



Consent of Parent/Guardian and Acknowledgment of Risk Form for School Trips

To the Parent(s)/Guardian(s) of the Cross Country Team,

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with **Mr. Durante, Ms. Baldiserra or Ms. Welsh**, BEFORE signing it.

If the attached form is not signed and returned to the school by **Monday September 30th, 2019**, your child MAY NOT BE ALLOWED TO ATTEND.

PROGRAM/ACTIVITY INFORMATION

CISVA CROSS COUNTRY MEET

Date: Wednesday, October 2, 2019

Location: Swangard Stadium in Burnaby

Time: approximately 10:45 to 1:45 (plus transportation time).

Travel Time approx. 9:00am – 2:15pm

Arrive Time: Please be at St. Matthew's by 8:45 for attendance.

Limited Entry: Up to four students of each gender will be selected by the coaches to compete in the races for each grade level. The coaches have made the selection of athletes according to practice performance, and meet performance. All other Cross Country members will participate in the Fun Run.

Approx. Times from last year:

10:45am	Competitive Run	Grade 2 girls	(up to 4 SMES Students)
10:55	Competitive Run	Grade 2 boys	(up to 4 SMES Students)
11:10	Competitive Run	Grade 3 girls	(up to 4 SMES Students)
11:22	Competitive Run	Grade 3 boys	(up to 4 SMES Students)
11:30 *	Intermediate Fun Run (all other athletes not in Competitive Run)* Fun Runs may be combined		
11:30 *	Primary Fun Run (all other athletes not in Competitive Run)* Fun Runs may be combined		
12:00	Competitive Run	Grade 4 girls	(up to 4 SMES Students)
12:15	Competitive Run	Grade 4 boys	(up to 4 SMES Students)
12:30	Competitive Run	Grade 5 girls	(up to 4 SMES Students)
12:40	Competitive Run	Grade 5 boys	(up to 4 SMES Students)
12:55	Competitive Run	Grade 6 girls	(up to 4 SMES Students)
1:15	Competitive Run	Grade 6 boys	(up to 4 SMES Students)
1:30	Competitive Run	Grade 7 girls	(up to 4 SMES Students)
1:40	Competitive Run	Grade 7 boys	(up to 4 SMES Students)

Transportation: To the Meet -We will leave the school at 9:00 SHARP with parent drivers.

Returning to St. Matthew's School – Students will be sent back to St. Matthew's School in parent vehicles as they finish up their races. **Students competing in the Grade 6 & 7 Competitive races** will return home in parent/teacher vehicles and can be expected back to SMES about 3:00 pm. If your child is competing in these races, we would appreciate if parents could help drive to Swangard Stadium **and/or** pick up at Swangard by 1:30 pm. If parents attend the meet to watch and cheer on the team, they can take their own children home with them.

Volunteers: The organizers are asking for two (2) supervisors from each school to help out as supervisors along part of the course; if you are at the meet and can help, please indicate on the form.

SCHOOL RESPONSIBILITIES

The board will make every reasonable effort to ensure or ascertain that:

- a. The staff, volunteers and/or service providers involved are suitably trained and qualified.
- b. The students are adequately supervised over all aspects of the program/activity.
- c. The location(s) used are appropriate and safe for the activity and group.
- d. Equipment used has been inspected and deemed appropriate and safe.
- e. A Safety Plan is in place to identify and manage known potential risks.
- f. An Emergency Plan is in place to deal with an injury or illness to any of the students.

POTENTIAL KNOWN RISKS

Potential known risks include the following:

- Injuries related to vehicle crashes en route to and from activity area
- Becoming lost or separated from the group or the group becoming split up;
- Injuries related to trips and falls;
- Allergic reactions to natural or food related substances; and
- Other risks normally associated with participation in the activity and environment



Please sign and return the 2nd page to the school by Monday Sept. 30th

CONSENT AND ACKNOWLEDGEMENT OF RISK

Destination/Activity/Program: CISVA Cross Country Championships - Wednesday, October 2nd, 2019 at Swangard Stadium in Burnaby

1. I acknowledge my right to obtain as much information as I require about this program or activity and associated risks and hazards, including information beyond that provided to me by the school or board.
2. I freely and voluntarily assume the risks/hazards inherent in the program/activity and understand and acknowledge that my child may suffer personal and potentially serious injury arising from his/her participation.
3. My child has been informed that he/she is to abide by the rules and regulations, including directions and instructions from the school's and/or service provider's administrators, instructors, and supervisors over all phases of the program/activity.
4. In the event my child fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation, or that I be contacted to have him/her picked up, unless I have specified other transport arrangements.
5. I acknowledge that it is my responsibility to advise the Lead Teacher of any medical and/or health concerns of my child that may affect his/her participation in the stated program or activity.
6. I acknowledge that the trip supervisors may secure transport to emergency medical services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services.
7. Based on my understanding, acknowledgement, and consents as described herein,

At this time, we would like you to consider volunteering in the following areas for Wednesday's Meet:

Supervisors on track - supervise and encourage students as they run

Bathroom supervisors - keep track of students as they leave the stands and/or to accompany them.

Marshalling at the start line- organize students as they prepare to run.

The above positions may be shared amongst volunteer parents.

Thank you for your support to help make this an enjoyable experience for all.

Sincerely,
 Cross Country Coaches

PLEASE RETURN THIS SLIP BY Monday, Sept. 30th, 2019

I give permission for my child(ren) _____ in Grade(s) _____ to participate at the Cross Country Championships on Wednesday October 2, 2019 at Swangard Stadium in Burnaby.

Transportation to the meet:

Please check the applicable space:

___ Yes, My child will need a ride to and from the Meet. **Arrive @ St. Matthew's at 8:45 am**

___ Yes, I can help drive to and from Swangard Stadium- I have room for my ___ child(ren) plus ___ extra seats. I will meet the team at the library at 8:45 am to help drive.

***** ___ Yes, I will be at the meet and could help as a volunteer if needed in the following area _____ *****

Transportation back from the meet:

Please check the applicable space:

___ Yes, I will pick-up my child at the Meet, or have a ride arranged for them.

(with whom? _____)

I have ___ spaces for my child(ren) and I have space for ___ more children in my vehicle. I will be at the stadium by _____ o'clock.

Parent/Guardian print name: _____

Parent/Guardian signature _____ Contact number: _____



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