



## SKI/SNOWBOARD CLUB - 2016 SEASON

### Information Package - Please retain for future reference (Followed by Application Package to submit)

Dear Parent/Guardian/Student,

***Please review the following information carefully to ensure a complete and successful registration for the 2016 Downhill Ski/Snowboard program. The forecast is calling for another great season!***

**Step One: Both parents and students are asked review the entire information package.**

#### **Step Two:**

**Student must register online at [my.mths.ca](http://my.mths.ca).** Student must login to their [my.mths.ca](http://my.mths.ca) account, select SKI/SB Club 2016, and complete the online portion of the registration. This step will also provide student with the total amount owing, depending on their choices.

#### **Step Two:**

Parents are asked to complete the **application package** below.

#### **Step Three:**

Please make payment online at <https://ocsb.schoolcashionline.com>

or by cheque payable to Mother Teresa High School.

#### **Step Four:**

Student may drop off **application package and** cheque (or online **payment** confirmation) to Ms. Morency in room 213 by **Tuesday, January 12th, 2016 or earlier.** *(Be sure you have also completed steps one and two!)*

All trips this year will take place on Wednesday evenings, leaving the school promptly at 3:00 PM and returning to Mother Teresa High School by 9:15 PM. This year, all four trips will be to Camp Fortune, 300 Chemin Dunlop, Chelsea, QC. (819) 827-1717 ([www.campfortune.com](http://www.campfortune.com))

The ski/snowboard program meets all OPHEA guidelines ensuring your son/daughter has an enjoyable and healthy physical experience.

The dates for the ski/snowboard club are on the following **Wednesday** evenings:

**February 3, 2016   February 10, 2016   February 17, 2016   February 24, 2016**

Membership in the Mother Teresa Ski/Snowboard Club depends largely on the number of applications received by the due date (**Tues January 12, 2016**). All applications will be processed in priority order of receipt. To be considered as received you must follow the **four** steps above. The total number of members will be determined by the number of full busses required. While there is some flexibility with seating, students who are at the bottom of the order may be placed on a waiting list should the numbers be in excess of a full bus load. It should also be noted that administrative concerns with regards to conduct at school (ie: behaviour, attendance etc.) may have an impact on student eligibility for Ski Club membership.

### **Transportation**

We have chartered coach busses at a cost of \$25.00 per person per night. This works out to a fixed cost of \$100.00 per student for four nights and includes HST **with no opportunity for reimbursement for missed nights**. Students must sign up for all four nights. Students will be assigned to their respective buses according to grade and/or rental requirements where possible but we reserve the right to seat students according to need. We will endeavor to take into consideration the personal comfort of all students when assigning busses therefore, no unauthorized changes whatsoever will be permitted.

### **Fees**

Bus Transportation (*no refunds*) \$100.00

Lift Tickets 4 x \$12.00 = \$48.00

Lessons (optional for intermediate/ advanced) – no refunds) 4 x \$12.00 = \$48.00

Ski Rentals (optional) 4 x \$12.00 = \$48.00

Snowboard Rental\* (optional) 4 x \$15.00 = \$60.00

Helmet Rental 4 x \$5.00 = \$20.00

\*snowboard rentals require an additional waiver from Camp Fortune provided by the school.

### **Refund Policy**

Refunds will be issued ONLY for illness and school sanctioned activities. To claim a refund, students must provide a parent and/or school coach's note regarding the absence. No refunds can be given for transportation costs and missed lessons. Refund forms will be available during the week of March 03, 2016.

### **Payment**

Payments for the total cost must be made online or by cheque or money order, payable to **Mother Teresa High School. Please indicate the student name and homeroom on the memo line of your cheque.**

### **Teacher Supervision and First Aid**

Teachers will be present on the buses and on the hill. At least one teacher will be available at a designated spot in the main ski lodge at all times throughout the evening. Should an incident occur on the hill students are to seek assistance from any Ski Patroller or M.T. staff on the hill. First Aid trained M.T. staff will be at the hill and Canadian Ski Patrol personnel assisting students in case of an injury. Parents will be immediately notified should an incident occur.

