

Valhalla Community School Annual Ski Trip

February 2, 2017

The school is organizing a ski trip for grades 3-9 on February 2, 2017 to Nitehawk Recreation Area in Grande Prairie. **The students who bring in their permission form, along with their release, registration forms, registrations fees and transportation fees will be allowed to go on the ski trip. We will be accepting the first 60 students as spaces are limited; this is a first come first serve basis.** The students will leave at 8:45am and be back to school for 3:30pm dismissal. Students who are able to participate in the trip will be responsible for completing any assignments missed when they are away. **All students not participating in this field trip will have regular classes and are expected to attend school.**

It is mandatory for all students to participate in a lesson. Students will have to pay for rentals that they need, as well there will be an extra fee for transportation. **The fees for a full Rental/Lesson/ Lift pass ARE \$40 plus the transportation fee of \$10 for a total \$50**

Or

if you have your own equipment the Lesson /Lift pass is \$29 plus the transportation fee of \$10 for a total of \$39.

Each student may pick one activity, either skiing or snowboarding There is no changing activities.

If your son/daughter has permission to participate in the ski trip please read through the information below and complete the permission slip on the other side. **Carefully read** the risks and liabilities outlined. Note that we will not accept any submission of forms without full payment of rentals and transportation fees.

Permission Form:

Where: **Nitehawk Recreation Area, Grande Prairie AB**

When: **February 2, 2017**

To Bring: Appropriate outdoor clothing, skis/snowboard equipment (if you have some), water, packed lunch or money.

Food: Students should pack a lunch or snacks, the canteen at the hill will be open. Make sure your child has a beverage with them so they can stay hydrated.

Risks: **The students may incur multiple injuries at the ski hill, ranging from cuts, sprains, broken bones, concussions, hospitalization due to severe injury, etc. The school or ski hill**

will not be held liable for any injuries that occur on or at the ski hill. HELMETS ARE MANDATORY!

Equipment: If your child owns their own skis/poles or snowboard the parent will have to make arrangements to bring them to the school before the field trip and take home after the field trip, as they cannot be transported on the bus with your child. A parent volunteer will transport the skis and snowboards to and from the school to NiteHawk the day of the trip. The parent will have to make pick up arrangements from the school to home for equipment the day of the trip as well.

Damaged/Lost Equipment: If your child brings their own equipment, they are responsible for the care of the equipment. Neither teachers nor ski hill staff will be looking after the equipment brought by students.

Transportation: Students will be transported by school bus from Valhalla Community School to Nitehawk ski hill and back. The transportation fee is \$10.

I agree to my child's participation in the above named activities and I warrant that my child is in good health. In consideration of my child's participation, I agree to indemnify Valhalla Community School and the Valhalla School Foundation from any claims or law suits brought against the school or district by myself, my child or others that may arise out of any activity or behavior of my child at the event/activity described above. I also agree to pay reasonable attorney's fees or expenses incurred by the school or school board in defense of such a claim/suit.

Emergency Medical treatment: In the event of an emergency, I give permission to have my child transported to a hospital for medical treatment. I wish to be advised prior to any further treatment by a doctor or hospital. In the event of any emergency, please contact me at the information listed below:

Name: _____ Phone Number: _____
Child's Health Care Number: _____

By signing below I agree to the above and understand that Valhalla Community School or Nitehawk Recreation Area is not liable for any injuries my child may receive during this field trip. I give permission for my child to participate in the above listed field trip and I am aware they will be bussed for transportation.

Parent Signature: _____ Date: _____

Remember to fully complete the attached forms for the Nitehawk Ski Hill! Weight and Height must be filled out on the form in order to have your child properly fitted for their rentals! **All cheques made payable to the Valhalla Community School. ALL FORMS ARE TO BE COMPLETED AND HANDED IN TO THE OFFICE BY THURSDAY, JANUARY 27, 2017. NO FORMS WILL BE ACCEPTED AFTER THIS DATE, NO EXCEPTIONS!**

Nitehawk Year-round Adventure Park

School: _____

Name: (Student) _____ (Grade) _____ (male/female) _____

Address: _____ Postal Code: _____

Parent Telephone: (h) _____ (w) _____ (cell) _____

- # 1. Students must take a lesson, as this is required by Alberta Education and School Districts.
- # 2. Terrain Park is CLOSED during School Programs except to students accompanied by designated Nitehawk guide
- # 3. Helmets are MANDATORY for all school groups. The cost of these is included in Rental Package.
- #4. Students are required to ski/snowboard on the runs they are assigned by their instructor following their lesson.

