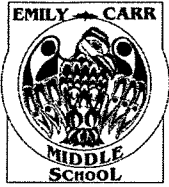


EMILY CARR MIDDLE SCHOOL



2681 Innes Road, Ottawa, Ontario K1B 3J7

Phone: 613-824-5455 Fax: 613-824-0487

Principal: Keri Coulson

Office Administrator: Karen Green

Office Assistant: Krista Cooper



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

December 3, 2018

Emily Carr Middle School students and staff are excited about our winter activity days which will take place on Wednesday February 20, 2019, and Thursday February 28, 2019. Our goal is to promote winter fitness and fun through a variety of activities. Three winter activity day options have been planned. All students must select one option. If cost is a factor in your decision making, please contact the Principal to make arrangements. Payment is to be made through School Cash Online, a cheque made payable to ECMS or in cash. All permission forms and money must be submitted by Friday December 14, 2018.

It is highly recommended that student accident insurance be purchased regardless of the option chosen. Information and the application process can be found at: www.insuremykids.com

OPTION A: Downhill Skiing/Snowboarding at Edelweiss

SNOWSPORT HELMETS ARE MANDATORY FOR ALL PARTICIPANTS (bicycle or hockey helmets are NOT permitted)

All students will receive a mandatory ski or snowboard lesson. The staff and set up at Edelweiss are excellent at supporting both beginner and advanced skiers. The cost for rentals and non-rentals is the same. Students may use their own equipment. For insurance purposes, all students must attend their lessons. In case of cancellation, the school will not reimburse the cost of transportation or lessons.

Cost: \$100.00 which includes transportation, lesson, lift ticket, ski or snowboard rental and helmet.

OPTION B: Snow Tubing at Edelweiss

SNOWSPORT HELMETS ARE MANDATORY FOR ALL PARTICIPANTS (bicycle or hockey helmets are NOT permitted)

Students selecting this option will enjoy the region's biggest snow tubing park, which includes 8 tubing runs. In case of cancellation, the school will not reimburse the cost of transportation.

Cost: \$70.00 which includes transportation, snow tubing ticket and helmet rental.

OPTION C : Indoor and outdoor activities at ECMS

Students will participate in fun winter activities such as snowshoeing at school.

Cost: \$0.00

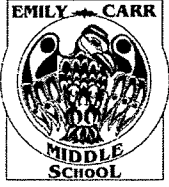
If your child intends to stay at ECMS please check here and return to ECMS

Please read and return the following forms to your child's homeroom teacher if choosing Option A or B:

- Guidelines for Winter Activities at Edelweiss Ski Resort (does not need to be returned to school)
- Ski/Snowboard rental sizing information and volunteer information
- Appropriate OCDSB 122: Parental Consent for Trip Participation
- OSBIE Special Winter Excursion Form/Parental Consent
- Edelweiss Acknowledgement and Acceptance of Risks

As previously mentioned, it is highly recommended that student accident insurance be purchased regardless of the option chosen. Information and the application process can be found at: www.insuremykids.com

EMILY CARR MIDDLE SCHOOL



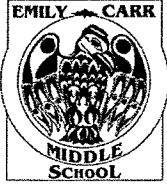
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Guidelines for Winter Activities at Edelweiss Ski Resort