## **Code of Conduct**

This is a school event and as such, all students are expected to follow the school's code of conduct on the school's website under News & Docs in the [2015-2016 Student Handbook](#).

1. Students must be prompt when boarding busses both going to and coming from the hill. **Last run is at 8:00 pm.** Students who arrive at the bus after **8:20 pm** when returning from the hill, will not be eligible to ski/snowboard the following week.
2. Students must remain seated while the bus is in motion. Equipment, bags and other items are to be gathered only when the bus has come to a full stop at its destination. Garbage and other items **must be picked up** and placed in the proper refuse containers before exiting the bus.
3. All members (skiers and boarders) must abide by the skier's code of conduct which is posted in various locations at the hill. Students are expected to respect the authority of all teachers/supervisors, Ski Patrol members, and employees of Camp Fortune.
4. Students **must** be in attendance at school the day of the event to participate.

## **School Access upon return**

Students are prohibited from entering the school upon return from ski club and therefore are **not** permitted to visit their lockers. Students must plan accordingly.

## **New Skiers/Snowboarders**

According to the OPHEA guidelines it is **mandatory** for all first time skiers or snowboarders to have a lesson from a qualified Camp Fortune instructor.

## **Equipment**

All skiers/snowboarders are required to wear a snow sport **helmet** certified by a recognized safety standards association. It is the responsibility of the parent to ensure that the **ski/snowboard equipment is in good repair**. It is recommended that the equipment be inspected and tuned by a knowledgeable equipment technician. It is recommended that snowboarders wear **wrist guards**.

## **Application Forms**

Only fully completed application forms will be considered. Each application must have all pertinent information filled in clearly. Include a cheque for the total amount payable for the package requested. The name of the student and his/her homeroom must be printed on the front of the cheque on the memo line. Only the application form needs to be returned by the due date. Please **keep this information** package for future reference. Complete forms and cheques are to be brought to Mrs. Morency in room 213.

**Please retain the information portion of this package for your records.** Should you have any questions concerning ski club, please contact Ms. Morency at 613-823-1663 ext. 3097 or [sally.morency@ocsb.ca](mailto:sally.morency@ocsb.ca).

**MOTHER TERESA HIGH SCHOOL**  
**SKI/SNOWBOARD CLUB APPLICATION Package - 2016 SEASON**

Student first name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Student grade: \_\_\_\_\_

P 1 Teacher Sem One: \_\_\_\_\_

Dear Student and Parent:

The following must be completed to complete your application:

- Student and Parent both read information package
- Form on student's my.mths.ca account under Ski Club
- Appendix 1A (OSBIE Note to Parent and Students)
- Winter Ski Excursion Form
- Student Medications, Health Precautions, and Accomodation forms (if applicable)
- Attach cheque (payable to mths.ca\*) or printed receipt of online payment through [SchoolCashOnline](#)
- Please return package and payment by Tuesday, **January 12th, 2016 or earlier\*\*** to Mrs. Morency in room 213.

*\* Please be sure to print student name and homeroom on the memo line of cheque.*

*\*\*Membership will be confirmed in order of receipt and will be determined by the number of full buses. A waiting list is possible so please don't delay.*

## APPENDIX 1a

### NOTE TO PARENTS AND STUDENTS:

This note, Appendix 1a, must accompany the Special Winter Excursion Form / Parental Consent, Appendix 1b.

It is suggested that Appendix 1a be attached to the reverse side of Appendix 1b for distribution to parents.

This is an important document.  
Please take it to someone who can explain it to you.

