

January 9, 2019

Dear Parents/Guardians,

The Grades 4, 5 and 6 students will have the opportunity to ski/snowboard at Sunridge Ski Area on Friday, February 1, 2019. The buses will leave the school at approximately 9:10 a.m. and return in time for buses to go home at the end of the day. The ski trip will provide an experience which will complement our daily physical activity at Woodbridge Farms. This also ties into the Physical Education curriculum. All students are encouraged to participate.

All students will be required to participate in a one hour ski/snowboard lesson which is part of the package for the day. These lessons are provided by trained Sunridge Ski Area Personnel. These lessons are provided to ensure that all students benefit from their ski/snowboard experience.

Students will travel to Sunridge by bus. All students must ride the bus to and from the ski area, unless his/her parent has signed a **WAIVER AND RELEASE** Form. Students must only ride with their own parent.

The cost for this outdoor excursion will be as follows:

- | | |
|---|---------|
| 1. Ski rental, lift ticket, lesson | \$36.00 |
| 2. Snowboard rental, lift ticket, lesson | \$39.00 |
| 3. Lift ticket & lesson | \$27.00 |
| 4. Students with Sunridge season pass and their own equipment | N/C |

* Helmet rentals are included in costs, however, students may bring their own certified ski helmet.

Fees may be paid by cheque or using the Parent Portal online. Cheques will not be cashed until after the ski trip.

***Skis and snowboards are not allowed on school buses. Please make arrangements to have them delivered to, and picked up from, the school on February 1 or meet your child at Sunridge.**

Students are encouraged to bring a lunch with them. There is a cafeteria where the students will be able to purchase a lunch if they wish to do so. Lunches, indoor shoes and personal belongings will be stored on shelves in the main lodge. Neither Sunridge nor the school will assume responsibility for lost or stolen articles so please encourage your son/daughter to carry any valuables with them in a zipped pocket.

Students are expected to adhere by the Alpine Responsibility Code while at Sunridge. Please see www.sunridgeskiarea.com for further information.

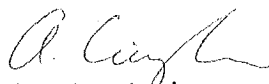
If you have any questions or concerns, please contact Mr. Cunningham/Mrs. Pearn at the office.

If you would like to assist with supervision on this field trip, please complete the request for volunteers section on the permission form. **Parent volunteers are required to have their confidentiality agreement up-to-date.** Let us know if you are planning to ski with the students that day and/or if you are able to help transport skis and snowboards to and from the hill. Helping with the boot and ski rentals is especially welcomed too.

Please complete and return the rental and lesson information sheet, as well as the signed parental permission form, to the school by **Wednesday, January 16th, 2019**, with your cheque or online payment.

Thank you.

Yours truly,



Mr. Cunningham
Principal



Field Trip Information for Students

WELCOME TO SUNRIDGE

Skiing and snowboarding are two of the most popular winter sports for all ages. Whether you are just a beginner or an expert, a skier or a rider (snowboarder), a day on the slopes is very exciting. This handout will guide you as you get ready for your trip to Sunridge.

There are many things to remember when preparing for your school trip. While the day will be fun, there are also some rules that must be followed. The rules are in place for a reason; primarily **safety** of yourself and others. Our staff wants you to enjoy yourself, and also want you to be **safe**. Remember that **respect** is key at the ski area; **for the ski hill**, your teacher and fellow students, Sunridge staff and other skiers/riders.

WHAT TO WEAR

Skiers/Riders must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your ski 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.
- 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.

- Jeans, sweat pants, cotton or wool worn as an outer layer will pick up snow and leave the skier/rider wet and cold, and are not recommended. However, sweat pants and long underwear can be layered under a water/wind proof outer layer.
- Headgear is a must, whether in the form of a woolen hat or helmet, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the 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.** Long hair or any other long strings or closures should also be tied back or tucked in.
- **A warm pair of gloves or mittens is essential.** In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from snow and abrasions.
- Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the weather conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- Ski/snowboard boots should be worn with a single pair of good fitting, comfortable wool or synthetic socks that are not too thick. Too many socks stuffed into boots can cut the circulation and increase the chance of cold feet.



WHAT KIND OF SKIER/ SNOWBOARDER ARE YOU?

Before coming to Sunridge, we need to know what kind of skier / snowboarder you are.

<i>Discover</i>	<i>You have never ever skied or snowboarded before.</i>
<i>Green</i>	<i>You have skied or snowboarded only 1 to 4 times before. You prefer to remain on the Bunny Hills but you may have used the green (beginner) chairlift runs.</i>
<i>Blue</i>	<i>You have skied or snowboarded 5 to 9 times before and are comfortable on both the Bunny Hill and on the green runs off of the chairlifts.</i>
<i>Black</i>	<i>You are an intermediate or advanced skier/boarder. You are fairly confident on all lifts and runs, and have skied or snowboarded five times or more.</i>

If you are in the **Discover** group (never ever skied before), you will receive a lesson as soon as you arrive at Sunridge. If you are in the **Green** group, you will probably get your lesson as soon as you arrive but you may get your lesson at a later time (usually at 11:30am). If you are in the **Blue** or **Black** level, your lesson will be after the beginner lessons are complete which is also usually around 11:30am. The time of your lesson will be written on your lift ticket.