- Students are **not** permitted to bring skis or snowboards to school on their regular school bus. Alternate arrangements for getting to and from school will be required if using personal equipment.
 - Edelweiss Ski Resort, Emily Carr MS and the OCDSB are not responsible for lost or stolen items.
 - Students are to report directly to their assigned bus for attendance. On the return trip, there will be many buses at the ski resort. It is important that students know their bus number and where they are supposed to be and when. The school name and number of the bus will be identified in the window of the bus.
 - All students must have their name and OHIP number on a piece of paper in your pocket, in the event of an accident. It is strongly recommended that student accident insurance be purchased through www.insuremykids.com.
 - Students are not to stand up or move around on the bus.
 - It is recommended that all students pack a lunch. There is a cafeteria that students may access. No food is allowed to be eaten on the bus.
 - **Dress for the weather!** Please dress warmly. Wear layers of warm clothes under wind resistant outer wear. A warm hat, pants and gloves are essential. Do not wear dangling pieces of clothing such as scarves as they pose a safety concern. Display your ticket in an obvious place.
 - **Helmets are mandatory for all participants including adults.**
 - **Lateness will not be tolerated.** The buses will leave the hill promptly at **4:15 p.m.** Consequences will be enforced if you are late. All skiers/boarders must be off the hill by **4:00 p.m.**
 - **All lessons must be attended.** Always ski/snowboard with a buddy and know where that person is at all times. Check for frostbite and stay off hills that are too difficult. If you are a beginner, you are only permitted to ski on the beginner hill. Stop skiing when you feel tired to avoid accidents.
-
- Teachers and volunteers from Emily Carr Middle School may revoke a ticket if they feel a student is abusing the privilege of skiing, snowboarding or tubing. This may include dangerous and inappropriate behaviour that reflects poorly on Emily Carr Middle School.
 - The school's Code of Behaviour is in effect at all times, including the bus to and from Edelweiss.
 - Have fun!



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Winter Activity Days: Wednesday February 20, 2019 & Thursday, February 28, 2019

Student's Name: _____ Class Code: _____ Grade: _____ Age: _____

Skiing: _____ Snowboarding: _____ Tubing: _____ Outdoor activities at ECMS: _____

Method of Payment: School Cash Online(preferred method): _____ Cash: _____ Cheque: _____

Ski/Snowboarding Level of Student

Please check one of the following:

___ NON-SKIER/NON-SNOWBOARDER (Student has never skied/snowboarded before.)

___ BEGINNER (Student has skied/snowboarded once or twice or a few times and can maintain control. They are able to stop and turn with some success.)

___ INTERMEDIATE (Student has skied/snowboarded on many occasions and has experienced a variety of hills and different ski areas. Can turn and stop with control.)

___ ADVANCED (Student is an experienced and competent skier/snowboarder. They have received formal instruction, and can demonstrate skills at an advanced level.)

If renting equipment, please fill out the following information:

SKI RENTAL: Height: _____ feet _____ inches Weight: _____ lbs. Shoe Size: _____

SNOWBOARD RENTAL: Height: _____ feet _____ inches Weight: _____ lbs.

Shoe Size: ___ Left foot forward (Regular) _____ Right foot forward (Goofy) _____

Volunteer Information:

If you are interested in volunteering for any of these activities, please check one of the following and provide your daytime contact information. If selected, you will be contacted.

Volunteer Name: _____ Daytime telephone number: _____

Skiing: ___ Rental required: Yes ___ Height: _____ feet _____ inches Weight: _____ lbs. Shoe Size: _____

Snowboarding: ___ Rental required: Yes ___ Height: _____ feet _____ inches Weight: _____ lbs. Shoe Size: _____
Left foot forward (Regular) ___ Right foot forward (Goofy) _____

Tubing: _____

APPENDIX 1b



SPECIAL WINTER EXCURSION FORM / PARENTAL CONSENT

Participant Name: _____

School Name: Emily Carr Middle School

Select Activity: Skiing Snowboarding Snowshoeing Tubing Elective Day

Ability: Non Beginner Intermediate Advanced Date of Visit: February 20 & 28, 2019

Non Skier or Non Snowboarder	First time skiing/snowboarding. Individual has never skied or snowboarded before.
Beginner	The student has skied or snowboarded once or twice or a few times per year and has experienced and maintained control on a number of novice hills of varying difficulty. He/she is able to stop and turn both directions with some success. They are comfortable on green/beginner and some blue/intermediate slopes. May need assistance with getting on or off the lifts.
Intermediate	The student has skied or snowboarded 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. They can ski/board with confidence on blue slopes and possibly some black/advanced slopes.
Advanced	The student is an experienced and competent skier or snowboarder. 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 supervisors.

IF RENTING EQUIPMENT, PLEASE COMPLETE

DATE OF BIRTH: _____

WEIGHT: _____ kg

HEIGHT: _____ cm

SHOE SIZE: _____

N/A

Rental Helmet Required Yes No

Please include the named participant in the PARK program offered only to Advanced level skiers/ snowboarders. It is suggested that you and your son/daughter view the Smart Style safety video found at: www.terrainparksafety.org. In addition each ski area may have other requirements for entering their terrain park.

