

Outdoor Education Course Package

- 1) Please review Course Package for Outdoor Education.
 - a. Course Rubric for Assessment
 - b. Course Outline
 - c. Schedule up until Spring Break
 - d. Wall Climbing Waiver
 - e. Ski Trip information Letter
 - f. Course Waiver
- 2) Please return to Mr. D'Angelo within a week:
 - a. Course Waiver
 - b. Wall Climbing Waiver fully filled out (Don't need section C)
 - c. Ski Letter fully filled out
 - i. Including a cheque for our only supplementary OE fee for ski rentals



Outdoor Education Rubric

Student Name	Class		
5 = Strongly Agree, 4 = Mostly Agre	ee, 3 = Agree,		
2 = Somewhat Disagree , 1 = Rare	ely , 0 = Never		

Assessment Area	Score out of 5 (Last 4 rows multiply by 3)	
I was prepared for class, and returned all forms and waivers promptly to Mr. D'Angelo.		
I was on time for the bus for class departure time for OE class.		
My behaviour on the bus was exemplary. My seatbelt was on, I did not leave a mess, and my noise level was low.		
I had proper footwear required for the activity. (Indoor footwear for indoor activities)		
I was dressed in Crusaders Outdoor Education or Gym Strip tops and bottoms for Outdoor Education class.		
I put safety first and made sure people around me had fun.		
My behaviour at activities was exemplary. I represented myself and my school with pride.		
I listened actively to instructions from my teachers and facility based instructors.		
I attended all Outdoor Education Classes.	X3 =	
I actively participated in outdoor education class to the best of my ability.	X3 =	
I worked well and cooperatively with classmates to better my skills in activities.	X3 =	
Teachers did not have to discipline me or correct my actions. I had a positive attitude, and my peers and instructors enjoyed me being around me.	X3 =	
TOTAL OUT OF 100		



Outdoor Education Course Outline 2013-2014

Instructors:

Mr. Paul D'Angelo - Athletic Director/Outdoor Education Coordinator (403) 240-7904 Cell (403) 701-8659 pdangelo@clearwateracademy.com www.cwacrusaders.com

Mrs. April Borotsik Mr. Neil Fitzgerald aborotsik@clearwateracademy.com nfitzgerald@clearwateracademy.com

Many outdoor education programs have instructors at the activity. Students are expected and required to give these teachers the same level of respect given to school staff.

Objectives:

- To promote physical activity while engaging in a wide array of non-traditional physical education activities.
- To develop an appreciation for the wondrous beauty of the outdoors. Students will broaden their outdoor experience.
- To show the health benefits of regular physical activity and nutrition.
- To show children the opportunities that exist for recreation and fitness in the greater Calgary area.
- To work cooperatively with classmates to better skills in many areas.

Activities:

Each course has two major trips per semester. One downhill ski trip, and one overnight outdoor experience trip.

	Grade 7	Grade 8	Grade 9	Grade 10
Ski Trip	1 Day skiing or snowboarding with lessons @ Nakiska	1 Day skiing or snowboarding with lessons @ Norquay	2 Day overnight ski trip @ Lake Louise	1 Ski Trip @ Sunshine Village
Overnight Trip	Backpacking camping to Porcupine Hills	Backpacking camping to Quaite Valley	Camping/Canoe Trip @ Camp Kasota West Sylvan Lake	White Water Rafting Trip to Golden British Columbia

Supplementary weekly activities are chosen at the teachers discretion based on: class interest and ability level, availability of facilities, budget, and activities in the previous year's program.

Safety & Obedience of Expectations

Safety is the single most important component of outdoor education. All outdoor education classes must have a strong focus on safety. All students and teachers **MUST** display a "**Safety First**" attitude at all times. Students will be required to sit out if they compromise the safety of themselves or other class members. Similarly, if students do not meet the expectations of the teachers or facility staff, they will be removed from that weeks activity.

Punctuality & Preparedness

It is vital that we depart Clear Water Academy at the announced time. Students are expected to be dressed for the weather, and to bring appropriate items requested of them on time.

Dress Code

Students must be dressed in Clear Water Academy Athletic Wear at all times. Students are required to have an outdoor education uniform in addition to PE clothes. Additional clothing may be worn on top of these items for warmth. Exceptions will be discussed by the teachers.