ARRIVAL AT THE SKI AREA

Sunridge staff will meet you at the door when you arrive and will also be available throughout the day to help you and to give direction. It is important that everyone listen carefully to the information the Sunridge staff provides and follows their directions.

As soon as you arrive at Sunridge, you will be given a **lift ticket**. All skiers/boarders require a lift ticket before they can use the ski area. A lift ticket allows access to the ski area lifts and runs. By wearing a lift ticket you are agreeing to the

Field Trip Information for Students

rules of the ski area and respecting the rights of all other skiers and riders.

The lift ticket is only issued for the day you are skiing/boarding. The date will be printed on the front of the ticket.

RENTAL EQUIPMENT

If you are renting skis or snowboards from us, there are a few things to keep in mind.

- **Please know your weight (kg or lbs) and your shoe size;** this will help us to fit you with skis and boots.
- Once you receive your equipment, remember the numbers on the skis or snowboard. The skis and snowboards may look alike but are all numbered differently. The equipment has been set for your weight and ability.
- You **MUST wear a helmet** anytime you are skiing. Helmets are provided when you get your ski or snowboard boots in the rental shop.
- During lunch or when you are taking a break, put your skis or snowboard on one of the ski racks outside. Remember where you put them so you do not take someone else's equipment when you return. Your equipment is adjusted just for you and anyone else's may not fit you. In case of a fall, another person's skis may not come off, resulting in injury. **Please do not leave your equipment lying in the snow.**
- At the end of the day, return your equipment to the rental shop using the outside rental shop entrance only. Please do not bring your equipment through the chalet.

Take good care of the equipment. Do not ski or ride over trees, rocks or other obstacles as this can damage the equipment and even cause injury.



Field Trip Information for Students

LESSONS

After receiving your lift ticket and rentals, you may go outside to the ski area. **Check your lift ticket!!** If an instructor's name is written on the ticket, you will receive a lesson as soon as you exit the rental shop with your equipment. Each instructor will be waiting at a sign with a number on it. You will be directed to that sign as you exit the rental shop.

If you are in the more advanced beginner or intermediate levels, your lesson will likely be later in the day, and the time of your lesson will be written on your lift ticket. Meet at that time at the **Snow School Meeting Place** sign.

ONTO THE HILL

Once you are on the hill, always be aware of fellow skiers and riders in order to avoid collisions. Know your limits. All runs, as well as the terrain park, are marked with the level of expertise required. Don't give in to peer pressure and try a run or jump that is too difficult for you. Make sure you know what level (beginner, intermediate, advanced) the run is marked for and only go into the areas that are within your ability. Beginner runs have a sign with a Green circle, intermediate runs have a sign with a Blue square, and advanced runs have a sign with a Black diamond.

LUNCH

Sunridge has a full-service cafeteria for hot food and beverage service. We serve sandwiches, subs, pizzas, hot dogs, hamburgers, as well as hot chocolate, milk, pop and fruit drinks.

Please check the prices of all food items that we offer to make sure you have enough money for

the items you order. Normally, \$12 is enough to buy a good lunch and a snack.

SUNRIDGE FIELD TRIP STUDENT INFORMATION

We require the following information:

Student's Name (please print)

Class

A) Lift Ticket Information	Check One
My child requires a lift ticket	
My child has a Sunridge season pass	

B) Ski and Snowboard Rental Information	Check One
My child requires ski rentals	
My child requires snowboard rentals	
My child has his/her own equipment	

C) Lesson Information	Check One
Skiers who have never skied before (Discover Level)	
Skiers who have skied four (4) times or less (Green Level)	
Skiers who have skied four (4) times or less AND have used a Tbar or chairlift (Blue Level)	
Skiers who are comfortable and confident on all runs and consider themselves Advanced skiers (Black Level)	
Snowboarders who have never snowboarded before (Discover Level)	
Snowboarders who have snowboarded four times or less (Green Level)	
Snowboarders who have snowboarded more than four (4) times and AND have used a Tbar or chairlift (Blue Level)	
Snowboarders who are comfortable and confident on all runs, and consider themselves advanced snowboarders (Black Level)	



FIELD TRIP PERMISSION FORM

AP 260 Field Trips

Dear Parents/Guardians, this is to inform you that we are planning the following field trip. Please retain Section 1 for your reference and return Section 2 to the appropriate supervisor.

SECTION 1: Field Trip Information (to be completed by the Field Trip Supervisor)

Name of field trip	School
Grades 4 - 6 Sunridge Ski trip	Woodbridge Farms Elementary (K-6)

Today's date	Trip Supervisor/Staff Liaison (if not a staff member)	Position
January 8, 2019	Andy Cunningham	Principal

Description of field trip
Students will be going skiing or snowboarding at Sunridge Ski Hill for the day on February 1, 2018, weather permitting.