N/A

Signature: Parent / Guardian

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. Parents must accept responsibility for equipment that is lost or damaged (other than reasonable wear and tear).

ALPINE / CROSS COUNTRY RESPONSIBILITY CODE

The Ontario Snow Resorts Association has produced an Alpine/Cross Country Responsibility Code which the named ski area Les Sommets Edelweiss and the named school board Ottawa-Carleton District School Board requires that you know and obey. Skiers/snowboarders must always ski/snowboard in control and be able to stop and change direction to avoid collisions with people or objects. The named ski area Les Sommets Edelweiss may revoke a lift ticket for violation of the code or other unacceptable conduct.

All participants must wear an appropriate snow sport helmet for school excursions to OSRA member facilities. OSBIE recommends that schools adopt a mandatory snow sport helmet policy regardless of ski facility locations.

ACKNOWLEDGEMENT / INFORMED CONSENT

This signed form is required for all students who wish to participate in this outdoor recreation and snow sport education program. It should be understood that the purpose of this excursion is educational. Lessons are mandatory.

INHERENT RISK

Skiing/Snowboarding/other is a sport with physical demands and inherent risks which are beyond the control

of Ottawa-Carleton District School Board and Les Sommets Edelweiss
(Name of School Board) (Name of Ski Area)

The inherent risks include, but are not limited to: falling; use of lifts; collision with natural or man-made objects or other persons; changing weather conditions; changes or variations in the terrain or surface; exposed rocks, earth or ice; travel beyond the trail boundaries. Incidents may occur which result in serious injury or death. Participants **must assume** the inherent risks of the sport.

It is strongly recommended by the Ontario Snow Resorts Association that you visit their website: www.skiontario.ca to review the complete OSBIE document and safety information on this site prior to your school visit. Following all rules and procedures can reduce the risk of injury. Failure to follow the rules will result in the student losing their lift ticket and future resort privileges.

We have read and understood the above information, and agree to the regulations as outlined by the Ontario Snow Resort member Ski Area. I give my son/daughter permission to participate in the above noted activity at the ski area indicated.

Parent / Guardian Name _____ Signature _____ Date _____



OCDSB 122: Parental Consent for Trip Participation
 RETAIN THIS PAGE (PAGE 1) FOR YOUR INFORMATION.
 PLEASE SIGN AND RETURN THE ATTACHED PAGE (PAGE 2).

School: Emily Carr Middle School	Lead Trip Supervisor/Teacher: ECMS staff members
Date of Field Trip: Feb 20 & 28, 2019	Rain Date: N/A
Class/Subject Area: Healthy lifestyles, outdoor education.	Activity: Skiing and snowboarding at Edelweiss Resort
Risk Associated with the Activity: High	Educational Purpose of Field Trip: To promote winter fitness and social skills.
Departure	Return
Time: 9:15 a.m.	Time: 5:15 p.m.
Transportation details: National Passenger Service	Transportation details: National Passenger Service
To: Les Sommets Edelweiss	Place: ECMS
In case of late return or other inquiries	
Contact Name: Emily Carr M.S.	Contact Phone: 613-824-5455
Cost per Student: \$ 100.00	is due by: Friday, December 14, 2018
Requirements for Field Trip Participants:	
Lunch/Snack: Pack a lunch or purchase in the cafeteria	
Special Clothing/Equipment: Be sure to dress appropriately for the weather.	
Other: Bring snow pants, mitts, goggles, helmets (mandatory)/ Parent volunteers required.	

Principal Signature: Kevin Coulter

Date: December 3, 2018

Teacher: _____
Class Code: _____

Payment Method:
_cash _cheque _online

TO PARENT OR GUARDIAN: THIS IS AN IMPORTANT FORM.
SELECT YES OR NO, COMPLETE, SIGN, AND RETURN THE FORM TO THE SCHOOL.

