

**ÉCOLE INTERMÉDIAIRE
CENTRAL
MIDDLE SCHOOL**

Principal: Gillian Braun
Vice-Principal: Carrie Schlappner
1280 Fort Street, Victoria, BC V8V 3L2
Telephone: (250) 386-3591 Fax: 361-1403

Friday Jan. 10th 2020

Dear Parents,

This letter is to inform you that we held a lunchtime meeting on Friday January 10th to discuss behaviour expectations, safety on the mountain, and the timetable for our **school ski trip to Mount Washington Alpine Resort on Friday February 21st 2020**. Please read the attached handout carefully.

Important:

Bus seats are on a first come first serve basis. Complete the online registration, and submit the signed permission form and fees as soon as possible. The online payment option will become available Saturday January 11th. You may submit the online registration prior to this. Permission forms and any cash or cheques must be submitted to the office during office hours.

We will need a few volunteers to help us chaperone this trip. Please email Mme Holsworth if you are interested in helping in this capacity. If you intend to drive students other than your own child, you will need to fill out the necessary volunteer driver paperwork, including a Criminal Records check. Please go to the school website for instructions (*Quick Links – Volunteer Driver Information*).

Our principal, Gillian Braun, will drive in a separate vehicle in order to have a transport option in case of emergency. We are all looking forward to an enjoyable, safe day.

In case you need to get in touch with us while we are at Mt. Washington, you can reach us by phoning Central and asking the office to pass on a message to one of the supervisors on the trip – we will all have cell phones on us. Students may also bring cell phones and other devices for the day but the school is not responsible for broken or lost devices. In the event of an emergency, and should you wish to contact us **after 4pm**, you can reach Gillian Braun at 250.217.3438

Thank you very much for supporting this trip.

Sincerely,

Julie Holsworth
jholsworth@sd61.bc.ca

Dear Students, Parents, Guardians,

Central Middle School is planning a school ski trip to Mount Washington Alpine Resort on Friday, Feb. 21st 2020. **Students and parents should read through the entire document together.**



The following information is required for all students who wish to participate in the ski trip:

- ☐ **Students must be in good academic standing and have a good attendance record in order to participate.**

Please read the following:

THE SKI TRIP TAKES PLACE ON A CC DAY

**IF YOUR CHILD HAS NOT COMPLETED ALL OF THEIR ASSIGNMENTS BY THURS. FEB. 13th,
THEIR SEAT WILL BE OFFERED TO ANOTHER STUDENT ON THE WAITLIST.**

- ☐ Participation is on a **first come, first serve** basis. The online registration form, payment and permission form must all be submitted to secure your seat. Cash or cheques are accepted. Cheques can be made out to 'Central Middle School' and be post-dated to Friday Jan. 17th.

Options:

Downhill Skiing	Snowboarding	Cross-country skiing (AM) + Tube Park (PM)	Snowshoeing (AM) + Tube Park (PM)
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Each group will get a lesson. See schedule below for lesson start times. Please refer to the online payment site or the online registration form for prices.

- ☐ **As this is a school ski trip, ALL students must participate in a mandatory lesson, regardless of ability.**
- ☐ **Students doing downhill skiing and snowboarding must wear a helmet; snowboarders must wear wrist guards as well.** Both helmets and wrist guards are provided by the ski resort, free of charge. Students caught without safety gear during the day will have their lift tickets removed. This safety gear is not required for students doing nordic activities (i.e., cross-country skiing, snowshoeing and tubing).
- ☐ We will be travelling by chartered coach to and from the mountain. There is a DVD player and a bathroom on the bus for your travelling comfort.
- ☐ Electronic devices/cell phones: students are allowed to bring them, but bring at your own risk. We are not able to help you if they get lost, broken, or stolen. Items can be stored on the bus which will be locked during the day. No bus will be delayed due to looking for lost electronic devices/cell phones.

SCHEDULE

5:40 am	Arrive at Central Middle School. Meet in the front parking lot.
	*(Please park on Fort or Yates street or in the back parking lot. The bus needs room to back into our front parking lot)
5:45 am	Board buses (Buses will leave at 6:00 am SHARP)
9:15 am	Arrive at Mt. Washington, drop bags off at the lodge / head to rentals / have breakfast / get ready
10:00 am - 12:00 pm	Intermediate / Advanced skiers & snowboarders can begin enjoying the mountain, in groups of 3 Cross-country & snowshoeing tours start at <u>10:00 am</u> , Downhill Ski & Snowboard BEGINNER lessons start at <u>10:45 am</u>
12:00 pm - 1:00 pm	Mandatory student check-in with a teacher at the lodge (Students do not need to stay in the lodge during this time, but they MUST check in at some point during this hour)
1:00 pm – 3:00 pm	Intermediate & Advanced lessons start at <u>1:00 pm</u> Cross-country & snowshoeing kids head to Tube Park at <u>1:00 pm</u>
2:50 pm	Last chair lift for Central Students!
3:00 pm	Time to return your rental equipment
3:30 pm	Board buses
~6:00 pm – 6:30 pm	Dinner stop in Ladysmith *Food is usually allowed on the bus, but students must be tidy and properly dispose of garbage.
~7:30-8:00 pm	Arrive at Central *Students can call home during the dinner stop to give parents an update on return time.

