



FIELD TRIP PARENT PERMISSION

DETAILS OF THE TRIP:

School Hudson Road School Phone No. 250-769-4666
 Teacher Contact Flood Destination Crystal Mountain
 Purpose of Trip Snowshoeing

Description of Activities/Itinerary: Bus to Crystal Mountain and attend a program designed by Selah Outdoor explorations.

Inherent Risks of Participating: Falls, cold and injury related to activities in the snow.

Group of Students Grade 5 No. of Teachers/Supervisors 1
 No. of Students 26 Departure Time 8:30
 Departure Date (M/D/Y) 01/22/10 / 02/11/10 Return Pickup Time 2:00
 Return Date (M/D/Y) 01/22/10 / 02/11/10
 Arrival Time Back at School 2:30

TRANSPORTATION:

School District Bus Wheelchair Access City Transit Private Vehicle
 Rented Vehicle Commercial Carrier Foot/Bicycle

Driven by:

District Driver Authorized Adult Teacher Commercial Driver
 Authorized Student Driver (no passengers allowed)

PARENT/GUARDIAN CONSENT:

I have read the description of activities, understand that there are inherent risks attached to this activity and accept these risks. I also understand that all of the requirements of the school Code of Conduct apply while students are on field trips, and I will repay the school for costs if it is necessary to send this student home by means other than as stated above.

Consent is given for (name of student) to participate and travel as described.

Name _____

Student's BC Medical # _____

Medical concerns, allergies, medication requirements _____

Signature _____

Date _____

Attachments: Yes No
 (including any special requirements in order to participate)

SELAH OUTDOOR EXPLORATIONS

3464 Fenton Rd., Westbank, B.C. V4T 1V8 Phone / Fax : 768-4961 E-mail: selahoutdoors@hotmail.com

REGISTRATION FORM

School: _____ Age: _____

Name: _____ Address: _____

Home Phone: _____ Alternate Phone Number: _____

Medical Problems (i.e. allergies, immunizations, medications, significant illnesses, dietary restrictions or any limitations which would affect participation in activities):

Care Card #: _____

Selah's Programs..

- ... Accredited and qualified instruction
- ... All equipment is supplied (with some exceptions, i.e. sleeping bags.)
- ... A teacher must accompany the students
- ... All programs run rain or shine (unless otherwise noted)

Educational Suitability

The knowledge, skills and lifetime learning experiences taught in Selah's programs are consistent with those offered in Science, Physical Education, Social Studies and Lifetime Sports programs.

The activities for this trip are taken from the following list and may include those that have a checkmark beside them:

- | | | |
|------------------------------|----------------------------|------------------------|
| Canoeing | ✓ Outdoor and Indoor Games | |
| Voyageur Life | Pond Studies | ✓ Campfires / Cookouts |
| ✓ Navigation | ✓ Bird Watching | ✓ Hiking |
| ✓ Building Survival Shelters | ✓ Animal Tracking | Camping |
| ✓ Building Fires | ✓ Snowshoeing | ✓ Other: Chairlift |

The focus of the above programs will be to introduce participants to environmentally friendly interests and activities that complement this region with its diverse natural wonders and outdoor recreational opportunities. Safety will be a major emphasis of all programs.

RELEASE

In consideration of acceptance of this application for my son/daughter being able to take part in these programs, I hereby release, remise and forever discharge Selah Outdoor Explorations and Crystal Mountain Resorts Ltd., their organizers, and their respective agents, officials, servants, and representatives from and against all claims, actions, costs, expenses and demands of whatever nature in respect to death, injury, loss or damage to his/her person or property, howsoever caused, arising out of or in any way connected with his/her taking part in any program or attendance at any location operated by Selah Outdoor Explorations or Crystal Mountain Resorts Ltd. I further understand that this release is binding upon myself, my heirs, executors and assigns.

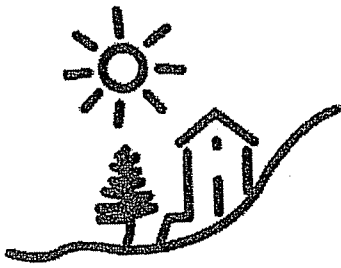
In the event that my son/daughter is injured, ill or in need of medical attention and I am unable to be contacted, I authorize the staff of Selah Outdoor Explorations or Crystal Mountain Resorts Ltd. to seek medical attention on my behalf.

I authorize Selah Outdoor Explorations and Crystal Mountain Resorts Ltd. to use any photographs taken of our son/daughter while participating in Selah's programs for their brochures and promotional materials.

I have read the above release and agree to abide by those conditions.

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____ Date: _____



1221 Hudson Road
Kelowna, B. C. V1Z 1J5
Phone: (250) 769-4666
Fax: (250) 870-5037

Dear Parents,

This year we have the opportunity to explore Crystal Mountain with Selah Outdoor Exploration. The intermediate teachers have carefully selected a program for our students that both expose our students to snowshoeing and outdoor adventure as well as address some components in the physical education and social studies curriculum.

Please take a moment to read the description of the programs that will be offered to Hudson Road Elementary students. The cost of the session is \$20.00. **Please make a cheque payable to Hudson Road Elementary for \$20.00**

Inuit Games / Introduction to Snowshoeing

Our Inuit Games program is designed to introduce students to some of the traditional games played by the Inuit people. Three different types of games (individual, pairs and team games) are explored through hands-on participation. Wherever possible, we look at the origins and purposes of the games and any relevant historical content. Students would be divided into 4 groups with each group rotating through each of the 3 types of games as well as through a brief introductory session on snowshoeing.

Snowshoeing / Natural History

Robert Bateman, a well-known Canadian artist said that the average Canadian school student knows less than 10 local plants or animals. The intent of this program is to help rectify this situation by helping children learn various local trees and identify the signs that animals leave that indicate their presence.

Navigation

This program would teach students the use of map and compass at a beginner to moderate level. Snowshoes would be employed as the means of transportation. This program would include two 1 hour introductory sessions (one hour with half the students and one hour with the other half) that would take place at the school.

Survival with a focus on Fire-Building

This program would introduce students to survival priorities as well as the proper technique to build a fire in winter conditions.

Survival with a focus on Shelter-Building

This program would entail an examination of survival priorities and the building of a snow hut called the "quinzhee."

Okanagan Survivor Challenge

This is a team-building program with some winter outdoor challenges that focus on the importance of working as a team while having fun and learning some new skills.

SELAH OUTDOOR EXPLORATIONS

WINTER PROGRAM

When packing for your trip with Selah Outdoor Explorations, make sure you will be prepared for all kinds of weather - from the warmer, sunny days to the cold, snowy ones. To thoroughly enjoy yourself while in the outdoors in winter, you need to be able to conserve or "dump" heat as your activity level demands. The most practical way to dress is with a number of light, loose layers that can be taken off or put on to keep your body at a comfortable temperature. A pair of snow pants is always handy to keep the clothes dry. Please make sure you bring a winter coat and winter boots.

Please bring the following items:

- winter toque
- 2 pair of mitts, not gloves
- snow pants
- long underwear - top and bottom (avoid cotton; polypropylene or other water-repelling synthetic is best)
- warm sweater
- warm winter jacket
- warm winter boots (felt-pack sorrel-type are best; avoid snowboard boots as they do not fit in the snowshoe bindings)
- scarf
- bag lunch
- daypack (to hold lunch and any personal items)
- 2 plastic bags (for keeping feet dry, if necessary)
- water bottle

Optional:

- binoculars
- camera
- snack

Important! Please bring any necessary medication for allergies, etc.