



**G.S. Lakie Middle School
Acknowledgement of Risk & Consent of Parent**

2022 Castle Mountain Ski/Board Trip Info

**Thanks again for supporting our grade 7/8 Castle Mountain Ski/Board Trip.
Below please find very important information that pertains to our trip.**

Friday, January 21, 2022 Itinerary

- 6:40 am – Meet at G.S Lakie to load the bus
- 7:00 am – Depart Lakie on charter bus
- 8:40 am – Arrive at Castle Mountain Resorts
- 8:45 am – Meet CMR instructors, obtain equipment
- 9:30 am – Snow School Lessons/ Ability Assessment
- 11:30 am -12:00 pm – Lunch/ Head Count Must Check In!
- 3:00 pm – Meet in ski lodge
- 4:00 pm – Depart Castle Mountain Resort
- 5:45 pm – Arrive at Lakie, Parent/ Guardian pickup

Ski Trip Pack List

Clothing:

- 2 pairs warm ski socks
- 1 pair sweatpants (tights, thermal underwear)
- Snow Pants
- Breathable warm long sleeve shirt
- 2 Sweatshirts (preferably not cotton)
- Snow Jacket
- WARM mittens (not just small cotton ones)
- Toque/ Helmet if not renting
- Goggles or sunglasses
- Neck/Face warmer (optional)
- (Fit all of this in one Bag)

Bus Bag:

- Small Backpack
- Food for the day
- WATER!!! 2 Liters
- Music
- Book

Food:

- Eat a GOOD breakfast
- 1 Liter Water bottle
- Snacks for the ride up/back
- Granola bar, fruit, veggies etc.
- No microwave available

Announcements:

*All participants **must** be vaccinated to go on the Castle Mountain trip. This is the protocol of Castle Mountain. You must show proof of vaccination QR Code. Please bring a copy to show at the hill. Please try and refrain from bringing a picture on your phone. This is to prevent phone issues, battery issues etc.

****There are only 40 spots available. Spots will be allocated on a first come first serve basis when the first 40 spots are PAID via school cash online by the due date. Any opening spots will go to those next in line.**

1. Cost
 - Lift ticket/Lesson/Bus - \$100
 - Lift ticket/Lesson/Rentals/Bus - \$125
2. You MUST meet up with supervisors – Mr. Vaneck, Mr. Yaretz, between 11:30am and 12:00pm to do a head count/check in at our Muster point. TBD
3. **If you are late or you do not check in, we assume that you are lost or missing. This is for your safety. DO NOT BE LATE.**
4. **Departure time is 4:00 pm sharp.**
5. **Please meet at our Muster spot (will provide this spot upon arrival) for our final head count before departure.**
6. **You must remember the number of your coach.**
7. Sun Protection...Apply sunscreen, sunglasses/ goggles etc. Even those individuals that tan will be exposed to extreme UV levels due to the high elevation, on sunny and cloudy days, so please apply sunscreen regularly throughout the day.
8. Dehydration also occurs more quickly at this altitude, so be sure to drink plenty of water during your day.
9. If you have any allergies or need any medication, please always advise supervisors and have them on you.

Code of Conduct

This is a school trip and students are expected to adhere the same code of conduct as applicable when they are at school. Any students who do not conduct themselves appropriately, may be sent home (parents will be asked to come and get the student). There may also be additional consequences at school following the trip. Student expectations are listed on our school website at [Home | G.S. Lakie Middle School \(lethsd.ab.ca\)](http://Home | G.S. Lakie Middle School (lethsd.ab.ca)) under student and parent handbook.

Safety Assessment

Review of type of activity and level at which it is undertaken including the safety evaluation or risks associated with each activity.

Required Student Knowledge or training

Castle Mountain provides a two-hour **Mandatory** lesson. Students will be placed in a lesson that matches their level of experience. According to the Safety Guidelines for Physical Activity in Alberta Schools **all students must take a lesson.**

Helmets

Helmets are required for all skiers and snowboarders. Students may bring their own or rent one. Helmets are included in the cost of ski and snowboard rentals.

Equipment

As stated in the Safety Guidelines for Physical Activity in Alberta Schools, *“If the ski or snowboard equipment is borrowed (not rented), bindings should be inspected and adjusted by a knowledgeable equipment technician on site.”* Castle Mountain technicians will inspect and adjust equipment free of charge. If your child is NOT renting, he/she **MUST** have their equipment inspected by technicians at Castle Mountain.

Elements of Risk Notice (as per Alberta Education Safety Guidelines)

1. There is an element of risk in every activity. The safety and well-being of students is our prime concern and attempts are made to manage foreseeable risks inherent in skiing or snowboarding by taking appropriate precautions. However, due to the very nature of skiing and snowboarding, there is risk of injury. Injuries may range from minor sprains and strains, to injuries more serious in nature.
2. Outdoor activities in the winter present many possible hazards such as: hypothermia, frostbite, snow blindness, sun burn, avalanches, animals encounters, other skiers, variety of terrains and slope grades, ever-changing weather, etc. Plus other unforeseeable risks.
3. Thus, please be aware of the importance of suitable clothing and equipment. Students should wear appropriate cold-weather outdoor clothing, especially hand and head wear. Also, be aware of the importance of sun protection if the weather warrants such precautions.
4. **ALL STUDENTS ARE REQUIRED TO WEAR HELMETS.** Helmets are included with ski and snowboard equipment rental fees.
5. Students are encouraged to use the buddy system.
6. Students must check in at Muster Point between 11:30am and 12:00pm.

NOTE: Please do not have your child wear expensive footwear or bring valuables. Castle Mountain and GSLMS are not responsible for any lost or stolen articles.

Access to medical facilities:

There is an on-site First Aid at Castle Mountain.

Emergency Procedures/Emergency Plans:

Emergency procedures or emergency plans to be followed in the event of injury, illness, or unusual circumstances. In the event of a serious medical problem, an ambulance will be called and the necessary first aid will be administered. Parents and school administration will be notified. For a minor illness, parents will be notified, and the student will be treated, as necessary. If a situation arises in which students must leave the premises and /or return to the school, students will do so, and parents will be notified. If transportation must be called in, supervisors will relocate students to safe location, notify administration and wait for transportation.

Use of Alcohol, Restricted or Illicit Drugs

Students who participate in this trip shall be required to follow the student Code of Conduct, which prohibits against the possession or use of tobacco, illegal drugs and alcohol at any time.

Contacts in case of Emergency:

Castle Mountain
Address : HWY – 774, AB T0K 1W0
Phone: (403) 627-5101

Landon Vaneck – 780.818.9071

Daniel Yaretz – 403.593.9419

***Please sign and return to School Office**

I have read and understand the educational and safety (risk) assessments provided concerning the field trip to Castle Mountain.

I _____ authorize _____
(PARENT NAME) (CHILD NAME)

to attend Castle Mountain on January 21, 2022 by bus.

- I have retained a copy of the field trip information for my use and information.

The following is a list of my child's medical conditions (including allergies, conditions requiring medication, etc.) A list of medication that my child must take and any special instructions regarding medication storage and administration.

- If my child requires medical attention, I authorize the supervisors to seek necessary medical treatment.

Alberta Health Care # _____

In case of an emergency I may be contacted at:

Name: _____

Cellular telephone: _____ Home telephone: _____

Work telephone: _____

An alternate emergency contact is:

Name: _____

Cellular telephone: _____ Home telephone: _____

Work telephone: _____ Relationship: _____

Signature of Parent/Guardian: _____ Date: _____

Print name of Parent/Guardian: _____