



FLVT Physical Pursuits M/W 2024-25

Outline, Schedule, Waivers & Student Permission Forms



September 03, 2024

Hello Everyone

Physical Pursuits is an activity-based course, please see the attached schedule for a listing of all activities, dates, times, and equipment overview. More detailed information on each activity will be provided closer to the date of that activity (if necessary).

The fee for this course is \$150, and transportation to off-campus activities will be by school bus (First Student) or walking. We will start class early several times throughout the quarter to ensure enough time for activities.

Students are assessed through self-evaluation, participation, and overall growth throughout the quarter and activities.

Please keep the schedule at home for your reference and return the permission fields completed to Mr. Leger.

Please contact Mr. Leger at the school (403-381-0953) or by email (legers@holyspirit.ab.ca) if you need more information.

Thank you

Mr. Leger

Physical Pursuits
Father Leonard VanTighem



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Course Schedule		Depart Time	Return Time	Equipment Needed
September 12	Course Overview, Gear Inventory, & Cycling Intro	Classroom Day		
September 14	Cycling Speaker and Maintenance	Appropriate clothing, bikes, and helmets		
September 19	Cycling Skills	Appropriate clothing, bikes, and helmets		
September 21	Kayak Classroom Session	Classroom Day		
September 26	Nikka Yuko Garden Yoga or Experience	1:30	3:00	Appropriate clothing and footwear for the weather and activity
September 28	Kayak Pool Day	1:30	3:30	Towel and swimsuit
October 03	Cycling Skills	Appropriate clothing, bikes, and helmets		
October 05	Kayak Lake Day	1:30	3:40	Appropriate clothing and footwear for the weather and activity Appropriate clothing for the weather, swimsuit, towel, lunch
October 10	Golf Day 1	1:30	3:00	Golf clubs if you have them, appropriate clothing for weather
October 12	Disc Golf	1:30	3:15	Appropriate clothing and footwear for walking and weather
October 17	Coulee Walk/Run	1:42	3:00	Appropriate clothing and footwear for walking and weather
October 19	Disc Golf	1:30	3:00	Golf clubs if you have them, appropriate clothing for weather
October 24	Golf Day 2			
October 26	Climbing Day 1	1:30	3:00	Clothing for climbing. Clean footwear. Harness and climbing shoes if you have them
October 31	TBD			
November 02	Climbing Day 2	1:30	3:00	Clothing for climbing. Clean footwear. Harness and climbing shoes if you have them
November 07	Climbing Day 3	1:30	3:00	Clothing for climbing. Clean footwear. Harness and climbing shoes if you have them
November 10	Galaxy Bowl 10 pin	1:30	3:00	



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PERMISSION FORMS & WAIVERS

FIELD 1: Contact & Medical Information

Please fill out the following information in case we need to get a hold of a parent/guardian while we are on the trip:

Name of parent/guardian: _____

Home #: _____ Work #: _____ Cell #: _____

Any relevant medical information (including medication): _____

FIELD 2: Course Out-Trip Permission

I hereby give my child _____ permission to attend the attend the FLVT Physical Pursuits activities listed below. I understand transportation will be by school bus or walking. I also give consent for supervisors to seek medical treatment if necessary. The supervisors will make every effort to contact parents regarding any emergency as soon as possible.

Parent/guardian Name (please print)

Signature of Parent/Guardian

Date

Emergency Contact

Phone Number

Relationship

Parent Email _____

Student Email _____



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FIELD 3: Individual Trip Sign-off

Please initial each box indicating approval for that specific activity. Thank you

Date	Activity	Location	Please Initial each box
September 26	Nikka Yuko Garden	Lethbridge	
September 28	Kayak Pool	UofL, Lethbridge	
October 05	Kayaking Park Lake	Park Lake Provincial Park	
October 10 & 19	Evergreen Driving Range	Lethbridge	
October 17	Coulee Hike	Lethbridge	
October 26, November 02, 07	Coulee Climbing Wall	Lethbridge	
November 09	Galaxy Bowl	Lethbridge	

FIELD 4: Facility Required Waivers

Some facilities require waivers to be completed. Please complete the attached.



