



LOUIS RIEL

Downhill Skiing & Snowboarding MEDICAL FORM

This form must be completed prior to the participant's involvement in each interscholastic sport. The rationale is to provide coaches with the most up-to-date medical information for your son/daughter. It will be readily available at the ski hill for our immediate referral if an emergency or mishap occurs.

Player's Name: _____ Gender: _____

Date of Birth: Day _____ Month _____ Year _____

Address: _____ Postal Code: _____

Telephone: _____ E-mail: _____

Mother's Name: _____ Father's Name: _____

Business Phone Mother: _____ Business Phone Father: _____

Additional Phone Numbers (cell): _____

Person to contact in case of emergency, if parents cannot be contacted.

Name: _____ Phone: _____

Address: _____

Manitoba Medical Number (6 digits) _____ PIN (9 digits) _____

Extended Health Coverage? Yes _____ No _____

If yes, who is the carrier? _____

Policy number: _____

Note: Manitoba Medical does not cover dental costs or ambulance. contact Blue Cross for extended coverage.

Doctor's Name: _____ Phone Number: _____

Date of Last Physical Examination: _____

Dentist's Name: _____ Phone Number: _____

Sport: _____

Please circle the appropriate response below pertaining to your child:

Yes	No	Previous history of concussion(s)
Yes	No	Fainting spells during exercise
Yes	No	Epileptic
Yes	No	Wears glasses
Yes	No	Wears contact lenses
Yes	No	Wears a dental appliance
Yes	No	Hearing problem
Yes	No	Asthma/exercise induced asthma
Yes	No	Requires the use of an 'inhaler'
Yes	No	Trouble breathing during exercise
Yes	No	Heart condition

(continued)



SKI TRIP INFORMATION

Student's Name: _____

Grade: _____

Classroom Teacher: _____

Please fill in the following information as accurately as possible so your child can be fitted for their equipment.

Height: _____ feet _____ inches

Weight: _____ lbs

Shoe size: _____

Please share any additional information below:

DARWIN SCHOOL'S DOWNHILL SKI / SNOWBOARD EDUCATION PROGRAM SKI DAY PROCEDURES

Upon arrival at Holiday Mountain one of the resorts Certified Ski and Snowboard instructors will greet our bus. After a short safety discussion, the students will be taken to one of the lodges and assigned an area where they can store their belongings. This area will be supervised by Darwin parents and the other Darwin trip supervisors when they are not on the hill skiing/snowboarding with students.

After students have dropped off their backpacks they will go immediately to the rental shop for lift tickets and equipment fitting. At the end of the day students will be responsible for dropping off their rented equipment in the rental shop. Once students have received their equipment and lift tickets they will be assigned to an instructor based on their previous downhill skiing experience. First timers will go immediately into a beginner lesson. No exceptions! Students that have skied or boarded before will be tested for their skill level and directed to a lesson that is appropriate for their ability.

Students will not be allowed to use the chairlifts without permission from their instructor. They will be required to stay on the runs that are best suited for their current level of ability. This process is designed to keep students off ski runs that may be beyond their ability level. All skiers will be required to participate in a one hour lesson with Mr. Coates (CSIA Level 2 professional Ski Instructor) regardless of their ability or previous skiing experience.

Following lessons skiers will have the rest of the day to practice their skills on the appropriate terrain for their skill level.

Further, to ensure a high level of safety during the ski trip **Darwin School will implement a "NO AIR" policy, meaning students are not allowed to ski off of bumps and jumps or terrain that will cause them to leave the snow surface unless they are participating in a lesson taught by Mr. Coates.** Downhill ski and snowboard participants will not be allowed to use features in the Terrain Park under any circumstances. Students who do not comply with this policy will have their lift ticket removed and will not be allowed to ski or snowboard for the rest of the day. This policy is intended to help keep all participants safe while skiing and snowboarding at Springhill Winter Park.

I/We have read the ski/snowboard day procedures and understand the school's "No Air" Policy. I/We agree to the consequences for not following the school's "No Air" Policy.

Parent / Guardian signature_____Date_____

Participant signature_____Date_____



Inherent Risk, Equipment Failure and Alpine Responsibility Warnings

Darwin School is arranging a trip for students to go to Springhill Winter Park to ski & snowboard.

This signed form is required for all students who wish to participate in this outdoor recreation and ski/ snowboard education program.

Inherit Risk

Skiing and Snowboarding are sports with physical demands and inherent risks which are beyond the control of Springhill Winter Park, and the Louis Riel School Division. Falls, collisions and other incidents may occur and cause injury. Skiers and snowboarders **must assume** the risks and dangers.

Equipment

Springhill Winter Park provides rental equipment. Bindings on ski equipment reduce the risk of injury when falling. Ski bindings will not release under all circumstances and they do not guarantee safety in all cases. Snowboard bindings are not designed to release

Alpine Responsibility Code

The Alpine Responsibility Code was developed by the Canada West Ski Areas Association and the National Ski Areas Association and is used at all Ski & Snowboard Resorts in North America. The Alpine Responsibility Code is being followed by Darwin School and it is a requirement that you know it and obey it. Skiers/boarders must always be in control. Springhill Winter Park may revoke a lift ticket for violation of the code or other unacceptable conduct.

