



December 19, 2011

Dear Parent/Guardian,

Congratulations! Your daughter has made the Nordic Ski team – also known as Skate Skiing! Being a member of a school team is a privilege and requires a large commitment on behalf of your daughter. Students are expected to attend all practices, meetings, and races. In particular for this sport, the students have to have 12 practices in order to compete in the races.

Attached is a schedule for the season. Please note that dates for tournaments and practices may change occasionally and your daughter will be notified of any changes. Please be aware that if a student misses a practice before a race she may not be able to participate. In addition, if a student misses three unexcused practices they will no longer be a part of the team. On race days, students are not excused from classes without permission from their teachers. Teachers reserve the right to hold a student back from an athletic event for academic reasons.

As you will note, most of the practices will be at locations 20-30 minutes away from the school. Given the size of the team, it would not be cost efficient to rent a bus. Thus, we are looking for parent drivers to share in the responsibility of taking the team to the practice locations. There are 6 away practices, please let me know which day you can assist in getting the girls to the trail by Jan 9th. Please refer to the schedule for directions and times. I will take the equipment in my car but cannot take students in my vehicle. We would love for you to join us on the trails as well if a skier!

Students are able to purchase a team jacket through the coach by Dec. 22nd and hats to wear at the races. The extra cost for the season is \$100 to pay for daily ski passes to Nakkertok & Gatineau Park trails. If we do not go to the trails due to weather, the payment will not be charged to your account. Race costs and bibs are covered by the school. If without equipment, the league has suggested renting through SKI XC FAST (<http://www.xcottawa.ca/articles.php?id=637>) and they are charging \$150 rental fee for a set of equipment (boots, poles, skis). If looking to purchase, Fresh Air (<http://www.freshairexp.com/ottawa/>) is willing to give High Schools a discount and please ask for Chris.

Please discuss with your daughter the commitment required for this team, then sign and complete the permission form. Return only the signed portion of the form and keep the rest of the information as a reference. The forms need to be returned to the coach by Jan 10, 2012 to start the season.

I am looking forward to a great season and hope to see you at some of our races! If you have any questions please feel free to contact me at jgrass@elmwood.ca.

Sincerely,

Jessica Grass
Humanities IL/Teacher



Nordic Ski Team

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

** 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: _____

COST OF SEASON

By my signature below, I allow Elmwood School to bill my account \$100 for the cost of participating in the Nordic Ski Team Season. 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.

CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION

By my signature below, I give my daughter of SLG/Homeroom _____ permission to be a member of the Nordic Ski team.

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 team remain in full force and effect for the duration of the season.

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 team and the resultant disciplinary actions, if any, whether occurring prior to or during the season.

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 team during the season, 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 Nordic Ski team, 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 season may expose my daughter to unspecified risks and hazards, which are inherent in such teams, 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 Ms. Grass by Jan 10, 2012