

Our P.E. Class is going Skating at the Plamondon Arena!



Trip Destination: Plamondon District Agriplex

Trip Dates: Please see the attached Schedule for specific class dates and times.

- ☐ First sessions (for some classes) start: Monday, March 2nd
- ☐ Most sessions are during regularly scheduled PE time (some times are doubled)

Charges to Students: No Fee

Risk Details: Please take a few moments and review the attached Student Risk Assessment Form

- ☐ All risks associated with physical activity (cuts, bruises, scrapes, sprains, fractures, etc.)
- ☐ All risks associated with activity on an ice surface (sprains, fractures, head trauma, etc.)

Safety on the Ice:

- ☐ All students must wear a helmet (with fastened chin strap) on the ice at all times!
- ☐ Students who do not have access to a helmet may borrow one from the school
- ☐ Dress appropriately for a Winter Activity, on ice!
 - ✓ dress in layers, as you start to sweat you will become extremely warm
 - ✓ wear gloves for extra protection and to stay warm
- ☐ If students want to participate in "Shinny Hockey" they **MUST** have/wear:
 - ✓ A full cage/full shield on their hockey helmet.
 - ✓ Protective hockey gloves.
 - ✓ Their own hockey stick (the school will not be able to lend out floor hockey sticks)

Activities on the Ice:

1. **Broomball (BB)**
 - ✓ No Skates Required (need to bring indoor shoes). All other equipment is provided
 - ✓ Introduce students to games on an Ice Surface and the Arena
2. **Skating (SK)**
 - ✓ Practice & development of age appropriate skating skills (starting, stopping, glide, cross-overs, inside/outside edges, etc.)
 - ✓ Skating Games (tag games, British bulldog, relay games, etc.)
3. **Ringette (RING)**
4. **Shinny Hockey (HO)**
 - ✓ All protective gear (as mentioned above) **MUST** be worn to play Shinny
 - ✓ Puck must stay on the ice (shoot at posts to score)
 - ✓ Stick must stay below the waist at all times

Equipment:

- ☐ Students who have their own helmet and skates are encouraged to bring them.
- ☐ EPS does have a selection of skates and helmets that are available to borrow
 - ✓ However, we cannot guarantee a proper fit (for skates) and you will be at the mercy of the sizes available
 - ✓ Also, we cannot guarantee that all borrowed skates will be sharpened or that a qualified LLB County employee will be on-site at all times and able to use the skate sharpener.

Questions:

- ☐ Please either call me at EPS (780) 798-3840 or email: steven.reid@nlsd.ab.ca ☺

Mr. Reid



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TRAVEL EXPECTATIONS

Extracurricular and Co-Curricular Field Trips

A student who is representing the school is expected to be an ambassador for the activity, school, school division & community.

Student Conduct Expectations

1. Dress

- ☐ Should be in good taste, appropriate for the occasion and in keeping with school regulations.

2. Behaviour

- ☐ Students on trips will be expected to maintain the level of behaviour expected by the school and board policy, the escorting teachers, supervisors, and hosts of the event.
- ☐ **ALCOHOL, DRUGS, and TOBACCO** products (cigarettes, vapes, chewing tobacco, snuff, etc.) are all strictly prohibited on any school field trip, even if the student is of the legal age. Suspension and possible expulsions will result where violations occur.
- ☐ Students wishing to leave the main group must gain approval in advance from the supervisor in charge of the trip.
- ☐ Use of abusive and/or inappropriate language will not be tolerated on a school sanctioned trip.

3. Valuables

- ☐ Should be submitted to the supervisor during periods of questionable security.

4. Medical

- ☐ Conditions of concern to the student and parents are to be noted on the "Parent Approval Form". Information regarding medication, critical signs, and treatment should be included.

5. Departure/Arrival Times

- ☐ Departure time, estimated time of arrival home, and student costs are noted on the reverse side. Please note these for your own information. Students will not be permitted on the trip without a completed form. Students are expected to go directly home or contact their parents/guardians immediately upon returning from the event. Students will be required to contact the home if arrival is more than (1) hour later than estimated. Unless prior parental/guardian arrangements have been made all students must ride by approved transportation to and from all events.

Risk Assessment for Extracurricular and Co-Curricular Field Trips

Students will be transported by a school authorized vehicle/mini-bus/bus with a qualified driver. Students wishing to make alternative arrangements for transportation must provide a note, written and signed by a parent, indicating that the parent is aware and has approved the alternative arrangements for travel. EPS administration must also approve of the alternative arrangements.

Students are aware of the safety rules while being transported in Northern Lights vehicles and busses, and are required to adhere to any/all expectations of the drivers and accompanying supervisors. Seatbelts will be worn in equipped vehicles (i.e. mini-vans). The risks with highway travel are obvious (vehicle trouble, severe weather changes, accidents, etc...along with accompanying medically emergent situations).

Ultimately, parents must be aware that every form of risk is heightened when students travel away from home and school; however, control measures will be put in place to minimize these risks. A parent's signature on the field trip consent form indicates that the parent has been informed of the increased risks, understands the information in this document, and approves of his/her child's involvement in the activity despite these risks.