YES I give permission

NO I DO NOT give permission

to the Ottawa-Carleton District School Board for the following student to participate in the field trip activity (description): Skiing and snowboarding at Edelweiss Resort

Scheduled to take place on or about (date): Feb 20 & 28, 2019 Cost per Student: \$ 100.00

Name of Student: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Alternate Contact: _____ Phone: _____

Medical Information:

Indicate any medical information or dietary restrictions that the supervising teacher needs to know.

Medical Consent: Should it become necessary for my child/ward to receive medical care, I hereby authorize the teacher to use his/her best judgement in obtaining such care. I/we understand that any costs will be my/our responsibility. I also understand that in the case of accident or illness I will be notified as soon as possible.

Elements of Risk: Any out of school activities may involve certain elements of risk. Injuries may occur while participating in the activities related to this field trip. The chance of injury can occur without any fault of the student, the school board, its employees/agents or the facility where the activity is taking place. I/we understand that any costs will be my/our responsibility as the OCDSB does not provide accident insurance coverage for student injuries that occur during school activities.

ACKNOWLEDGEMENT:

I have received, read, and understand all of the above, and give, or do not give, as indicated above, permission for my child/ward to participate in this activity.

Signature of Parent/Guardian: _____

Date: _____

I wish to volunteer for this trip:

YES

NO

Name: _____ Phone: _____

Personal information on this form is collected under the authority of sections 58.5(1) and 265(d) of the Education Act, R.S.O. 1990, c.E2, as amended, and in accordance with section 29(2) of the Municipal Freedom of Information and Protection of Privacy Act. It will be used for the purpose of managing student learning and well-being. Questions about this collection should be directed to the school principal.



OCDSB 122: Parental Consent for Trip Participation
 RETAIN THIS PAGE (PAGE 1) FOR YOUR INFORMATION.
 PLEASE SIGN AND RETURN THE ATTACHED PAGE (PAGE 2).

School: Emily Carr Middle School	Lead Trip Supervisor/Teacher: ECMS staff members
Date of Field Trip: February 20 & 28, 2019	Rain Date: N/A
Class/Subject Area: Healthy lifestyles, outdoor education.	Activity: Tubing at Edelweiss Resort
Risk Associated with the Activity: High	Educational Purpose of Field Trip: To promote winter fitness and social skills.
Departure	Return
Time: 9:15 a.m.	Time: 5:15 p.m.
Transportation details: National Passenger Service	Transportation details: National Passenger Service
To: Les Sommets Edelweiss	Place: ECMS
In case of late return or other inquiries	
Contact Name: Emily Carr M.S.	Contact Phone: 613-545-5455
Cost per Student: \$ 70.00	is due by: Friday, December 14, 2018
Requirements for Field Trip Participants:	
Lunch/Snack: Pack a lunch or purchase in the cafeteria	
Special Clothing/Equipment: Be sure to dress appropriately for the weather.	
Other: Bring snow pants, mitts, helmets (mandatory)/Parent volunteers required.	

Principal Signature: *Kevin Coulter*

Date: December 3, 2018

Teacher: _____
Class Code: _____

Payment Method:
_cash _cheque _online

TO PARENT OR GUARDIAN: THIS IS AN IMPORTANT FORM.
SELECT YES OR NO, COMPLETE, SIGN, AND RETURN THE FORM TO THE SCHOOL.

YES I give permission

NO I DO NOT give permission

to the Ottawa-Carleton District School Board for the following student to participate in the field trip activity (description): Tubing at Edelweiss Resort

Scheduled to take place on or about (date): February 20 & 28, 2019 Cost per Student: \$ 70.00

Name of Student: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Alternate Contact: _____ Phone: _____

Medical Information:

Indicate any medical information or dietary restrictions that the supervising teacher needs to know.

Medical Consent: Should it become necessary for my child/ward to receive medical care, I hereby authorize the teacher to use his/her best judgement in obtaining such care. I/we understand that any costs will be my/our responsibility. I also understand that in the case of accident or illness I will be notified as soon as possible.