Arabic:	هذه وثيقة مهمة. يرجى نقلها لشخص يستطيع شرحها لك.
Chinese:	这是份重要文件。 请带它拿给可以向您解释此文件的人。
Farsi:	این متنک مهم است. لطفاً آنرا نزد شخصی که بتواند در مورد آن به شما توضیح دهد ببرید.
Gujarati:	આ એક અત્યંતજી દરમિયાન છે. અંતર્યામી કરી તે કોઈ પાસે થઈ જાઓ જે આપને સમજાવી શકે.
Hebrew:	זהו מסמך חשוב. אנא קח אותו למישהו שיכול להסביר לך עליו.
Hindi:	यह एक अस्तवर्णी दस्तावेज है. कृपया इसे किसी ऐसे व्यक्ति को दिखाएँ जो इसे आपको समझा सके.
Khmer:	ឯកសារនេះសំខាន់ណាស់ សូមយកវាទៅជូនមនុស្សម្នាក់ដែលអាចពន្យល់វាបាន។
Korean:	이것은 중요한 문서입니다. 내용을 설명해줄 수 있는 분에게 보여드리십시오.
Punjabi:	ਇਹ ਬਿਹੱਤ ਬਹੁਤੀ ਦਸਤਾਵੇਜ਼ ਹੈ . ਫਿਰਾ ਕਰਕੇ ਇਸਨੂੰ ਕਿਸੀ ਅਜਿਹੇ ਵਿਅਕਤੀ ਕੋਲ ਲੈ ਜਾਓ ਜੋ ਇਸਨੂੰ ਆਪ ਨੂੰ ਸਮਝਾ ਸਕੇ.
Romanian:	Acest document este foarte important. Apariti la cineva care va poate ajuta sa-l intelegeti.
Russian:	Это важный документ. Пожалуйста, обратитесь к кому-либо, кто сможет Вам его разъяснить.
Spanish:	Este es un documento importante. Llévesalo a alguien que pueda explicárselo.
Tamil:	இது ஒரு முக்கியமான ஆவணம். இதை யாருக்கும் விவரிக்கக்கூடிய ஒருவருக்கு கொண்டு செல்லுங்கள்.
Urdu:	یہ ایک اہم دستاویز ہے۔ یہاں لے کر اس شخص کو دکھائیں جو اس کی وضاحت کر سکے۔
Vietnamese:	Tài liệu này quan trọng. Xin đưa tài liệu này cho người nào có thể giải thích nội dung cho quý vị rõ.



OTTAWA  
CATHOLIC  
SCHOOL BOARD

### WINTER SKI EXCURSION FORM/PARENT CONSENT

Name of School

Mother Teresa

Name of Student

Select activity:  Skiing  Snowboarding  Other

Ability:  None  Beginner  Intermediate  Advanced

Date of event: February 3, 10, 17, 24 2016

Non Skier or Non Snowboarder	First time skier/snowboarding. Child has never skied or snowboarded before.
Beginner	Our child has skied or snowboarded once or twice on a few times previous and has experienced a minimal loss of control as a result of a variety of skiing difficulty. May be able to stop and turn but still will require some assistance. He/she is comfortable on a green/blue run and some blue/brown/red local runs. May need assistance for getting on or off the lift.
Intermediate	Our child has skied or snowboarded on many occasions and has experienced a variety of lifts and difficult runs. He/she can now stop and stop under control on a green/blue/red run. He/she has skied on or with experience on blue slopes and possibly some brown/blue or red slopes.
Advanced	Our child is an experienced and competent skier or snowboarder. He/she has skied several brown/blue/red runs and is comfortable on the Alpine Superpriority Card and can ski on a red/blue and black level.

If renting equipment, please complete Rental Helmet Required  Yes  No

Date of Birth  Height (cm)

Weight (kg)  Shoe Size

It is suggested that you or your son/daughter view Smart Style safety videos found at [www.tennisperformance.org](http://www.tennisperformance.org). In addition each ski area may have other requirements for entering the terrain.

#### ALPINE RESPONSIBILITY CODE

The Ontario Snow Resort Association has produced an Alpine Responsibility Code which the names ski area \_\_\_\_\_ and the name 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 \_\_\_\_\_ may revoke a lift ticket for violation of the code or other unacceptable conduct.

