

## **SCHS Junior High SKI DAY**

SCHS Junior High students are going to Holiday Mountain Ski Resort in La Riviere, MB on **Thursday, February 25, 2010**. The bus will be leaving the school at **6:00 am**. We will arrive back at the school at approximately **7:00 pm**. The cost of the skiing or snowboarding has been covered through student fees. Students are responsible for their food costs for the day. The students may bring a bag lunch if they choose to do so. There is a canteen at the ski hill that is available to the students for breakfast and lunch. We will be stopping at McDonalds in Winkler on the way home for supper.

Steinbach Christian High School teachers will be supervising the event and transportation will be provided by SCHS.

\* The permission form (last page) must be handed in to the student's homeroom teacher by **Friday, February 19, 2010**.

As this is a school event, all students are expected to attend.

### **WAIVER FORM TO PARENTS AND STUDENTS**

The signed form is required for all students who wish to participate in this outdoor recreation ski education program.

#### **RISK ASSESSMENT for *Alpine (Downhill) Skiing / Snowboarding***

##### **Known Potential Risks**

- Injuries related to vehicle crashes en route to and from activity area;
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to falling;
- Injuries related to colliding with another person or with a fixed object (e.g., tree, lift tower);
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Injury due to equipment malfunction or entanglement with equipment (e.g., lift apparatus);
- Hypothermia, frostbite or other cold injuries due to insufficient clothing;
- • Other risks normally associated with participation in the activity and environment.

## EQUIPMENT

Holiday Mountain Ski Resort 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

Make sure all students understand and obey the following:

1. Always stay in control
2. People ahead of you have the right-of-way
3. Do not stop where you obstruct a trail
4. Before starting downhill or merging a new trail, look uphill and yield to others
5. If you see a collision or accident, stay at the scene and help the Ski Patrol
6. Always use proper equipment
7. Observe and obey all posted signs and warnings
8. Keep off closed trails and closed areas
9. Do not use lifts or terrains above your ability level
10. You must be able to safely load, ride and unload lifts.

## SKIER CLASSIFICATION:

All students must be classified according to the following plan. These stages are consistent with the operations of many Canadian Ski Resorts. The parents must check off the classifications.

**NON- SKIER:** The student has never skied before.

**BEGINNER:** The student has skied a few times before and has experienced and maintained control on a number of novice hills. He/she can stop and turn with some success.

**INTERMEDIATE:** The student has skied on many occasions and has experienced a variety of hills and different ski areas. He/she can turn and stop under control using recognized formal techniques.

**ADVANCED:** The student is an experienced and competent skier. He/she has received formal instruction, knows and understands the Skiers Responsibility Code and can demonstrate ability at an advanced level. Such students can be called upon to assist the program.

## SKIING OR SNOWBOARDING?

While snowboarding is considered by many to be a fun outdoor pursuit, it can also be very dangerous for any participant, especially a beginner. It is strongly recommended that you only choose snowboarding if you have snowboarded before on a ski hill or if you have been skiing at least 2 times. Helmets are required for any snowboarder.

This permission form and must be handed in to the students homeroom teacher by **Friday, February 19, 2010.**

**Please check off one of the following:**

- Bus ride only (no skiing or snowboarding)
- Lift ticket and instruction (you must bring your own equipment)
- Ski rental, Lift ticket and Instruction
- Snowboard, Helmet, Lift ticket and Instruction

**Skier Classification:**

We have read and understand the warnings and have identified my child's ski classification as: *(Circle only one) (see previous page for description)*

**Non-skier      Beginner      Intermediate      Advanced**

**Medical: You give permission to have your child treated at any medical facility in the event of injury.**

**Any additional Medical info we need to be aware of:** \_\_\_\_\_

\_\_\_\_\_

**Name of Student:** \_\_\_\_\_

*(please print)*

Dated: \_\_\_\_\_ Signature of Student \_\_\_\_\_

**PERMISSION**

I give permission for my son/daughter \_\_\_\_\_ to participate in the Ski/Snowboard Education Program to be held at Holiday Mountain Ski Resort on February 25, 2010.

Dated: \_\_\_\_\_ Signature of Parent/Guardian \_\_\_\_\_