



September 23, 2010

Dear Parent/Guardian,

Congratulations! Your daughter is a member of Elmwood's Middle School Cross-Country Running Team! Being a member of a school team is a privilege and requires a commitment on behalf of your daughter. Students are expected to attend the majority of the practices and represent their school in a positive manner when they are competing at races. The following information should give you all the details you and your daughter will need in order to have a successful season.

Attached to this information letter is a *schedule* for your daughter's team and a *consent and release form*. Please sign and complete the form and return it to school by Tuesday, September 28, 2010. A few days before each race, your daughter will be given an *academic-athletic form*. She will be required to have the form signed by her teachers before the day of the race. Please note that teachers reserve the right to hold a student back from an athletic event for academic reasons.

Students may want to purchase an Elmwood tracksuit to wear for the meets. The tracksuit can be purchased from the uniform shop on Tuesdays between 3:00-4:15 pm. The students will wear their Elmwood P.E. uniform for the races. We will take a bus to both meets unless otherwise notified. Parents may drive their daughter home from a meet, but please advise me of this arrangement.

I am looking forward to a great season and hope to see you at our meets! If you have any questions please feel free to contact me via email at [emulcahy@elmwood.ca](mailto:emulcahy@elmwood.ca).

Sincerely,

Mrs. Erin Mulcahy  
Middle School Cross-Country Running Team Coach



**Elmwood School Parent/Guardian Consent and Release Form (Day)**

for excursion to **Cross-country running meets**

Dates of Trips: Wednesday, September 29, 2010 and Tuesday, October 19, 2010

Departure: TBA. Return: TBA

Destinations: Terry Fox Facility and South Nepean Park, Barrhaven

\*\* In the case of joint custody, BOTH parents must sign this Consent/Release form \*\*

**MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION**

Student: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
Month Day Year

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Condition(s): \_\_\_\_\_  
\_\_\_\_\_

Medication(s): \_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_  
\_\_\_\_\_

Ontario Health Card Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

**CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION**

By my signature below, I give my daughter of Homeroom \_\_\_\_\_ permission to participate in the cross-country running meets on September 29, 2010 and October 19, 2010.

I understand that all of Elmwood School's rules and policies (see Handbook) as well as any rules and directives established by those leading the trip remain in full force and effect for the duration of the trip.

By my signature below, I acknowledge and agree that I am solely responsible for any costs arising out of my daughter's breach of any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip and the resultant disciplinary actions, if any, whether occurring prior to or during the trip.

By my signature below, I further acknowledge and agree that in the event that my daughter breaches any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip while on the trip, Elmwood School may in its absolute discretion require that my daughter immediately return home and any expenses related to such a return (including without limitation travel, including travel of an adult to accompany my daughter, and any outstanding trip expenses) will be my sole responsibility.

### **RELEASE AND INDEMNITY**

In consideration of my daughter being permitted to participate in the two cross-country running meets, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, agree as follows:

I acknowledge and accept that participation in the trip may expose my daughter to unspecified risks and hazards, which are inherent in such trips, including without limitation, the method of transportation for the trip, all of which I expressly and voluntarily assume.

By my signature below, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE Elmwood School Inc. and its respective officers, partners, agents, employees, servants, representatives, successors and assigns ("the Releasees") OF AND FROM any and all actions, causes of actions, complaints, demands and claims whatsoever in existence prior to on or after the date hereof whether in law or in equity, in respect of death, injury, loss or damage to my daughter's person or my person or property HOWSOEVER CAUSED, arising or to arise by reason of my daughter's participation in the activities contemplated herein except to the extent that same are directly caused by the gross negligence of Elmwood School Inc. or its respective officers, partners, agents, employees, servants, representatives, successors and assigns. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my daughter's participation in the activities contemplated herein.

By my signature below, I also agree and undertake not to make any claim or take any proceedings against the Releasees set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Releasees set out above.

### **EMERGENCY MEDICAL CONSENT**

In the event of an emergency, Elmwood School requires parental consent in order to consent to the medical treatment or surgery of the student. Elmwood School will use reasonable efforts to contact the parent(s) prior to consenting to medical treatment for the student and the parent(s) acknowledge and agree that the need for an immediate decision regarding medical treatment for the student may make such contact impossible.

Accordingly, I, by my signature below, hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to act in loco parentis and in that capacity to consent to medical treatment or surgery for the student based on the advice of the attending physician who considers immediate medical treatment or surgery to be a necessity.

In addition, by my signature below, I hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to seek and obtain any and all medical interventions that may be reasonably required to ensure the safety and well being of my daughter while on the trip.

**I have read all of the foregoing carefully and by my signature agree to be bound by all aspects of the foregoing.**

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

***Please return this form to Mrs. Mulcahy by Tuesday, September 28.***

## Elmwood's Middle School Cross-Country Running Team Schedule-2010

Practice Time/ Meet Time	Date and Location (Please note that the practices will be held at Elmwood School)
Practice at 7:15 a.m.	Tues., Sept. 21  Thurs., Sept.23  Tues., Sept. 28  Tues., Oct. 5  Thurs. Oct. 7  Tues., Oct. 12  Thurs., Oct. 14
OCCDSB Meet	Wednesday, September 29 Terry Fox Facility
OISAA Pumpkin Run	Tuesday, October 19 South Nepean Park, Barrhaven