



Goulbourn Middle School

R.R. #3 • 2176 Huntley Road • Stittsville • Ontario • K2S 1B8

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<http://goulbournms.ocdsb.ca/>



Principal:	Scott Martin	Superintendent of Instruction:	Shawn Lehman
Vice-Principal:	Tricia Eddy	Trustee:	Lynn Scott
Office Administrator:	Susan Wigney	Office Assistant:	Jane Foster

February 5, 2018

Dear Parent/Guardian,

We are pleased to be offering three Winter Activity Days to our Greyhounds this year! The dates are, Thursday, February 22nd, Wednesday, February 28th and Thursday, March 8th.

Students will have the option of participating in three different activities at Mount Pakenham. They may choose to ski, snowboard or participate in the WOW program. The WOW program consists of snowshoeing, orienteering, a Frisbee challenge, and animal tracking for half of the day and tubing for the other half.

Activities at school consist of a woodworking project whereby students will build a folding wooden chair that they get to keep when done (wood and hardware included in the price) and an Arts and Physical Education program. Students will create a painting on a canvas, decorate a ceramic plate or mug and participate in a special pencil crayon art activity. These activities will take place for the majority of each day with physical education activities making up the remainder of each day.

Students must choose one of the three options at Mount Pakenham or one of the two activities offered at school. Unfortunately, the choice each student makes must remain the same for all three days. As all of the activities are an extension of the curriculum, there are costs associated with each activity. We want all students to participate in the activities on all three days. If financial support is needed, please contact the Principal, Scott Martin through email (scott.martin@ocdsb.ca) or 613-836-1312.

The cost for each of the programs is as follows. Cheques can be made payable to Goulbourn Middle School.

School based activities

- Woodworking activity at school - \$30 for all three days (limit of 30 students)
- Art & Physical Education program - \$25 for all three days

Mount Pakenham activities

- Skiing/Snowboarding with NO RENTAL (students must provide their own equipment if they choose this option) - \$36 per day (\$108 for all three days)
- Skiing/Snowboarding WITH RENTAL - \$48 per day (\$144 for all three days)
- Skiing/Snowboarding WITH MOUNT PAKENHAM SEASON PASS - \$28 per day (\$84 for all three days)
- WOW program as outlined above - \$32 per day (\$96 for all three days)

Please note that the Mount Pakenham activities include transportation from Goulbourn Middle School to Mount Pakenham and back to Goulbourn Middle School. As we are maximizing the time students get to participate in these activities, we will not be returning for the normal school busses leaving GMS at 2:25. As such, students must arrange to be picked up at 5:30 on February 22nd and 5:00 on February 28th and March 8th.

As with any large scale trip, we will be requiring a significant number of parent volunteers. If you are able to attend, please indicate so below and we will be in touch as soon as possible.

Parent Name: _____

Parent Email Address: _____

Student Name: _____

Student's Homeroom Teacher: _____

Available dates: Feb. 22nd Feb, 28th March 8th

All forms and payment are due in the office NO LATER THAN MONDAY, FEBRUARY 12, 2018. Late forms will result in students being unable to participate in the activities at Mount Pakenham.

Scott Martin
Principal
Goulbourn Middle School
613-836-1312

Payment Sheet

Name: _____

Homeroom Teacher: _____

School Based Activities

Woodworking activity at school - \$30 for all three days (limit of 30 students)

Art & Physical Education program - \$25 for all three days

Mount Pakenham Activities

Skiing with NO RENTAL (students must provide their own equipment if they choose this option) - \$36 per day (\$108 for all three days)

Snowboarding with NO RENTAL (students must provide their own equipment if they choose this option) - \$36 per day (\$108 for all three days)

Skiing WITH RENTAL - \$48 per day (\$144 for all three days)

Snowboarding WITH RENTAL - \$48 per day (\$144 for all three days)

Skiing or Snowboarding WITH MOUNT PAKENHAM SEASON PASS - \$28 per day (\$84 for all three days)

The WOW program - \$32 per day (\$96 for all three days)

PARENT VOLUNTEER Skiing OR Snowboarding with NO RENTAL (students must provide their own equipment if they choose this option) - \$23 per day (\$69 for all three days)

PARENT VOLUNTEER Skiing OR Snowboarding WITH RENTAL - \$35 per day (\$105 for all three days)

PARENT VOLUNTEER for the WOW program (see paragraph 2 on page 1) - \$19 per day (\$57 for all three days)

Student Name and parent if volunteering: _____

Cash or cheque attached: \$ _____

Homeroom teacher: _____



OCDSB 122: Parental Consent for Trip Participation

RETAIN THIS PAGE FOR YOUR INFORMATION. PLEASE SIGN AND RETURN THE ATTACHED PAGE.

School: <u>Groulbourn Middle School</u>	Lead Trip Supervisor/Teacher(s): <u>Scott Martin</u>
Date of Field Trip: <u>Feb. 22, 28 + March 8</u>	Rain Date: <u>Any date up to March 23</u>
Class/Subject Area: <u>Entire school - physical education</u>	Activity: <u>skiing, snowboarding on the Wow program (snowshoeing, orienteering, tubing, frisbee challenge etc.)</u>
Risk Associated with the Activity: <u>Trips, falls, head injuries, vehicle accident etc.</u>	Educational Purpose of Field Trip: <u>An extension of the Physical Education curriculum, team building, social skills development</u>
Departure	Return
Time: <u>Feb. 22 (9:15) Feb. 28 + March 8 (8:30)</u>	Time: <u>Feb. 22 (5:30) Feb 28 and March 8 (8:00)</u>
Transportation details: <u>School bus to Mount Pakenham school bus to school as normal</u>	Transportation details: <u>School bus to school from Mount Pakenham * students need to arrange for pick-up at EMS.</u>
To: <u>Mount Pakenham</u>	Place: <u>EMS * parents to pick up at EMS</u>
In case of late return or other inquiries	
Contact Name: <u>Scott Martin</u>	Contact Phone: <u>613-836-1312</u>
Cost per Student: \$ <u>Varies dependent on activity</u>	is due by: <u>Monday February 12, 2018</u>
Requirements for Field Trip Participants:	
Lunch/Snack: <u>To be brought by student - cafeteria is available</u>	
Special Clothing/Equipment: <u>Outdoor clothing - helmets <u>must</u> be worn</u>	
Other: <u>All participants (parents + staff included) must wear a CSA approved helmet</u>	