Transportation

We will utilize the Clear Water Academy 24 passenger bus as much as possible. Some activities take place on campus, or within walking distance. There may be occasions where parent drivers are required. Students are required to display exemplary behaviour while on the bus. No food or drink is permitted, and noise levels must be moderate. Students must wear seatbelts at all times.

Waivers

All students are required to have a Clear Water Academy waiver signed in order to participate in Outdoor Education. For certain activities, additional waivers will be required by the activity provider. Students without waivers will not be permitted to participate in the activity.

Helmets

Helmets are required for a number of Outdoor Education activities. It is imperative that students have access to bike and hockey helmets for activities such as skating, horseback riding, roller-skating and cycling activities.

Participation

Students are required to participate in ALL Outdoor Education activities. Students will only be excused if there is a medical or safety concern that has been discussed directly between the parent and the instructors. If you are well enough to be at school, you are well enough to participate.

Course Evaluation

Students are expected to be prepared for class, work well with others, have a safety first attitude, and participate enthusiastically and actively. Each term, students will complete a self evaluation rubric based on their performance which will be used as a guide to assign a course mark. Teachers reserve the right to amend the rubric.

Outdoor Education 7-9 will be assessed solely on this rubric, with each outdoor education class being equally weighted. **Outdoor Education 10** may have additional assignments and quizzes.

Food Service

Students should always be properly nourished and hydrated before outdoor education class. Many of the facilities we attend offer food service or have vending machines. Students are only permitted to access this with permission of the teachers. Except for ski trips, students

should not plan to have access to concessions or vending machines. Students are encouraged to bring water bottles to class with them.

Cameras

Students are encouraged to bring a camera with them to outdoor education class, especially for our major trips. Photographs are a great way to celebrate accomplishments and activity. Students should only take pictures of classmates when they know there is a photo being taken. Taking pictures on the bus is not permitted. Taking pictures should not take away from a students participation in activity. Students must have the permission of teachers to use cameras. Cell phone and Ipod cameras are not to be used.

Weather/Flexibility

Activities are scheduled outdoors in the first two months of the semester. Students should always come prepared to participate outdoors. In the event we have to cancel the scheduled activity due to inclement weather or road conditions, an alternative activity will be provided. Students must keep a swimsuit and towel in their locker on outdoor education days.

Students are required to have access to sunscreen, hats, and bug repellant during the warmer months.

Scheduling

Students will be given a copy of the outdoor education schedule as much in advance as possible. Activity listings for next week are always posted on www.cwacrusaders.com. This listing will also include a description of how to prepare for the next activity.

Parents

Parents are invited to attend outdoor education excursions with the class at their own expense. Prior arrangements must be made with Mr. D'Angelo in advance of the class.



Outdoor Education Schedule Semester 2 2013-2014 Up to Date info can be found on www.cwacrusaders.com. Please have swimsuit and towel on hand for May/June outdoor activities.

Week	Monday – Grade 7	Tuesday - Grade 8	Wednesday -	Thursday - Grade
	Boys	Girls	Grade 10	9 Boys
Jan 27-31	27 Semester 1	28 Semester 1	29 Fernie Ski Trip	30 Calgary Archery Centre 130-3 Bus @ 1PM
Feb 3-7 3 Stronghold Wall Climbing Bus @ 1PM		4 Chinook Wall Climbing Bus @ 1PM	5 Chinook Wall Climbing – Bus @ 1PM	6 Stronghold Wall Climbing – Bus @ 1PM
Feb10-14	10 Kickboxing Fitness @ Talisman Centre. Bus @ 1PM	11 Norquay Ski Trip Info TBA	12 Cross Country Skiing - Canmore Nordic Centre Bus @ 840AM	13 Water Polo/Diving @ Talisman Centre - Bus @ 1250PM
Feb24-28	24 Nakiska Ski Trip – Info TBA	25 Cross Country Skiing - Canmore Nordic Centre Bus @ 840AM	26 Gymnastics @ Altadore Gym. Bus @ 1PM	27 Baseball – Absolutely Baseball Academy 130-3 Bus @ 1PM
Mar 3-7	3 Water Polo/Diving @ Talisman Centre - Bus @ 1250PM	4 Water Polo/Diving @ Talisman Centre - Bus @ 1250PM	5 Table Tennis @ CUSTTA. Bus @ 1PM	6 Squash – Mount Royal University. Walk @ 1PM
Mar 10-14	10 Table Tennis @ CUSTTA. Bus @ 1PM	11 Calgary archery centre 130-3	12 First Aid 12-330 Info TBA	13 Grade 9 Boys Ski Trip to Lake Louise – 2 Days. Info TBA.
Mar 17-21	17 Squash – Mount Royal University. Walk @ 1PM	18 Squash – Mount Royal University. Walk @ 1PM	19 First Aid 12-330 Info TBA	20 Basketball Provincials – No Outdoor Education Class



January 17th, 2014

Dear Parents,

Please fill out the form below to help the planning process for Semester 2 Outdoor Education ski trips. 8G on February 11th @ Norquay, 7B on February 24th @ Nakiska, 9B on March 13th & 14th @ Lake Louise, Grade10 April 9th @ Sunshine.