We have read and understand these warnings and have identified my child's ski/snowboard classification as: (Circle one only)

Novice - Never Skied before

Beginner 1- Skied 1-3 times and is able to make wedge turns and stop using a wedge

Beginner 2- Skied 3-7 times and is able to make linked turns on green runs

Intermediate - Has Skied more than 7 times and is able to demonstrate parallel ski technique on green runs

DATED:_____

SIGNATURE OF STUDENT:_____

SIGNATURE OF PARENT/GUARDIAN:_____

Notice of Risk / Terms and Conditions of Ski/snowboard Area Use

The following is an example of the TERMS and CONDITIONS found on the reverse side of most ski/snowboard area lift tickets. When purchasing a lift ticket for either downhill skiing or snowboarding it is important to read and understand the Terms and Conditions of Lift Ticket use and the RISK WARNING :

1. You acknowledge that you will observe the Alpine Responsibility Code (see attached copy) and that you will conduct yourself in a safe and controlled manner at all times.
2. You must read all signs and follow all directions given by us, our employees and agents.
3. You engage in any recreational activity at your own risk and you acknowledge that the ski area operator is not liable for any breach of any express or implied warranty that services we provide will be provided with reasonable care and skill.
4. The ski area operator makes no warranties in relation to the services to be provided. Without limiting paragraph 3 above, all warranties, representations or conditions relating to the services we provide (whether express or implied and whether arising in contract at common law or under statute) are to the maximum extent permitted by law expressly excluded and you acknowledge that our liability under any statutory right or any condition or warranty implied by the Trade Practices Act, 1974 which cannot be excluded, is limited at our option to the resupply of the services or the payment of the cost of having the services supplied again.
5. You acknowledge that the ski area operator not liable to you for any loss, damage, injury or any incidental, indirect, special, consequential or economic loss or damage (including loss of opportunities, exemplary or punitive damages) whether to person or to property and whether arising from default, negligence, misconduct or otherwise by us, our employees or our agents and you indemnify us against all claims.

These conditions, together with the risk warning displayed below, form part of the conditions of entry and use of ski/snowboard facilities, equipment and services.

RISK WARNING: SNOW SPORTS (INCLUDING SKIING AND SNOWBOARDING) INVOLVE A SIGNIFICANT RISK OF PHYSICAL HARM OR PERSONAL INJURY INCLUDING PERMANENT DISABILITY AND/OR DEATH TO PARTICIPANTS. ANY SUCH INJURY OR LOSS MAY RESULT NOT ONLY FROM YOUR ACTIONS BUT FROM THE ACTION, OMISSION OR NEGLIGENCE OF OTHERS. PLEASE READ AND OBEY ALL SIGNS.

NOTICE OF RISK

Downhill skiing and snowboarding are winter recreational activities that have physical demands and inherent risks which are beyond the control of Holiday Mountain Ski Resort, Darwin School and the Louis Riel School Division. Falls, collisions with other skiers and snowboarders or with inanimate objects may cause serious injury and in extreme situations death is a possibility. It is the responsibility of the skier/snowboarder to follow rules and procedures designed to minimize the risk of injury that have been set out by the ski resort and Darwin school. Skiers and snowboarders must be aware of the inherent risks and dangers associated with skiing and snowboarding and be prepared to assume the risk associated with participating in these activities.

Equipment

Holiday Mountain Ski Resort provides rental equipment for downhill ski participants. Downhill skis are equipped with bindings that are designed to reduce the risk of injury in the event of a fall. However, bindings may not release in all circumstances and they do not guarantee safety in all situations.

Alpine Responsibility Code

The Alpine Responsibility Code consists of 10 basic rules related to proper use of ski resort facilities and behaviour of skiers and snowboarders on the slopes. It is a requirement of all Darwin School Downhill Ski and Snowboard club members that they know and obey the Alpine Responsibility Code at all Times and in all situations. Skiers and snowboards must always ski and snowboard in control, failure to do so will result in skiing and /or snowboarding privileges being revoked.

Acknowledgement of Risk

I/WE have read and understand the warnings and risk associated with participating in the winter recreational activities of skiing and snowboarding and is prepared to accept the risk associated with participation in these activities.

Dated _____

Parent/Guardia Signature _____

Participants Signature _____

ALPINE RESPONSIBILITY CODE (CANADA)

1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail, or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision/accident you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and obey area closures.
9. You must not use lifts or terrain if your ability is impaired through the use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability, and knowledge to safely load, ride, and unload lifts. If in doubt, ask the lift attendant.

Know the Code - Be Safety Conscious!

I/WE HAVE READ AND UNDERSTAND THE CANADIAN ALPINE RESPONSIBILITY CODE AND AGREE TO FOLLOW THE CODE AT ALL TIMES WHILE SKIING/SNOWBOARDING WITH DARWIN SCHOOL AT HOLIDAY MOUNTAIN SKI RESORT.

Parent/guardian _____

Participant _____