Principal Signature: Scott Martin Date: Feb. 4, 2018

TO PARENT OR GUARDIAN: THIS IS AN IMPORTANT FORM. PLEASE COMPLETE AND SIGN IN THE YES OR NO SECTION AND RETURN THE FORM TO THE SCHOOL.

YES	
I give permission to the Ottawa-Carleton District School board for the following student to participate in the field trip activity (description): _____	
Scheduled to take place on or about (date): <u>Feb 22, 28 and March 8</u> Cost per Student: \$ <u>Varies</u>	
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.	
I wish to volunteer for this trip: <input type="radio"/> YES <input type="radio"/> NO	
Phone: _____	<i>(See attached for cost details)</i>
ACKNOWLEDGEMENT: I have received, read, and understand all of the above, and give permission for my child/ward to participate in this activity. _____	
Signature of Parent/Guardian: _____	Date: _____
NO	
I do not give permission for my child/ward (name): _____	
To participate in the field trip activity (description): _____	
Scheduled to take place on or about (date): _____	
I understand that the trip is not compulsory and that any student not participating shall attend school.	
Signature of Parent/Guardian: _____	Date: _____

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.

APPENDIX 1b



SPECIAL WINTER EXCURSION FORM / PARENTAL CONSENT

Participant Name: _____

School Name: Goulbourn Middle School

Select Activity: Skiing Snowboarding Cross Country Skiing Other _____ Elective Day

Ability: Non Beginner Intermediate Advanced Date of Visit: Feb. 22, 28 & March 8

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

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.

Signature: Parent / Guardian _____

Rental Helmet Required Yes No *free*

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 Mount Pakenham and the named school board OCDSB 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 Mount Pakenham 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		
<p>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.</p>		
<p>INHERENT RISK <u>Skiing/Snowboarding/other</u> is a sport with physical demands and inherent risks which are beyond the control of <u>OCDSB</u> and <u>Mount Pakenham</u> <small>(Name of School Board) (Name of Ski Area)</small></p>		
<p>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.</p>		
<p>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.</p>		
<p>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.</p>		
Parent / Guardian Name _____	Signature _____	Date _____

APPENDIX 1c

RELEASE, WAIVER OF CLAIMS, ASSUMPTION OF INHERENT RISKS AND INDEMNITY AGREEMENT FOR SCHOOL SKI/SNOWBOARDING COMPETITIONS - RACING - TRAINING - COMPETITIVE PROGRAMS

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT 18 YEARS OF AGE AND OLDER WHO WISHES TO PARTICIPATE IN COMPETITIVE SKI/SNOWBOARDING PROGRAMS AND TRAINING.

I, _____ in consideration of being allowed to participate in the
(Name of Participant)
Skiing, Snowboarding, WOW program at Mount Pakenham
(Name of Competition or Program) (Name of Ski Area)

and any training, racing and access to the facilities do hereby release and hold harmless and indemnify the directors, officers, shareholders, agents, servants, employees of Mount Pakenham
(Name of Ski Area)

and OCDSB, ("Releasees") from all claims, actions or damages without any
(Name of School Board)

limitation whatsoever, whether consisting of loss, personal injury, property damage or death, that does or may result in any way from my participation in these competitive sporting events or programs including training and I assume any and all responsibility and liability for same. I also agree to waive any and all claims against the "Releasees" for any loss, damage, expense or injury, including death, I may suffer from any cause whatsoever, including negligence, breach of contract or statutory duty owed under the Occupiers' Liability Act by the "Releasees". I further agree to indemnify and hold harmless all of those above names from any damage or costs or expenses whatsoever which they or any of them may sustain as a result of any claim brought by anyone against any of them as a result of my preparation for and/or participation in these competitive sporting events or programs including training.

INHERENT RISK

I specifically agree that before any given competition takes place I will, if I so desire, inspect all areas involved in the competition, and withdraw from the activity if unsafe, fully realizing, accepting and understanding that competitive skiing/snowboarding in general and of this type is inherently risky and dangerous, as are preparations, practice, or training for such events. 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 course boundaries or trails. Incidents may occur which result in serious injury or death. I understand that participants must assume the inherent risks of the sport.

I, as a participant completely understand that the above paragraphs constitute a covenant and a promise on my part to fully discharge all of the above named parties from any and all liability of any kind for any injuries, loss, damage or death which may result from my participation in these competitive sporting events or programs.

I further agree that any litigation involving the "Releasees" shall be brought in the Province of Ontario and Ontario law will apply.

This release is binding, and I so understand, not only upon myself but upon my heirs, administrators, executors, and assigns, and I hereby again reaffirm my free will and willing intent to exercise it, acknowledging a complete understanding of its terms and conditions and the totality of its effect, and the totality of the waiver of any rights that I would otherwise have had, had this agreement not been executed.

ACKNOWLEDGEMENT

I have read and understand this agreement and I understand that by signing this agreement I am waiving certain legal rights that I or my family and others may have against the "Releasees".

Dated at _____ this _____ day of _____, 20____

Participant _____

Witness _____