



November 18, 2010

Dear Parents/Guardians,

At Elmwood we are very fortunate to be able to provide our students with the opportunity to complete the Duke of Edinburgh Award Program. Many of your daughters completed their Bronze level last year and are keen to continue with their Silver Level. I will work with students who have yet to complete their Bronze level or are new to Elmwood to ensure that they are up-to-date in the program and can begin their Silver level with the rest of their class.

To complete the Bronze level, students were required to participate in a one day practice trip and a two day/one night expedition. For the Silver level, students are required to participate in a one day/one night practice trip and a three day/two night expedition. We are excited to once again be able to offer a winter dog sledding trip to meet this requirement.

In an effort to reduce costs and to minimize disruptions at school we have combined the practice trip with the Grade 10 class trip. Our practice trip will take place on **December 7-8, 2010** in Montebello, Quebec and then the girls will continue to Quebec City for their class trip (December 8-10). The practice trip will allow us to introduce various winter skills, help test the girls' endurance and ensure the warmth and appropriateness of their clothing and footwear. We will hike, learn dog sledding skills, cut firewood, set up a winter campsite and cook our meals outside. We will spend the majority of our time outside but we will spend the night in wood heated cabins.

The expedition will take place on **January 26-29, 2011**. The trip will be a cooperative effort between Elmwood School and Chocpaw Expeditions. Each trip will have Chocpaw wilderness guides and Elmwood staff members. We will arrive in South River on January 26th, have a quick orientation at Chocpaw and spend the first night at North Ridge Inn. We leave the morning of the 27th and spend the next 3 days/2 nights dog sledding and winter camping. Further details about the trip are included in this package and can be found at www.chocpaw.com.

It is our hope that all Grade 10 students enroll in the Duke of Edinburgh Program, however, in an effort to reduce costs, students not enrolled in the program are invited to attend the expedition trip. In order to participate though students must be in good physical condition, attend all meetings, obtain appropriate equipment and clothing, and return all required permission forms. Failure to meet these criteria will result in the participant being asked to withdraw from the trip.

I have enclosed an information package, permission forms and an equipment list. There are a limited number of spots and we are required to confirm our numbers with Chocpaw Expeditions ASAP. Please sign and return the consent/billing form by Wednesday, November 24, 2010.

The \$635.00 cost of the trip covers all requirements for the expedition (the fee for the practice trip was included in the cost of her class trip). The fee includes all transportation costs, hotel accommodation and the Chocpaw

dog sledding experience (the regular fee for the dog sledding alone is \$540). Half of the fee for your daughter's trip will be billed to her account in December and the remaining half in January.

Thank you for your ongoing support of the Duke of Edinburgh program. I look forward to working with your daughter this year. If you have any further questions please feel free to contact me.

Sincerely,

Erin Derbyshire
Duke of Edinburgh Coordinator
(613) 749-6761 ext. 293
ederbyshire@elmwood.ca

SILVER DUKE OF ED PRACTICE TRIP AND ACTUAL TRIP EQUIPMENT LIST

PLEASE READ THE LIST CAREFULLY – THERE IS CERTAIN EQUIPMENT YOU WILL NEED FOR THE PRACTICE AND SOME THAT YOU WILL NEED ONLY FOR THE ACTUAL TRIP. IF IT ISN'T INDICATED YOU NEED IT FOR BOTH.

Individual Gear

- Sleeping Bag (Rated -20°C). This can be rented from MEC for \$10-15/day
- Sleeping Pad – Just for practice trip they will be provided on real trip
- Winter boots with removable liner rated -40°. It is recommended that you buy an extra pair of boot liners for the actual trip. Boots can be rented from Chocpaw for \$10/day but you must also have good boots for the practice trip. There are many students in Grade 11/12 that own a pair. You can buy a pair at Canadian Tire, Marks Work Warehouse, MEC, etc. You should be able to get a good pair for under \$100.
- 2 pairs of socks (3 for actual) - NO COTTON – polypro or wool
- 2 pairs of polypro/polyester underwear (3 for actual)
- 1 set of long underwear (2 for actual) – top and bottom (polypro)
- 1 fleece/wool sweater (2 for actual)
- 1 pairs of fleece/wool pants (2 for actual)
- Gortex jacket and Gortex pants (windproof/waterproof)
- 1 Vest (down is best)
- 1 wool or fleece hat (2 for actual)
- 1 wool or fleece neck warmer (2 for actual)
- Small backpack
- 2 pairs of warm mitts with removable liners
- 1 pair of thin gloves
- Small flashlight (headlamp is best)
- Sunscreen
- Toothbrush and toothpaste
- Camera
- Small first aid kit – band-aids
- Whistle
- Water bottle

As mentioned above there are a number of students in the senior school that have been on the trip and will have equipment to lend. Please make sure it fits – ill fitting gear will actually make you colder. I also have some gear that I can lend.

Group Gear

During the practice trip we will set up a winter campsite and cook both dinner and breakfast outside. This is only a component of the practice trip; on our actual trip we will stay in canvas tents and all equipment and food will be provided by Chocpaw.

Group Members: _____

- 2 insulated pads: _____
- pot set: _____
- stove (please test it before you come in): _____
- extra stove fuel: _____
- cooking utensils: _____
- plate, bowl, mug and utensils for each group member
- garbage bag: _____
- oven mitts/fire glove: _____
- saw: _____
- tarp and rope: _____
- matches/lighter: _____
- newspaper: _____
- dish soap: _____
- dishtowels: _____
- hockey bag: _____

Food

- Everyone will pack their own lunch and snacks
- Dinner and breakfast will be planned and packed by the group
- All meals must be nut free
- All food will be packed out Monday, December 6th during lunch

Dinner: _____

Breakfast: _____

Components:

Components:



Elmwood School Parent/Guardian Consent and Release Form (Over Night)

for the Duke of Ed Silver Dog Sledding Trip

Date of Trip: January 26-29, 2011

Departure: January 26 at 12:30 pm Return: January 29 at 6:30 pm

Destination: Chocpaw Expeditions, South River

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

COST OF TRIP

By my signature below, I allow Elmwood School to bill my account **\$635** for the cost of this trip. **I understand that Elmwood School will incur fixed costs as a result of this commitment and accordingly there are no refunds in the event that my daughter is unable to participate.**

MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION

Student: _____ Birth Date: _____
Month Day Year

Family Doctor: _____ Phone: _____

Medical Condition(s): _____

Medication(s): _____

Allergies: _____

Dietary Needs: _____

Ontario Health Card Number: _____

Emergency Contact: _____ Phone: _____

CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION

By my signature below, I give my daughter of SLG/Homeroom _____ permission to attend the Duke of Ed Silver Dog Sledding Trip in South River, January 26-29, 2011.

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 on the Silver Duke of Ed Dog Sledding Trip ("the trip"), 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, all of which I expressly and voluntarily assume.

Furthermore, I acknowledge and accept that my daughter will not be under the direct supervision and control of Elmwood School staff or other trip volunteers at all times during the trip. As such, I agree that the conduct of our daughter during unsupervised times and any consequences flowing from such conduct is solely the responsibility of my daughter.

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 Ms. Derbyshire by November 24th, 2010