Students are only permitted to snowboard if they are established snowboarders and can register in level 3 lessons or higher. Please use the ability chart on the back of this sheet to select ability.

Please enclose a cheque payable to CWA for rentals if needed. Rental Costs: 7B & 8G \$20, 9B (2 days) \$40, and Grade 10 \$40 (high rental costs @ Sunshine Village).

If any parents would like to join us on the trip please feel free to contact me. More details will be provided to the students before the trips.

If you have any questions, please call or e-mail me at the school pdangelo@clearwateracademy.com

Sincerely,

Paul D'Angelo - Athletic Director, Clear Water Academy

Student Name				
Skiing or Snowboarding (no beginner snowboarding)				
Ability Level (see reverse)				
Rentals Required? (yes or no)				
If Yes: Height Shoe Size				
If rentals are required please enclose \$20 (Grade 7 and 8), or \$40 (Grade 9 and 10)				



Resorts of the Canadian Rockies









A. Lesson Ability Chart For those who are participating in lessons at Nakiska

Levels	Skiing	Snowboarding
1	Zero experience.	Zero experience.
2	Ori magic carpet (beginner learning area). Working on stopping and performing snowplow turns.	On magic carpet (beginner learning area). Able to side slip on at least one edge. Working on linking turns.
3	Has been on a chair lift , Experience on easy green slopes. Able to link wedge (snow plow) turns with confidence and stop on command.	Has been on a chair lift . Experience on easy green slopes. Able to side slip on toe and heel edge , Links turns consistently.
4	Experience with chair lifts. Comfortable on difficult green and gentler blue slopes. Able to link turns with signs of skis in parallel position.	Experience with chair lifts. Comfortable on difficult green and gentler blue slopes. Linking turns using different turn shape and size.
5	Experience with all types of lifts. Experience on steeper blue and moderate black slopes. Able to consistently link turns with parallel skis at all times.	Able to carve. Experience with all types of lifts. Experience on steeper blue and moderate black slopes. Linking turns using different turn shape and size. Comfortable riding switch .

B. Rental Type Chart For those who are renting equipment from Nakiska

Type Skiing/Snowboarding Ability Ratings			
<u> </u>	Beginner		
II	Intermediate		
III	Advanced		

I understand that this information is very important for my safety. I verify that the information that I have provided Resorts of the Canadian Rockies is accurate.				
Participant Signature (if over 18yrs):	Date:			
Signature of Parent / Guardian (if under 18yrs):	Date:			



PLEASE READ CAREFULLY, THIS IS A LEGAL DOCUMENT!

WARNING: By signing this form you relinquish your right to bring court action to be compensated for any loss to yourself as well as the right of your personal representative to compensation for the death of the person that signs this agreement.

CALGARY CLIMBING CENTRE CHINOOK #6 - 7130 Fisher Rd SE, Calgary, AB T2H OW3, 403-252-6778, Fax 403-252-6799

CALGARY CLIMBING CENTRE STRONGHOLD 140 15th Ave. NW Calgary, AB T2M 0G6, 403-276-6484, Fax 403-276-1393

RELEASE OF CLAIMS/WAIVER OF LIABILITY

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SECTION A Initials of participant OR parent if under 18 are required.

WARNING: BY SIGNING THIS AGREEMENT YOU, AND YOUR PERSONAL REPRESENTATIVE GIVE UP YOUR RIGHT TO SUE TO RECOVER COMPENSATION FOR ANY ACCIDENT INJURY, LOSS OR DEATH TO YOURSELF OR ANY DAMAGE/LOSS TO YOUR PROPERTY ARISING OUT OF YOUR USE OF THE CLIMBING WALLS, EQUIPMENT, OR ANY OF THE FACILITIES (CHINOOK OR STRONGHOLD) OF THE CALGARY CLIMBING CENTRE.

