



H. E. Bourgoin Middle School

4313-39 Street, Bonnyville, AB T9N 1V7
Telephone 780.826.3323 Fax 780.826.2464
E-mail heb@nlsd.ab.ca



Attention Parents/Guardians:

2024 Kinosoo Ski Trip Grade 5 March 21, 2024

On Friday, March 21 the grade 5's will be going downhill skiing to Kinosoo Ridge Snow Resort. Grade 6/7 students will be going on Friday, March 15, 2024 and Grade 8 will be going on Thursday, March 14, 2024. Please read through this entire package carefully to ensure that you fully understand the risks involved and what your child requires to have a successful and enjoyable day.

Please ensure that the following pages are reviewed, signed, and returned before Tuesday, February 13, 2024.

Parent Volunteers

- Parents who sign up to volunteer and wish to ski will have the cost of their lift pass and equipment covered. However, this is on a first come basis up to a maximum of one parent or teacher supervisor for every 10 students.
- Parent volunteers will be needed to do tasks such as putting on and taking off boots, fitting helmets, marking lift tickets, and supervising the hill.
- Preliminary numbers indicate that the buses will be full with students and teachers so we cannot guarantee transportation for parents. However, if we find there is room on the busses (once all the permission forms are in) parents are welcome to ride with us. All parents who have given their names to volunteer will be contacted on Friday, February 23rd to verify if they are coming and to assess their transportation needs.

Dressing For The Hill

- Please read through the attached sheet on dressing for the weather and remember to send appropriate clothing with your child on the day of the trip. **Any student that is deemed to not be dressed appropriately will not be permitted to travel on the bus or ski/snowboard at the hill; no exceptions.**

Helmets

- ALL students must wear a helmet. Only ski or snowboard helmets are acceptable. Kinosoo Ridge has enough helmets for everyone and they are provided at no cost. Bicycle helmets will not be permitted.

Lunch

This year, we are encouraging students to bring their own lunch to the resort. This will allow students to eat when they wish instead of all students coming into the chalet to eat at the same time.

Rentals

- Kinosoo Ridge only has a limited amount of snowboards and priority will be given on a first come first served basis. If your child is a beginning snowboarder, Kinosoo Ridge offers free lessons but can only accommodate the first 15 students that are signed up.
- Snowblades will not be available for rental.
- Any beginner skiers or snowboarders will need to pass a quick test before progressing to the chairlifts. There are no guarantees that your child will progress to the chairlift. For their safety and the safety of others, students should remain on the hill which suits their ability. Kinosoo Ridge Snow Resort will not be responsible to supervise the children once their lesson has been completed.

Departure/Return Times

Students will leave H.E.B. School at 8:50 a.m. and arrive back at H.E.B. at approximately 5:40 p.m. For any students taking alternate transportation to and/or from Kinosoo Ridge, we require a form to be completed and handed in to the front desk by the parent/guardian by **Tuesday, February 13, 2024**. Verbal permission cannot be accepted. PLEASE CONTACT THE FRONT DESK FOR A COPY OF THE "Kinosoo Field Trip Alternative Transportation" FORM if one is needed.

Permission Slip and Price List

- Please read through the two permission forms carefully and **fill out all of the information**.
- Read through the form outlining the price list and check off all of the services that your child will require.
- Please return the permission forms and payment on school cash to your child's homeroom teacher by **Tuesday, February 13, 2024**.
 - No gift cards or coupons will be accepted.
 - For your convenience, **PAYMENT will be made ONLINE through SchoolCash**.
- Please keep this cover letter for your information and please do not cut the permission slip.

If you still have questions or concerns please do not hesitate to contact the school at the 780-826-3323 or email me: lynzey.brodziak@nlsd.ab.ca

Thank you,

Ms. Lynzey Brodziak

NOTE: If your child will not be attending the ski trip, he/she will remain at school.

*Please fill out
and return all
the following
pages - keep
stapled
together.*

2024 Kinosoo

Student Specifications & Ski Trip Price List

*Return with permission slips and make payment on school cash online

Student's Name _____

Homeroom Class _____

	Circle <u>OR</u> fill in	Fee (circle appropriate costs)
Has own lift ticket (pass)	Yes No	
Has own equipment	Yes No	
Need lift ticket	Yes No	\$25.00 (lift ticket only) \$25.00 (rental equipment only) \$35.00 (lift ticket AND rental)
Need rental equipment	skis snowboard	
Weight (pounds)		
Height (inches)		
Shoe Size		
Skier Type	I II III	
Age		
Lessons required?	Yes No	
Bus Transportation	Yes No	\$7.00
<i>*"Kinosoo Skiing Field Trip Alternative Transportation" form must be completed and sent with the permission slips (the forms can be obtained from the front desk)</i>		<div style="border: 1px solid black; padding: 5px; display: inline-block; margin-bottom: 10px;">\$</div> <input type="checkbox"/> Paid on SchoolCash <input type="checkbox"/> Will pay on SchoolCash by February 25, 2024
Type I Skier	Type II Skier	Type III Skier
<ul style="list-style-type: none"> • Ski conservatively • Prefer slower speeds • Prefer easy, moderate slopes • Favor lower than average release/retention settings (This corresponds to an increased risk of inadvertent binding release in order to gain increased release capability in a fall) • Type I settings apply to "entry-level skiers uncertain of their classification" 	<ul style="list-style-type: none"> • Ski moderately • Prefer a variety of speeds • Ski on varied terrain, including most difficult trails • Are all skiers who do not meet ALL the descriptions of either Type I or III 	<ul style="list-style-type: none"> • Ski aggressively • Normally ski at high speeds • Prefer steeper and more challenging terrain • Favor higher than average release/retention settings (this corresponds to decreased release capability in a fall in order to gain a decreased risk of inadvertent binding release)

Kinosoo Ridge PARENTAL PERMISSION FORM

H.E. Bourgoin School is arranging a Ski Education trip to Kinosoo Ridge Ski Area to ski or snowboard. This signed form is meant to provide you with important information and is required for all participants who wish to participate in this Ski Education Program.