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Informed Consent Form – FLVT Physical Pursuits

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents / guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: _____

School Name: Father Leonard VanTighem

Location: Various Locations-see course outline

Start/Departure Time: See Course outline

Grade/Class: Physical Pursuits Grade 7,8,9

End/Return Time: See course outline

Teacher/Supervisor in Charge: Steve Leger

Date: See course outline

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual participating in programs, classes, and events sponsored or organised¹ by The Holy Spirit Roman Catholic Separate School Division and its schools (collectively the “School Division”), the activities can include but are not limited to: **wall climbing, kayaking, and cycling** (collectively the “Activities”), the undersigned, being the Individual and Individual’s Parent/Guardian (collectively the “Parties”), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent / Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent/Guardian's Name: _____

Phone Number: _____

Description of Risks

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
 - A. Contracting COVID-19 or any other contagious disease;
 - B. Extreme weather conditions;
 - C. Travel to and from events which are an integral part of the Activities.
 - D. Negligence of other persons, including other spectators, Individuals, or employees;
 - E. Privacy breaches, hacking, technology malfunction or damage of the information collected;



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Activity 1 - Cycling

The **Cycling** activities can include but are not limited to: events, races, group rides, practices, training, the use of strength training and fitness conditioning equipment, machines and facilities, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs.

Description of Risks

- Falling, tumbling, or hitting any ground, surface, concrete, road, track, or other surfaces;
- Contact, collisions, or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles;
- Road conditions, terrains and vehicular traffic while cycling;
- Mounting, dismounting, or falling off a bicycle;
- Failure to stay within the designated course area;
- Extreme weather conditions and temperatures which may result in dehydration, heatstroke, sunstroke, or hypothermia;
- Vigorous physical exertion, strenuous cardiovascular workouts, demanding physical techniques, exerting and stretching various muscle groups, rapid movements, and quick turns and stops;
- The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Spinal cord injuries which may render the Individual permanently paralyzed;
- Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- Abrasions, sprains, strains, fractures, or dislocations;
- Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- Physical contact with other Individuals, spectators, equipment, and hazards;
- Not wearing appropriate safety or protective equipment,
- Failure to act safely or within the Individual's ability or within designated areas;

Activity 2 - Wall Climbing

- A. head trauma;
- B. Physical contact with other Individuals, spectators, climbing equipment, and all other hazards;
- C. Not wearing appropriate safety or protective equipment, or climbing equipment;
- D. Spinal cord injuries which may render the Individual permanently paralyzed;
- E. Failure to act safely or within the Individual's ability or within designated areas;



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- F. Grass, turf, and other surfaces including walls, which may lead to bacterial infections and rashes;
- G. Collisions with walls, rope, other climbers, stands, and all sporting equipment;

Activity 3 - Kayaking

The **Kayaking** activities can include but are not limited to: Kayaking on flat and moving water (Level 1 or 2, ONLY), navigating using compasses/charts/maps, docking on land, races, training, competitions, trials, camps, workshops and clinics, dry land training using machines and facilities, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the “Activities”).

- a. Executing strenuous and demanding physical techniques, and exerting and stretching various muscle groups;
- b. Water hazards, terrain obstacles, waves, unstable surfaces, and extreme weather conditions;
- c. Drowning including but not limited to, equipment failure or entanglement, falling out of boat/watercraft into the water, capsizing or being knocked unconscious in the water;
- d. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- e. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- f. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- g. Abrasions, sprains, strains, fractures, or dislocations;
- h. Encounters with dangerous animals;
- i. Privacy breaches, hacking, technology malfunction or damage;
- j. Concussion or other head and spine injuries, including but not limited to closed head injury, blunt head trauma, or spinal cord injuries which may render the Participant paralyzed;
- k. Physical contact with other Individuals, spectators, equipment, and hazards;
- l. Not wearing appropriate safety or protective equipment;
- m. Failure to act safely or within the Individual's ability or within designated areas;
- n. Contact, colliding, falling or being struck by other participants or equipment;



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4. The Parties understand and acknowledge that:
 - A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;
 - B. The School Division has a difficult task to ensure safety and it is not infallible. The School Division may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction;
5. In consideration of the School Division allowing the Individual to participate in the Activities, the Parties agree:
 - A. That the Individual's mental and physical condition is appropriate to participate in the Activities;
 - B. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
 - C. To comply with the rules and regulations for participation in the Activities including the Safety Guidelines for Physical Activity in Alberta Schools as enforced by the RESPONSIBLE PERSON in their club / team / cohort;
 - D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities;
 - E. To comply with the rules of the facility or equipment;
 - F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of a School Division representative immediately;
 - G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury and the Individual agrees not to participate if impaired in any way;
 - H. That it is the Individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - I. That the Parties acknowledge that they have considered and disclosed to the School Division all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to safely participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.



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6. In consideration of the School Division allowing the Individual to participate, the Parties agree:
 - A. That the Parties are not relying on any oral or written statements made by the School Division or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - B. That the School Division is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities

1. General

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Individual (print)

Signature of Individual

Date

(For students 18 years of age or older)

Name of Parent / Guardian
(print)

Signature of Parent / Guardian

Date

(For students under 18 years old)

The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or The Holy Spirit Roman Catholic Separate School Division's FOIP Coordinator, 402-327-9555