WANT A SPOT ON THE TRIP?

① Fill out the **ONLINE REGISTRATION** → <https://bit.ly/2tDuAli> *This is so we know what lesson to put you in, for reserving rentals, etc.

② **PAYMENT** → pay online (<https://sd61.schoolcashonline.com/>) or bring **cash** or **cheque** to the office.

*The online payment option will become available Saturday Jan. 11th and will close Friday Jan. 17th, or once the trip is full. After this date, please contact mstark@sd61.bc.ca (Melody, our school accountant); she will be able to tell you if there is still room on the trip, or if there is room on the waitlist.

*If writing a cheque, please make it out to *Central Middle School*. Cheques can be post-dated to *Friday Jan. 17th 2020*.

③ Bring the **PERMISSION FORM** to the office. Make sure **both sides are signed** and that you have written down the **BC Care Card #**.
If you need another copy, you can download the Permission Form from the school website, or from this link: <https://goo.gl/pWheHk>

④ Make sure your information eventually appears on this **SKI TRIP LIST** → <https://bit.ly/2QLvLNU> (Updated regularly by Mme Holsworth)

⑤ Complete any **Curriculum Completion Day work** by **Thurs. Feb. 13th**.

⑥ Before the trip, go through the **Checklist** (on the next page) and make sure you have everything you need.

CHECKLIST

- ☐ School student ID (or other ID with student name & school name) in a ziplock bag in your ski jacket or ski pants pocket
- ☐ Motion sickness medication for the bus ride
- ☐ Waterproof mitts or gloves *Bring an extra pair (in case the first pair gets wet)
- ☐ Warm tights/leggings or athletic pants to wear under your snow pants
- ☐ Balaclava or neck cover
- ☐ Long sleeve turtleneck/shirt
- ☐ Warm fleece or sweater
- ☐ Warm ski socks (knee-length, synthetic or wool) *Bring an extra pair (in case the first pair gets wet)
- ☐ Snow pants or water-repellent pants (Snow pants are available for rent at the main lodge, but in limited quantity – please bring \$11 on the day of the trip)
- ☐ Winter jacket (Winter jackets are available for rent at the main lodge, but in limited quantity – please bring \$11 on the day of the trip)
- ☐ Winter hat/tuque (*optional: thin tuque that can be worn under a helmet)
- ☐ Sunglasses or goggles (Goggles are available to rent – please order and pay for them when doing your online registration, or bring \$11 on the day of the trip)
- ☐ Winter boots (*Winter boots with good tread are especially recommended for the Tube Park)
- ☐ Helmet and/or wrist guards (provided by Mt Washington, but bring your own if you have them)
- ☐ Lip balm, sunscreen, refillable water bottle
- ☐ Extra clothes in case yours get wet, or for the bus ride home
- ☐ A backpack to put all your things in
- ☐ Loonies for the lockers

*Bags can be left with the Central adult in the lodge, or stored on the bus for the day, or stored in lockers (\$1 coins required)

ON THE DAY OF THE TRIP

- **Food:** Remember to pack a breakfast or morning snacks & drinks; the bus will not stop on the way to Mt. Washington. Also bring a lunch, drinks and snacks for the rest of the day, and/or money to buy food. We will stop in Ladysmith for dinner on the way home. Options will be: KFC, Dairy Queen, Sushi Wara, Save-on-Foods. *Siblings might not be seated on the same bus, so each child should bring their own money for dinner.
- We will be boarding buses at **5:45 AM** at the front of the school. *Note: the bus will leave at 6:00 AM sharp, with or without you.* For the return trip, students must start returning their equipment at 3:00 PM and make their way to the buses at **3:30 PM**. Arrival at Central is approximately **7:30-8:00 PM** (traffic dependent).

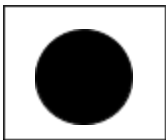
Partial refunds will be given for unforeseen circumstances until 1 week prior to the trip date. Although the lift ticket, lesson and rental fees can be refunded, the bus fee cannot be refunded.



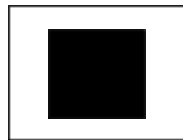
DOWNHILL SKIER & SNOWBOARDER RESPONSIBILITIES

There are elements of risk in downhill skiing and snowboarding that common sense and personal awareness can help reduce.