Departure Date	Time	Return Date	Time	<input type="checkbox"/> Add a row	<input type="checkbox"/> Remove a row
Friday, February 1, 2019	9:10 AM	Friday, February 1, 2019	2:45 PM		

Subject/Block	# of Students	Grades
All	150	4-6

Other supervisors (indicate if supervisor is a teacher, classified staff, parent or other volunteer)
Antonia Triska, Garth Baker, Christina Ganert, Donna Jossy, Sheryl Dermott, Lynne Nadema, Sheri Zarowny, Judy Andrekson, Jane Reaney

Destination(s), include the address whenever possible
Sunridge Ski Hill 10980 17 St, Edmonton, AB T6S 1E4

Purpose of the trip (include curriculum/program alignment)
This field trip will expose or give additional opportunity for students to experience skiing or snowboarding and to receive instruction to improve their skills. This trip aligns with DPA and Phys. Ed. curriculum with outdoor pursuits (A4-1, A5-1, A6-1 and A4-2, A5-2, A6-2)

Activities	Risks and safety precautions
Skiing or snowboarding	Skiing/Snowboarding: frostbite, hypothermia, strains, sprains, bruises, broken bones, concussions, cuts, hitting a tree, falling down, hitting other obstacles such as lift poles, falling off chair lift.

Transportation arrangements	Special clothing or equipment required
Bus	Weather Appropriate

If your child has any **allergies or medical conditions** which require special consideration, please contact the school at

Request for Volunteers (Field Trip Supervisor please indicate if volunteers are needed and provide a description of duties) Yes No

Description of volunteer responsibilities
Volunteers for this field trip are asked to help students with getting their ski/snowboard equipment on at the beginning of the day, general supervision on the hill during the day, general supervision during lunch time/inside chalet, help students get off their ski/snowboard equipment at the end of the day, and if possible assist with transporting ski/snowboard equipment to the hill (one or two trucks where we could put equipment for students that have their own would be appreciated - please call the school if you can assist with this)

Freedom of Information and Protection of Privacy - Notification of Use

The information collected on this form is for the purpose of coordinating field trips in EIPS, including tracking permission and maintaining accurate emergency contact information. This personal information is collected pursuant to the provisions of the School Act and Regulations thereto, and the FOIP Act, section 33(c). If you have any questions about the collection and use of the information, please contact Elk Island Public Schools' FOIP Coordinator, 683 Wye Road, Sherwood Park, AB T8B 1N2 780-417-8204, or your school principal.

ELK ISLAND PUBLIC SCHOOLS **FIELD TRIP PERMISSION FORM**

Payment Information

Amount/cost for field trip or Amount/cost is included in grade/course field trip fee

School fee information for the current school year is expected to be posted on the PowerSchool Parent Portal by early **October**. All fees are due within 30 days of being posted. To access your fee information, simply log in to the [PowerSchool Parent Portal](#) and go to "Student Fees." There you can view your fees and pay them online using Visa, MasterCard or INTERAC Online - when available from your financial institution.

How will refunds be issued? (*Refund Statement - AP 505*)

Freedom of Information and Protection of Privacy - Notification of Use

The information collected on this form is for the purpose of coordinating field trips in EIPS, including tracking permission and maintaining accurate emergency contact information. This personal information is collected pursuant to the provisions of the *School Act* and Regulations thereto, and the *FOIP Act*, section 33(c). If you have any questions about the collection and use of the information, please contact Elk Island Public Schools' FOIP Coordinator, 683 Wye Road, Sherwood Park, AB T8B 1N2 780-417-8204, or your school principal.

SECTION 2: Parent/Guardian Approval *(Students will be required to follow all applicable school rules for the duration of the trip.)*

If this form is not completed and returned to the school, it will be considered that you have **NOT PROVIDED CONSENT** for your child to participate in the field trip as described above.

Field Trip: Grades 4 - 6 Sunridge Ski trip

Trip Supervisor/Staff Liaison: Andy Cunningham

I _____ allow, _____ to participate in this field trip.

Parent/Guardian Signature

Date

Emergency Contact Information

Emergency contact name

Home phone

Work

Emergency

Yes, I am able/available to volunteer on this field trip as described in section 1.

Name

Phone

Email

Freedom of Information and Protection of Privacy - Notification of Use

The information collected on this form is for the purpose of coordinating field trips in EIPS, including tracking permission and maintaining accurate emergency contact information. This personal information is collected pursuant to the provisions of the *School Act* and Regulations thereto, and the *FOIP Act*, section 33(c). If you have any questions about the collection and use of the information, please contact Elk Island Public Schools' FOIP Coordinator, 683 Wye Road, Sherwood Park, AB T8B 1N2 780-417-8204, or your school principal.