are mandatory on ALL snowboards and the lift operator will check this before every use of lift. If a group member does not have a leash, they can be purchased at our resort for \$5.25. Leashes are included with snowboard rentals.

ACKNOWLEDGMENT

My participating child and I understand these warnings and we have identified my child's ski/snowboard classification as (check one only):

- Never Ever -** Non-Skier/Non-Snowboarder First time or less than 5 times trying skiing/snowboarding.
- Beginner - #1** Ski/Snowboard conservatively. Prefer slow speeds. Prefer easy, beginner slopes. Favor lower than average release/retention settings.
- Intermediate - #2** Ski/Snowboard moderately. Prefer a variety of speeds. Ride on a varied terrain, including Intermediate trails, must be able to ride triple chair.
- Expert - #3** Ski/Snowboard aggressively. Normally ski at higher speed. Prefer steeper and more challenging terrain . Favor higher than average release/retention settings. Can ride all runs.

Student/Participant Name: _____

Skiing: _____ Snowboarding: _____ Height: _____ ft. _____ inches Weight: _____ lbs

Ability Level (see chart above): _____ Shoe Size: _____ Age: _____

Parent/Contact Name: _____ Emergency Contact #: _____

Please Print:

Participant: I have read and agree to adhere to all Canyon Ski Resort & Recreation Area Ltd. policies, the Alpine Responsibility Code, and the Assumption of Risk.

I give my child: _____ (name of participant) permission to participate in a Ski and Snowboard Program at Canyon Ski Resort and Recreation Area Ltd.

Participant Signature: _____ Date: _____

Parent Legal Guardian Signature (if under 18 years of age): _____

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 help 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**