SKI AREA ENVIRONMENT

Because of the individual nature of the sport of skiing and snowboarding it is both challenging and rewarding to each and every participant however it also means the participants cannot be supervised or controlled at all times by either the Group Organizers or the Ski Patrol. Students when not in a ski lesson are responsible for their choice of ski terrain, ski lift utilization and behavior. As such, all skiers and snowboarders are expected to Ski or Board in control at all times and know and OBEY THE SKIERS RESPONSIBILITY CODE which is provided to the Group Organizer and is posted at the ski area.

USE OF RENTAL SKI EQUIPMENT

Kinosoo Ridge Ski Area rents skis and snowboard equipment to participants requesting it. Ski bindings reduce but do not eliminate the risk of injury when falling. Ski bindings are not designated to release in every circumstance and do not guarantee safety in all cases. Snowboard bindings are not designed to, or required to, release in any circumstance.

ASSUMPTION OF RISK

Skiing and snowboarding although challenging and invigorating involves many inherent risks. Injury/death may result from, but is not limited to, many natural and man-made hazards such as collision with other skiers or obstacles, varying snow and terrain conditions and improper use of ski lift facilities. Falls, collisions and other incidents may occur and cause injury/death. Skiers and their respective parent or guardian must assume the risks involved in the sport of skiing or snowboarding.

ACKNOWLEDGMENT and PERMISSION

I have read and completely understand the above information and warning and accept the inherent risks involved with my son/daughter participating in skiing/snowboarding at Kinosoo Ridge Ski Area.

I give my son/daughter _____ (first and last name) permission to participate in skiing/snowboarding at Kinosoo Ridge Ski Area.

Parent/Guardian Signature _____

Date _____

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ACKNOWLEDGMENT and PERMISSION

I have read and completely understand the above information and warning and accept the inherent risks involved with my son/daughter participating in skiing/snowboarding at Kinosoo Ridge Ski Area.

I give my son/daughter _____ (name) permission to participate in skiing/snowboarding at Kinosoo Ridge Ski Area.

Parent/Guardian Signature _____

Date _____

*This form may be used to cover more than one activity in a single excursion.
If combining activities, you will need to identify or combine the risks of each activity. However,
should the activities be completely different, you may be required to have parents sign off on
multiple forms.*

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents / guardians of Individual (Child) who is under the age of majority).

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: _____ School Name: H E Bourgoin Middle School

Location: Kinosoo Ridge (Cold Lake), AB

Start/Departure Date: March 21, 2024 Start time: 8:50am

Grade/Class: Grade 5 End/Return Time: 5:40 pm

Teacher/Supervisor in Charge: Wanda Carlin, Colby Tyner, Amber Hayward

Date: March 21, 2024

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual participating in Ski Activities, programs, classes, and events sponsored or organized by Northern Lights Public Schools, leagues and teams (collectively the "Organization"), the Ski activities can include but are not limited to: Downhill skiing, skiing events, skiing practice with instructor, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent / Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent / Guardian's Name: _____ phone number: _____

Description of Risks

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
- A. Contracting COVID-19 or any other contagious disease;
 - B. Executing strenuous and demanding physical techniques, and exerting and stretching various muscle groups;
 - C. Participants may be moving extremely fast with little control, which may result in injury;
 - D. Participants colliding with other skiers or snowboarders, trees, rocks, the lift, or any other objects on the ski hill;
 - E. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - F. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - G. Spinal cord injuries which may render the Individual permanently paralyzed;
 - H. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
 - I. Abrasions, sprains, strains, fractures, or dislocations;
 - J. Privacy breaches, hacking, technology malfunction or damage;
 - K. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma from falling;
 - L. Physical contact with other Individuals, spectators, equipment, and hazards;
 - M. Not wearing appropriate safety or protective equipment.
 - N. Failure to act safely or within the Individual's ability or within designated areas;
 - O. Collisions with fences, poles, stands, and sporting equipment;
 - P. Negligence of other persons, including other spectators, Individuals, or employees;
 - Q. Extreme weather conditions including avalanches and strong sun, resulting in sunburn;
 - R. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities
4. The Parties understand and acknowledge that:
- A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;

- B. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - C. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - D. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:
- A. That the Individual's mental and physical condition is appropriate to participate in the Activities;
 - B. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
 - C. To comply with the rules and regulations for participation in the Activities including the Safety Guidelines for Physical Activity in Alberta Schools as enforced by the RESPONSIBLE PERSON in their club / team / cohort;
 - D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities
 - E. To comply with the rules of the ski hill or equipment;
 - F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury and the Individual agrees not to participate if impaired in any way;
 - H. That it is the Individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - I. That That COVID-19 and all other communicable diseases are contagious in nature and the Individual may be exposed to or infected by COVID-19 or any other communicable disease, including communicable disease exposures arising out of supervision, instructions, recommendations, warnings or advice given or which should have been given, and such exposure may result in personal injury, illness, permanent disability or death, and voluntarily agree to assume all of the foregoing risks;

- J. That the Parties acknowledge that they have considered and disclosed to the School Board all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to safely participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.
6. In consideration of the Organization allowing the Individual to participate, the Parties agree:
- A. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
- B. That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities

General

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Individual

(print)

Signature of Individual

(For students 18 years of age or older)

Date

Name of Parent / Guardian

(print)

Signature of Parent / Guardian

(For students under 18 years old)

Date

The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or Northern Lights Public Schools' FOIP Coordinator, Brad Williams.