



FLVT Winter Pursuits T/Th 2025-26

Letter, Schedule, Waivers & Student Permission Forms

January 09, 2026

Hello Everyone

Winter Pursuits is an activity-based course. Please see the attached schedule for a list 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 \$135.00. All students **are required to** pay the fee, as we operate on a very tight budget for this course. Fees can be paid through School Cash Online. Payment options can be discussed by contacting the office. Transportation to off-campus activities will be by school bus.

Please keep a copy of the schedule at home and complete the online forms.

All permission forms and schedules will be completed online. There may be third-party hard copy permission forms/waivers to be completed and returned to the school.

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

Thank you

Mr. Leger

Winter Pursuits
Father Leonard VanTighem

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Date	Activity	Depart	Return	Equipment Needed
Feb. 03	Course Overview & Curling Intro	Classroom Day		
Feb. 05	Classroom Theory Day	Classroom Day		
Feb. 10	Broomball	1:40	3:00	Clean shoes, gloves or mitts, warm clothes for the ice rink
Feb. 12	UofL Climbing Course	1:40	3:10	Appropriate clothing and clean shoes for rock climbing
Feb. 24	Skate/shinny hockey	1:40	3:00	Ice skates, mitts/gloves, helmet, hockey stick
Feb. 26	UofL Climbing Course	1:40	3:10	Appropriate clothing and clean shoes for rock climbing
March 03	YQL Sluggers	1:35	3:10	Clothing for batting cages
March 05	UofL Climbing Course	1:35	3:10	Appropriate clothing and clean shoes for rock climbing
March 10	Ski Trip Presentation/Classwork	Classroom Day		
March 12	Ski Trip for registered students			
March 17	Waterton Trip Planning Day	Classroom Day		
March 19	Yoga at CASA	1:40	3:00	Appropriate clothing for yoga
March 24	Waterton Trip	8:30	4:00	List to come home
March 26	UofL Climbing Course	1:35	3:10	Appropriate clothing and clean shoes for rock climbing
March 31	Skate/shinny hockey	1:35	3:00	Ice skates, mitts/gloves, helmet, hockey stick
April 02	Bowling	1:35	3:00	Appropriate clothing for bowling

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PERMISSION FORMS & WAIVERS

FIELD 1: Contact & Medical Information

Please fill out the following information in case we need to contact 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 FLVT Winter Pursuits activities listed above. I understand transportation will be by school bus. 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

EMAILS

Parent Email

Student Email

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FIELD 4: Facility Required Waivers

Some facilities require waivers to be completed. Please complete the attached or visit the online link to complete their waivers.

University of Lethbridge Climbing:

https://www.ulethbridge.ca/sites/default/files/2023/11/ascent_climbing_centre_minor_participant_consent.pdf

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Informed Consent Form –

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

Locations: see course schedule

Start/Departure Time: see course schedule

Grade/Class: Grade 8,9 Winter Pursuits Option

End/Return Time: see course schedule

Teacher/Supervisor in Charge: Mr. Steve Leger

Date: see course schedule

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 organized by The Holy Spirit Roman Catholic Separate School Division and its schools (collectively the "School Division"), the field sport activities can include but are not limited to: **Wall Climbing, Archery, Ice Skating/shinny hockey, curling, Mixed Martial Arts Defense workout, broomball, Waterton Snowshoeing** (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: _____

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;
 - F. Executing strenuous and demanding physical techniques;
 - G. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;

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- H. Exerting and stretching various muscle groups;
- I. Not wearing appropriate safety or protective equipment; attire or footwear
- J. Failure to act safely or within the Individual's ability or within designated areas;

Activity 1 - Wall Climbing

- A. Concussion or other head injuries, including but not limited to closed head injury or blunt 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;
- 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 2 - Archery

- A. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment, including but not limited to damaged bows or bow strings snapping;
- B. Serious injury to virtually all parts of the Individual's body or to the Individual's general health and well-being with regard to arrows flying at high velocities and bow strings being under high pressures and other possible risks;

Activity 3 - Ice Skating

- A. Falling due to inexperience in skating (lack of activity skill), hitting bumps or cracks, or from contact with other participants, boards, glass or any other equipment may result in serious injury;
- B. Spinal cord injuries which may render the Individual permanently paralyzed;
- C. Abrasions, sprains, strains, fractures, or dislocations;
- D. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- E. Not wearing appropriate safety or protective equipment, as required by the Government of Alberta in Alberta Schools;

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- F. Collisions with other participants, instructors, coaches, teachers, boards, benches, glass, and all sporting equipment;
- G. Extreme weather conditions or insufficient clothing may result in hypothermia, frostbite, or other cold injuries;

Activity 4 -Low Risk Gym Activities – Spin/Rowing

- A. Improper technique resulting in injury to arm, hand, shoulder, knee, hip, back, wrist, arm or any other part of the physical body;
- B. Exerting and stretching various muscle groups;
- C. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment, resulting in injury;
- D. Abrasions, sprains, strains, fractures, or dislocations from slips, trips, or falls;
- E. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma from slips, trips, falls, collisions, or flying objects;
- F. Physical contact with other Individuals, spectators, equipment, and other hazards;
- G. Not wearing appropriate attire or footwear;
- H. Failure to act safely or within the Individual's ability or within designated areas;

Activity 5 - Mixed Martial Arts & Self Defence Workout/Self Defense (no weapons)

- A. Improper technique resulting in injury to arm, hand, shoulder, knee, hip, back, wrist, arm or any other part of the physical body;
- B. Exerting and stretching various muscle groups;
- C. Abrasions, sprains, strains, fractures, or dislocations from slips, trips, or falls;
- D. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma from slips, trips, falls, collisions with others, or flying objects;
- E. Physical contact with other Individuals, spectators, equipment, and other hazards;
- F. Failure to act safely or within the Individual's ability or within designated areas;

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Activity 6 - National Park Snowshoeing

- A. Appropriate clothing must be worn.
- B. Slips, Trips, Falls (bruises, broken bones, bumps);
- C. Exposure to communicable infection, illness, or disease;
- D. muscle strains and/or sprains;
- E. physical contact by participants, objects, or equipment;
- F. Executing strenuous and demanding physical techniques, and exerting and stretching various muscle groups;
- G. Vigorous physical exertion, strenuous cardiovascular workouts, and rapid movements;
- H. The failure to properly use any piece of equipment or the mechanical failure of any piece of equipment;
- I. Collisions with fences, poles, stands, nets, other participants, and sporting equipment;
- J. Negligence of other persons, including other spectators, Individuals, or employees;
- K. Extreme weather conditions.
- L. Injuries may include, but are not limited to: Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma; Broken, fractured or dislocated bones, joints, ligaments, or tendons; Abrasions, sprains, strains, bruises, muscle soreness, or swelling; Damage to the Individual's general health and well-being;
- M. Improper technique resulting in injury to arm, hand, shoulder, knee, hip, back, wrist, arm or any other part of the physical body;
- N. Exerting and stretching various muscle groups;
- O. Abrasions, sprains, strains, fractures, or dislocations from slips, trips, or falls;
- P. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma from slips, trips, falls, collisions with others, or flying objects;
- Q. Physical contact with other Individuals, spectators, equipment, and other hazards;
- R. Failure to act safely or within the Individual's ability or within designated areas;

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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

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

(For students 18 years of age or older)

Date

Name of Parent / Guardian
(print)

Signature of Parent / Guardian

(For students under 18 years old)

Date

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