GROUPING

Please use this guide to classify your skiing or snowboarding group. This site may help you determine your child's proficiency level. Selecting the correct level is critical if they are going to enjoy the day.

GROUP	#1.	Has never downhill skied or snowboarded and/or has never ridden a mechanical ski lift.
GROUP	#2.	SKI - Comfortable on beginner terrain and can do snowplow turns. SNOWBOARD - He/she is able to use the Platter Lift on a snowboard.
GROUP	#3.	SKI - Can ski a basic parallel. (No longer relies on snowplow to turn or negotiate the slope, can execute a hockey stop)
		SNOWBOARD - Smoothly link turns at slow speed and can ride steeper terrain confidently, and stop.

SNOWBOARDING / SKIING PROGRAM

Group # _____ (from above)		Ski / Snowboard (Circle one.)
Full Package (ski or snowboard)	\$40.00	_____
Lesson & Lift Ticket	\$29.00	_____
Lesson & Equipment	\$29.00	_____
Lesson Only	\$19.00	_____

If renting this line must be completed:

Height _____ft _____in Weight _____lbs Shoe Size _____ Snowboard stance _____
 Please take care to provide the accurate shoe size. If you provide the wrong size, your child will have to be given a new boot and the ski binding will need to be set for the new boot. It is very inconvenient for your child.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
 BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS INCLUDING THE RIGHTS TO SUE.**

I, the undersigned, hereby acknowledge the participation in the program might result in personal injury, property damage or loss, and possible death. I hereby agree to participate in the program voluntarily and at my own risk. I and my heirs, executors, administrators and assigns agree not to hold Nitehawk Ski Area or any of their Directors, Agents, Servants, Volunteers, or Employees responsible for any personal injury, property damage or loss, death or ambulance service resulting from or in connection with my participation in the program initiated, conducted, or organized by Nitehawk Ski Area.

I have carefully read this RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT; I fully understand the same; and I am freely, voluntarily executing same.

SIGNED THIS _____ DAY OF _____ 20 ____

Signature of Participant

Print Name

If participant is under 18 years of age, this compulsory participant RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT must also be signed by a parent of legal guardian.

Signature of Parent/Guardian

Print Name

Please make all Cheques payable to your own school: Total paid by Cheque \$ _____ Total Cash \$ _____

ALPINE RESPONSIBILITY CODE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

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 up-hill 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 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 the 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

WHAT TO WEAR

Skiers/Riders/Tubers/Lugers/snowshoers must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your Nitehawk trip, keep the following in mind:

- Cold weather clothing should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- Check the temperature and wind-chill forecast before you leave home in the morning and always be prepared for conditions to worsen during the day.
- Layering works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon jackets and pants, running suits, ski suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- Ski/snowboard boots should be worn with a single pair of good fitting, comfortable wool or synthetic socks that are not too thick. Ankle socks are **NOT** recommended! Too many socks can cut off the circulation and increase the chance of cold feet.
- Sweat pants and long underwear can be layered under a water/wind proof outer layer. Jeans, sweat pants or cotton worn as an outer layer will pick up snow and leave the skier/rider wet and cold. Dress according to the temperature!
- Helmets are mandatory. Some may also prefer to wear hats or touques with their helmets, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the moving parts of a ski lift.
- Neck tubes are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. If a scarf is worn, it should always be tucked inside clothing.
- Students will not be allowed in lessons without a warm pair of gloves or mittens. In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from sticky snow and abrasions. We do not recommend wool or knit gloves or mitts as snow will stick to them and the hands will get wet and cold. Dress according to the temperature!
- Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- Last but not least, ENJOY YOUR DAY AT NITEHAWK RECREATION AREA & KEEP WARM!