Elements of Risk: Any out of school activities may involve certain elements of risk. Injuries may occur while participating in the activities related to this field trip. The chance of injury can occur without any fault of the student, the school board, its employees/agents or the facility where the activity is taking place. I/we understand that any costs will be my/our responsibility as the OCDSB does not provide accident insurance coverage for student injuries that occur during school activities.

ACKNOWLEDGEMENT:

I have received, read, and understand all of the above, and give, or do not give, as indicated above, permission for my child/ward to participate in this activity.

Signature of Parent/Guardian: _____

Date: _____

I wish to volunteer for this trip:

YES

NO

Name: _____ Phone: _____

Personal information on this form is collected under the authority of sections 58.5(1) and 265(d) of the Education Act, R.S.O. 1990, c.E2, as amended, and in accordance with section 29(2) of the Municipal Freedom of Information and Protection of Privacy Act. It will be used for the purpose of managing student learning and well-being. Questions about this collection should be directed to the school principal.



To all parents or guardians of students participating in a school outing

To whom it may concern,

You will find enclosed a form elaborated for all Quebec Ski Resorts by the Quebec Ski Area Association, in order to highlight the risks and possible consequences encountered during a ski or snowboard lesson. This approach, taken by **les Sommets**, is to inform parents and/or guardians of the supervision context and skiing or snowboarding inherent risks.

The form's statements clearly informs you of everyone's responsibilities and the snow school procedures, in order to maximize everyone's awareness and to make sure that everything goes smoothly during the lessons. This form details the students, parents or guardians responsibilities, as well as the lessons' practice and supervision.

Therefore, it is essential for all involved parties to read, understand and accept the conditions and risks that skiing or snowboarding may entail, no matter the level of supervision given by the instructor. Therefore, in the case of a school outing for children registered to a snowboard or ski lesson given by **les Sommets**, it is essential that each parent or guardian sign and initial the Acknowledgement and Acceptance of Risks form enclosed.

Please return the form to your representative before the school outing.

We will be happy to answer any question you might have and sincerely thank you for your precious collaboration.

Delphine Sayers and Faustine Jay

Sales Agents

T 450 227.4671 ext 3205/3351



350, avenue Saint-Denis
Saint-Sauveur, QC J0R 1R3
www.sommets.com

ACKNOWLEDGEMENT AND ACCEPTANCE OF RISKS FORM FOR SCHOOL GROUPS (Winter 2018-2019)

In reference to the ski and snowboard lessons given by the Snow Schools of **Les Sommets**

I, _____, acting
as legal guardian of my child or children _____, for
the outing of school or group _____.

1. ACKNOWLEDGEMENT OF RISKS:

I acknowledge and accept that there are inherent risks associated with skiing and snowboarding notwithstanding the level of supervision of the instructor and the skill level of the student;

INITIALS

2. RESPONSIBILITY OF THE STUDENT:

The student has the responsibility to follow the instructions and apply the teachings of the instructor;
The student has the responsibility to respect the signage and act in a safe manner;

INITIALS

3. RESPONSIBILITY OF THE PARENT/GUARDIAN OR PARTICIPANT:

The parent/guardian or participant has the responsibility to ensure that the ski or snowboard equipment of the student is appropriate, safe, in good condition and verified regularly;
The ski school recommends that the student wear a protective helmet;
The parent/guardian or participant has the responsibility to disclose to the school and to the instructor any pre-existing medical condition of the student that may have an impact on the skiing/snowboarding practice and on the inherent risks;

INITIALS

4. SUPERVISION:

I acknowledge that ski activities take place over a large area, which means that the instructor is not close to his student(s) at all times and that he cannot directly intervene at all times;
The instructor cannot maintain visual contact with his student(s) at all times;

Group lessons

During a group lesson, the instructor's attention is divided among the students and he cannot supervise a particular student at all times;
During a group lesson, the student may have to use ski lifts without the presence of his instructor on the same chair (coordination when loading);

INITIALS

5. ACCEPTANCE:

I acknowledge there are inherent risks and dangers associated with skiing/snowboarding and the use of ski lifts and I accept these risks.

INITIALS

Signed at _____,

on _____
(month/day/year)

Parent/guardian's name (print name)

Signature