#### ACKNOWLEDGEMENT / INFORMED CONSENT

This signed form is required for all students who wish to participate in this outdoor and snow sport education program. It should be understood that the purpose of this excursion is educational. Assessment on ski ability will be conducted at the ski hill. This assessment will be valid for 1 year for the OCSB School Board activities exclusively. Lessons will be mandatory for all students in grades 4, 5 and 6. Lessons will be mandatory for grade 7 to 12 students who are non-skiers/snowboarders or beginner skiers/snowboarders following the ski hill assessment.

#### INHERENT RISK

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

Ottawa Catholic School Board and Camp Fortune  
(Name of School Board) Board (Name of Ski Area)

The inherent risks include, but are not limited to: falling; use of lifts; collisions with natural or man-made objects or other persons; changing weather conditions; changes or variations on the terrain or surface; exposed rocks, earth or ice; travel beyond the trail boundaries. Incidents may occur which result in injury or death. Participants must assume inherent risk of the sport. It is strongly recommended that you visit [www.skiontario.ca](http://www.skiontario.ca) website. 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 regulations as outlined by the Canadian Ski Association. I give my son/daughter permission to participate in the above noted activity at the ski area indicated.

Parent/Guardian Name  Signature  Date





**Parent/Guardian Permission Form/  
Student Medications, Health Precautions and Accommodation Information Form**

Student Name

Excursion Destination

Date of Excursion

Educational activity programs such as this excursion involve certain elements of risk. Injuries or health issues may arise while participating in these activities. Some common examples are slips and falls, insect bites and infections common to the local environment. The risk of sustaining these injuries results from the nature of the activities without any fault of either the student or the School Board, its employees/agents or the facility where the activities take place. By choosing to give your consent for your son/daughter to participate in this trip/excursion, you are accepting the risk that your son/daughter may be susceptible to physical or health injuries while taking part in school organized excursions.

The Board does not provide accidental injury or disability insurance or medical and dental insurance on behalf of students participating in this activity. For insurance coverage, parents may wish to consider student accident insurance ([www.insuremykids.com](http://www.insuremykids.com)) made available each fall and throughout the year to parents on the aforementioned website. Parents must purchase additional out-of-country medical insurance for each participant in all excursions outside of Canada.

Parent/Guardian Name(s)

Phone Number(s)  E-mail

Emergency Contact Name  Phone  E-mail

Does your son/daughter have any special health concerns or accommodation needs?  No  Yes

If yes, please complete page 2 of this form.

Additional medical insurance has been purchased (excursions outside Canada only)

I/We the parents of: \_\_\_\_\_  
acknowledge that should it become necessary for the student to receive medical care I/we give my/our permission to provide emergency care and further agree to hold harmless the Ottawa Catholic School Board, employees, volunteers and supervisors for any and all actions in emergency situations.  
I/we have read the Excursion letter and understand that in participating in the activity above, I/we are assuming the risks associated with doing so, and give my/our consent for:

Student's name

to participate in this excursion as described above. I agree to provide him/her with the equipment and requirements for this excursion.

Parent/Guardian Name(s)

Parent/Guardian Signature(s)

Date



**Parent/Guardian Permission Form/  
Student Medications, Health Precautions and Accommodation Information Form**

Any additional health information or requests for accommodation not included on this form are the responsibility of the parent(s)/guardian(s) to provide prior to the day of departure.

I/We acknowledge that my/our son/daughter has been medically diagnosed and treated for life-threatening health conditions or health issues that require medications for control of:

Diabetes       Allergies       Asthma       Other

Please provide details

I/We have provided my son/daughter with the following prescription medications included on the Board's "Request for Medication" form provided to the school administration:

Insulin       EpiPen

Other medications (Please provide details)

Please indicate where these medications will be carried or kept during the trip/excursion

Please provide any additional health information or requests for accommodation below.

By signing this consent form, I agree that I am responsible to provide any and all prescribed medications for the duration of the trip/excursion and any and all prescription devices required and necessary to protect the health and wellbeing of my son/daughter.

Parent(s)/Guardian(s) name:

Parent(s)/Guardian(s) Signature:

Date