INITIAL HERE



Initials

climbing walls and climbing equipment at any Calgary Climbing Centre location that: I/We am/are aware that the sport of indoor rock climbing has inherent risks and I/we have full knowledge of the nature and extent of the risks associated with rock climbing, particulars of which include but are not limited to:

a) all manner of injury resulting from falling while using the climbing walls and impacting against climbing wall faces, protruding ledges, wall supports, collision with any floor or padded flooring, or any other permanent or temporary fixture, or other persons;

I/we hereby acknowledge and agree that while I/we am/are participating in the activities or programs involving the use of any facility, the

- b) rope abrasion, entanglement and other injuries resulting from activities such as climbing, belaying, rappelling and other rope techniques:
- c) Injuries resulting from dropped items such as climbing hardware, ropes, holds, or falling climbers;
- d) cuts and abrasions resulting from skin contact with climbing panels; and
- e) failure of ropes, slings, harnesses, climbing equipment, anchor pointsor any part of the climbing structure.

I/we acknowledge that choosing not to wear a helmet exposes me, as a participant in climbing activities, to increased risks, including, but not limited to, head and brain Injuries, facial and eye injuries (including blindness), and death.

I/we will belay only when knowledgeable and experienced and certified by the Calgary Climbing Centre at belaying. I/we will not lead climb or belay lead climbers until certified by the Calgary Climbing Centre. I acknowledge and agree that certification by the Calgary Climbing Center does not in any way absolve me from any responsibility or liability that I have as a belayer.

I/we will assume full responsibility for my choice of belayers. I/we will be responsible for poor judgment for any III chosen belayer,

INITIAL HERE



I/we understand clearly that by signing this release and waiver, I/we am giving up my right to sue and I/we, my/our heirs, executors, assigns and personal representatives, will be forever prevented from suing or making any claim against the CALGARY CLIMBING CENTRE and all its affiliates, its members, officers, directors, employees, coaches, instructors, volunteers, agents, independent contractors, and the Landlord/owner of the building, or anyone or more of them. Lagree that I have fully read and understand the rules of the facility, and will abide by these rules, as well as others posted throughout the gym.

Initials

RELEASE OF CLAIMS AND WAIVER OF LIABILITY

In consideration of the use of the climbing walls, equipment and facilities of the Calgary Climbing Centre, I/we hereby release, walve and discharge The Calgary Climbing Centre of all liability for any and all injury, loss to, or death of myself and/or any and all damage or loss to my property, arising from any cause whatsoever, including any negligence or breach of duty of care of the Calgary Climbing Centre, or any negligence or breach of duty of care arising from the Occupier's Liability Act RSA 1980 c.0-3.

INITIAL HERE

I/we have full knowledge of the nature and extent of the risks involved in using the facilities at the Calgary Climbing Centre, I/we am voluntarily assuming the risks involved and in so doing I/we fully understand that I will be solely responsible for any loss or damage I sustain, including loss or damage caused by injury to my person or property or by my death howsoever caused and notwithstanding that same may have been caused or contributed to by the negligence of or the breach of the duty of care prescribed by the Occupiers' Liability Act RSA 1980 c. 0-3 by the Calgary Climbing Centre or that I have been certified by the Calgary Climbing Centre.

Initials

This Agreement shall be binding on my heirs, executors, administrators, assigns, and personal representatives. I/we am/are executing this release and waiver of liability agreement freely and voluntarily without any compulsion on the part of the Calgary Climbling Centre. I acknowledge having read this entire agreement and the appropriate sections prior to signing it.

Intending to be legally bound I have signed this RELEASE OF CLAIMS/WAIVEROF LIABILITY this

DATE HERE

20

CIRCLE ONE

Do you know how to safely belay (circle)?

Lead Belay

If yes circle:

Top Rope Belay or

	Cell ()
Climber's Last Name	Cell ()
Address	
City	Email
ProvincePostal Code	Please inform me of upcoming events and promotions
	Birth date day/ month/ year Witness Signature
Climber's Signature	Witness (printed)
Participants under 18 years of age must have parent or less	PAL CHARDIAN
Participants under 18 years of age must have parent or leg	gal guardian read to the minor Section A and complete this section:
against all actions lawsuits domains in Landlord/owner	NITY and RELEASE I/We are agreeing to indemnify, release and/or to , it members, officers, directors, employees, coaches, instructors, volunte of the building (hereinafter called the "Calgary Climbing Coates") form
2) I/We hereby acknowledge and agree that while the minor walls and climbing equipment at the Calgary Climbing Centre I/we have read to the minor, and initialed, and completed the sents Initials.	uding, without limitation, use of the wall climbing facilities and equipment; is participating in the activities or programs involving the use of the climber they are susceptible to the inherent risks that are listed in Section A and entire Section A on behalf of the minor.
warning: By signing this agreement you are agreeing to con affiliates, and all the persons associated with it for any loss, fin	npletely indemnify and compensate the Calgary Climbing Centre, and a nancial, or otherwise, that it may have as a result of any action with respect
Parent or Legal Guardian Name (printed)	Posent and and O. I. a.
The state of the s	Parent or Legal Guardian Signature
Acceptance of Responsibility and Inde	IBER and EXPERIENCED CLIMBER)
I responsibility and inde	emnification
Centre and all it's affiliate, it members, officers, directors, emp and the Landlord/owner of the building (herein after called the claims, demands, or financial or other loss arising from those participating in any activity at, or on, the Calgary Climbing Cequipment; 2) I hereby acknowledge and agree that while the Must Be Ause of the climbing walls and climbing agriculture at the Color.	("the experienced climber"), the undersign agree to the following ayer 2) are agreeing to indemnify and/or totally compensate the Calgary Climbio ployees, coaches, instructors, volunteers, agents, independent contractor "Calgary Climbing Centre") from and against all actions, lawsuits, damage items which may arise as a result of the Must Be Accompanied Climber Centre, including, without limitation, use of the wall climbing facilities are companied Climber is participating in the activities or programs involving Climbing Centre they are susceptible to the inherent risks in Section A articles.
itials 3) Lunderstand that Lam a novice or inexperienced climber an knowledge, experience, and ludgment of the F	nd as such I am a "Must Be Accompanied Climber" and I am relying on the Climber to ensure my safety, prevention of injury/death/loss to myself sing Centre facilities, and I am not relying on the Calgary Climbing Centre f
Experienced Climber name Printed (Belayer 1)	Signature
Experienced Climber name Printed (Belayer 2)	Signature
Warning: By signing this agreement you are agreeing to complits affiliates, and all the persons associated with it for each to	letely indemnify and compensate the Calgary Climbing Centre, and all , financial, or otherwise, that it may have as a result of any action with
respect to;	
Must Be Accompanied Climber's name	Signature
respect to;	Signature

Test Again

Lesson_

Lead



Outdoor Education Student Participation Consent and Acknowledgement of Risk Form

Student :	Teacher: Mr. D'Angelo, Mrs. Borotsik, Mr. Fitzgerald
Date of Activity: Semester 2: January 2014-June 2014	
Location of Activity: As Per Outdoor Education Schedule	
CLEAR WATER ACADEMY RESPONSIBILITIES	
Clear Water Academy will make every reasonable effort to en	nsure or ascertain that:
 a. The staff, volunteers and/or service providers involved are b. The students are adequately supervised over all aspects of c. The location(s) and activity (ies) used are appropriate and d. Equipment used has been inspected and deemed appropriate. e. The weather is monitored and activities and transportation 	of the activity. I safe for the group.
POTENTIAL HAZARDS	
Any and all risks associated with the activity (ies) specified a	bove.
 Traffic Accidents during transportation 	
2) Sports related injuries sustained during activities	
CONSENT AND ACKNOWLEDGEMENT OF RISK	
Mode of Transportation: Clear Water Academy Bus, walking	, private vehicles
 hazards, including information beyond that provided to me. I freely and voluntarily assume the risks/hazards inherent my child may suffer personal and potentially serious injury participation. My child has been informed that he/she is to abide by the the school's and/or service provider's administrators, instruction for the event my child fails to abide by these rules and regular further participation, or that I be contacted to have him/he arrangements. I acknowledge that it is my responsibility to advise the school and agreed to the program expectations in the top service provider's employees, agents are that the school, through its employees, agents are serviced and agreed to the program expectations. 	I require about this program or activity and associated risks and e by the school. In the program/activity and understand and acknowledge that y due to an unforeseeable event associated with his/her rules and regulations, including directions and instructions from ructors, and supervisors over all phases of the program/activity ulations, disciplinary action may require his/her exclusion from er picked up, unless I have specified other transport thool of any medical and/or health concerns of my child which activity. The outdoor education course outline. The outdoor education course outline.
Date: Name(Please print):	Signature: