

## Landmark Collegiate Winter Sport Day Information and Permission Form

On Friday, February 7, 2020, our grade 7-12 students will have an opportunity to participate in the school ski and snowboard trip to Falcon Ridge Ski Resort. Our school plan stresses a complete educational experience, including life sports, and the need to build a positive school climate through a variety of school-wide events. This is a regular school day and an integral part of our program so students who are not attending are required to be at school. Due to booking requirements we need to register all interested skier/snowboarders as soon as possible.

Due to seat restrictions on the buses, ski-trip registration will be on a *"first come – first serve"* basis. . To be certain of a spot on the ski bus, **You must have your permission form and waiver signed and handed in** before all the spots are full. (payment will then be added to your portal account, if you choose, cheques can be sent to the office, payable to LCI). A mandatory student information meeting will be held on Tuesday, February 4th for all students attending the trip.

**The school permission form AND the Falcon Ridge Waiver form must be signed and received for any student who wishes to participate in this outdoor recreation event. If you wish to go on the terrain park you must also have the Terrain park waiver initialed and signed.**

### INSTRUCTIONS FOR SIGNING UP YOUR CHILD:

1. Read the information on this form
2. Fill out and sign the LCI permission form AND Falcon waiver form
3. Detach both forms and bring to the LCI office (Ms Nicolle)
4. Make payment on the online portal or bring in cash or cheque payable to LCI

The deadline to hand in the forms is February 3rd.

### Transportation

We will be taking a school bus to the hill. Any student who has their own equipment will put it in the bus with the cage.

The bus will leave the school at 9:00 a.m. and return to the school between 5:00 and 5:30 pm.

### Food

Falcon ridge has a restaurant that we can pre order meals from or order off the menu for lunch and snacks.

Pre order options are \$10 and are a discount from regular prices.

Option 1 - Grilled Cheese, Fries and a drink (juice or milk)

Option 2 - Cheeseburger, Fries, and a drink (juice or milk)

Option 2 - Sandwich, Soup and a drink (juice or milk)

Snacks and drinks are also available for purchase throughout the day.

Students may also bring their own food and drinks for the day.

### Skiing Instruction

Falcon Ridge Ski Resort follows the Ski and Snowboard Safety Protocol set out by the Manitoba School Boards Association. All students will get a lesson and then must demonstrate their ability to the instructors before going on the hill. Free instruction will be provided to those who need it. Students must stay on the ski runs that are designated for school groups. The terrain park will be open to students who demonstrate to the instructors that they are capable and safe when using the terrain park.

### **Equipment**

Falcon Ridge 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.

If a student needs to rent equipment they need to check the rental options below. Students are allowed to bring their own equipment if they so choose but they are responsible for it. The school assumes no responsibility with the student's personal equipment. **All skiers/snowboarders/tubers must wear an approved helmet at all times. Helmets are provided by Falcon Ridge with equipment rental.**

### **Inherent Risk**

Skiing/snowboarding/tubing is a sport with physical demands and inherent risks, which are beyond the control of Falcon Ridge Ski Resort, Hanover School Division and Landmark Collegiate. Falls, collisions and other incidents may occur and cause injury. Skiing/snowboarding/tubing equipment is designed to minimize such risks, but it does not eliminate them. Skiers/snowboarders/tubers must assume the risks and dangers and take the responsibility to insure safety at all times.

*Please note:* Accident Insurance is the responsibility of the student/parent. In case of an injury an ambulance may have to be called, at the parents' expense. If you do not have family accident insurance at work or through another plan, we recommend that you purchase Student Accident insurance at <http://www.westernfgis.ca/schools/> The basic rate is \$17.00 and covers students 24 hours a day.

### **Alpine Responsibility Code**

Falcon Ridge staff and LC participating students will be required to follow the Alpine Responsibility Code as stated below.

The Alpine Responsibility Code (attached) was developed by the Canada West Ski Areas Association and the National Ski Areas Association. The Alpine Code is being followed by Landmark Collegiate, and it is required that each skier/snowboarders knows and obeys this code. Skiers and snowboarders must always ski in control. ***Falcon Ridge Ski Resort may revoke a ski ticket without a refund for violation of the code or other unacceptable conduct.*** As this is part of the school program, teacher supervisors may take any disciplinary action as covered in the school handbook

### **Alpine Responsibility Code**

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.***

## Skier/Snowboarder Classification

All students must be classified according to the following plan. These stages are consistent with the operations of all C.W.S.A.A. and N.S.A.A. Resorts in North America. The classifications must appear on the Parent Consent Form and be checked off by the parents. Parents should understand that these classifications will be verified by a professional skier/snowboarder prior to the student skiing/boarding.

***Beginner:*** The student has never skied/snowboarded or has skied/boarded 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/boarded on many occasions and has experienced a variety of hills and different ski/board areas. He/she can turn and stop under control using recognized formal techniques.

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

***Under no circumstances will a student be given an upgrade to the next level without an evaluation by and approval from a qualified instructor.***

Note: all references to skiing/skier on this form shall also apply to snowboarding/snowboarder.

**THE TERRAIN PARK WAIVER IS OPTIONAL. IT IS RECOMMENDED THAT ONLY INTERMEDIATE AND ADVANCED SKILLED STUDENTS HAVE ACCESS TO THE TERRAIN PARK.**

IT IS RECOMMENDED THAT SOMEONE WHO HAS NEVER SKIED OR SNOWBOARDED BEFORE SHOULD CHOOSE SKIING AS THEIR ACTIVITY OVER SNOWBOARDING. SNOWBOARDING IS GENERALLY CONSIDERED TO BE HARDER TO LEARN FOR BEGINNERS.



## Landmark Collegiate Winter Sport Trip Permission Form

### ACKNOWLEDGEMENT AND PERMISSION TO PARTICIPATE IN THE LIFE SPORT SKI EDUCATION PROGRAM

**COST: (please CIRCLE all that apply and then total at the bottom) . Cheques payable to LC**

Lift Ticket only (student has own equipment) \$20.00

Skiing (Lift ticket and equipment) \$37.00

**OR**

Snowboarding (Lift ticket and equipment) \$37.00

**OR**

Tubing (Tube Lift ticket, access to tubes all day) \$25.00

**OR**

TWO of the above (circle 2) Skiing / Snowboarding / Tubing \$52.00

**Pre-order lunch**

Option 1 - Grilled Cheese, fries and drink \$10.00

Option 2 - Hamburger, fries and drink \$10.00

Option 2 - Sandwich, Salad, drink \$10.00

**Total Cost** \$ \_\_\_\_\_

**RENTAL INFO:** Height \_\_\_\_\_ (ft/in) Weight \_\_\_\_\_ (lbs) Shoe size \_\_\_\_\_

***Skills Classification***

The skill levels of all skiers/snowboarders are assessed as one of novice, beginner, intermediate, or advanced. A description of each of these levels is attached on the previous page of the information sheet. On the basis of these descriptions, categorize your child's skill level as: (check the box) **Only indicate for the activity you are choosing.**

(1) Beginner (2) Intermediate (3) Advanced  
Skier: [ ] [ ] [ ]

Snowboarder: [ ] [ ] [ ]

By signing this consent form, I give permission for (name of student) \_\_\_\_\_ to participate in the snow education program to be held at Falcon Ridge Ski Resort on February 7, 2020. Further, we acknowledge that;

(a) we have read and understood all warnings contained herein;

(b) any information we have provided is, to the best of our knowledge, complete and accurate; and

(c) we agree to adhere to all rules and procedures associated with this trip.

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

Signature of parent/guardian \_\_\_\_\_ Date: \_\_\_\_\_

*This information may be duplicated and shared with Falcon Ridge Ski Resort for the appropriate purposes.*