1. Ski/snowboard under control and in such a manner that you can stop or avoid other skiers/snowboarders or objects.
2. When skiing/snowboarding downhill or overtaking another person, you must avoid the person below you.
3. You must not stop where you obstruct a trail or are not visible from above.
4. When entering a trail or starting downhill, yield to other skiers/snowboarders.
5. You must keep off closed trails and observe all posted signs.
6. You should only ski/snowboard runs that are at your ability level.
7. You must ski/snowboard in a group of 3 or more.
8. In the event that someone is injured, make an X above the person with a pair of skis (if possible), and then one person goes for assistance, the other stays with the injured skier/snowboarder.
9. Students should have ID (with student name & school name) in a ziplock bag in their ski jacket or ski pants pocket.
10. Look for Central adults on the slopes or other mountain staff, or other trusted adults. There is also a Central teacher stationed at the lodge at all times.



Green
(Easiest)



Blue
(more difficult)



Black
(most difficult)

Boundaries: The boundaries of the safe skiing/snowboarding areas are marked with ropes or signs, and are also marked on area maps. It is each person's responsibility to stay inside this area. If you are unsure of the boundaries, please ask mountain personnel for information. Mt. Washington Resort accepts absolutely no responsibility for anyone's safety outside these boundaries. Should a rescue of an "out of bounds" skier/snowboarder be required, it is likely that he or she will be held responsible for the expense of the rescue operation.

SKI TRIP/SNOWBOARD PERMISSION AND CONSENT FORM

Completion of this form is required for student participation on a ski/snowboarding field trip. A copy of this form must accompany the teacher/supervisor to the mountain.

School: _____ Date of Trip: _____

1. All students and supervisors on ski/snowboarding trips are required to wear helmets at all times while skiing or snowboarding. Snowboarders are required to wear wrist-guards. Lift tickets will not be issued until students have helmets/wrist guards.
2. All students and supervisors who will be skiing or boarding and are "Beginners" (having fewer than three full days of experience) are required to take lessons at the beginning of the day before accessing the hill. As part of the lessons the instructors will determine which areas of the mountain students will be allowed to access. Some students may be limited to lower mountain lifts and easier runs.
3. All students who will be skiing or boarding and are "Intermediate" (having at least three full days of experience) or "Advanced" (very experienced, expert skier or boarder) are required to take lessons as early in the day as the resort can accommodate.
4. Beginners are strictly forbidden from entering terrain parks or other areas of jumps, rails, chutes, etc. All students are forbidden from skiing out of bounds.
5. Any student found to be in contravention of rules, particularly in regard to helmets/wrist guards, lessons, dangerous or risky behaviour, or being out of bounds, will have their privileges immediately revoked for the remainder of the day. Further measures will be taken as necessary in terms of disciplinary action at the school, and parents will be informed.
6. Students will abide at all times by the direction of trip supervisors and patrol staff that work for the resort.

Parent/Volunteer Supervisor Consent and Acknowledgement of Risk

1. I accept the mode of transportation for this activity as described on the school itinerary.
2. I freely and voluntarily assume the risks/hazards inherent in a ski/snowboarding activity: e.g. the use of lifts, collisions with natural or man made objects or other skiers or boarders, travel with or beyond the ski area boundaries.
3. I acknowledge that my child may suffer personal and potentially serious or fatal injury arising from their participation.
4. I understand that there may be times when students will not be under direct supervision of the school while skiing or boarding on the mountain.
5. I acknowledge that it is my duty to advise the head Teacher/Sponsor of any medical/health concern of my child that may affect their participation.
6. I will supply suitable warm clothing including a hat, mitts/gloves, warm jacket and pants.
7. Based on my understanding, acknowledgement, and consents as described herein, I agree that,

Name of Student (please print): _____ has my permission to participate.

Name of Parent (please print): _____ Signature: _____

Name of Volunteer

Supervisor (please print): _____ Signature: _____

Date: _____ Student BC Care Card #: _____

Emergency Contact Name: _____ Telephone: _____

SKI TRIP/SNOWBOARD PERMISSION AND CONSENT FORM (continued)**Skier/Snowboarder Level (please check one)**

- ☐ **Beginner** - having fewer than three full days of experience and skis conservatively at lower speeds. Prefers easy, moderate slopes.
- ☐ **Intermediate** - having at least three full days of experience and skis conservatively at a variety of speeds. Prefers varied terrain including most difficult trails.
- ☐ **Advanced** - very experienced, expert skier or boarder and skis aggressively, normally at higher speeds. Prefers steep and more challenging terrain.

I understand that a lesson and/or skiing/boarder with an instructor will be mandatory for my child. I am aware that intermediate advance/expert level students are sometimes permitted by hill staff to attempt tricks and jumps in terrain parks or on runs, and that these activities may pose a much greater risk of injury to these students.

Student Acknowledgment of Risk

I understand that there may be a risk of injury when skiing or snowboarding. I agree to abide by the school's Code of Conduct and the hill's Code of Conduct during this trip. I agree to follow the instructions of teachers and the instructors/ski patrols and to wear a helmet at all times. I agree to wear wrist guards while snowboarding. I also agree not to ski out of bounds. I agree to always ski/board with at least one partner.

Student Signature: _____