

**This is an important notice.
Please have it translated.**

Secondary Extra-Curricular Athletics Informed Consent SEASONAL SPORTS & ATHLETIC EVENTS FOR HIGH-RISK SPORT Argyle Mountain Biking 2019

Dear Parents/Guardians:

The written, informed consent of parents/guardians is required for participation of students in all extra-curricular seasonal sport, athletic events and activities in North Vancouver School District No. 44. The purpose of the Informed Consent document is to provide students and parents/guardians with information that is related specifically to each extra-curricular seasonal sport. The information contained herein applies to the entire season of the specific extra-curricular sport and/or athletic event(s) and also extends to pre-season and post-season activities i.e., exhibition games, training camps, league playoffs, District/Zone playoffs, Regional and/or Provincial Finals. The parent/guardian consenting signatures on this document indicate acknowledgement and acceptance of the information contained herein inclusive of risks and potential consequences.

The scheduling of any extra-curricular seasonal sport and/or athletic event(s) involving a multiple-day and/or out-of-province excursion is governed under the provisions of School District *Policy 207: Field Trips* and parents/guardians will be informed separately and accordingly.

Within this package, you will find information relating to:

- Purpose(s) of the extra-curricular athletic program
- Notification of student/parent pre-season meeting required for: football, rugby, alpine skiing, snowboarding, gymnastics, diving, wrestling, and mountain biking.
- Itinerary consisting of schedule, date(s), and times
- Transportation arrangements
- Description of supervisors: teachers, employees of the Board and other adult volunteers, along with contact information
- Description of direct and indirect supervision
- Description of all activities and the inherent risks and potential consequences
- Assessment of student skills and abilities as pertaining to the extra-curricular sport/athletic activity
- Behavioral expectations of students plus safety rules and regulations
- Emergency Plan: cell phone, first-aid provision(s), injury/incident reporting
- Description of budget consisting of revenue (cost to student) and expenditures (cost of trip)
- Notice regarding cancellation and deposits
- Parental responsibility to arrange student accident or liability insurance
- Parental responsibility to determine whether the student may participate in the sport
- *Student Awareness of Risk and Responsibility Form* completed by student

EXTRA-CURRICULAR ATHLETICS OBJECTIVES:

The objective of extra-curricular athletics is to foster a healthy appreciation of competition in the context of individual and team sports. Specifically, our program aims for the pursuit of excellence in the areas of commitment, competition, skill development, enjoyment, cooperation, and participation by students.

Argyle Secondary will have an extra-curricular Mountain Bike Racing Team in 2019. The team will provide students with an opportunity to compete in a series of races at various North Shore & Howe Sound locations during the spring months. Uphill, downhill, gravel, mud, roots and other natural obstacles will provide a unique experience for any level rider. This year, the B.C. High School Mountain Bike Racing Championship will take place in Pemberton on May 25.

DIVISIONS:

Grade 8	(Bantam Boys, Girls)
Grade 9	(Juvenile Boys, Girls)
Grade 10	(Junior Boys, Girls)
Grades 11 & 12	(Senior Boys, Girls)

By virtue of being out of the school setting and in many cases, away from the home school, students on an athletic team learn to be ambassadors for their school, their community and even their country. They learn the realities of travel, the responsibilities and independence of self-governance, the communication skills and leadership skills necessary for teamwork, and the social skills necessary for a variety of circumstances.

PRE- SEASON MEETING:

If the nature of the extra-curricular sport and/or athletic event exposes students to a higher than normally acceptable level of risk then a **mandatory** pre-season information meeting will be arranged for parents/guardians and students. The purpose of the pre-season meeting is to provide an opportunity for the dissemination of information and discussion, related to the inherent risks and potential consequences.

The mandatory student/parent pre-season meeting for this athletic program is scheduled for Wednesday, February 27 at 6pm, in room 403.

COACHES, SPONSORS, AND CHAPERONES:

<u>Name</u>	<u>M/F</u>	<u>Position</u>	<u>Phone Number(s)</u>	<u>Email address</u>
Wendy Hebbourn	F	Teacher Coach & Sponsor	604-613-0332	whebbourn@sd44.ca
Jill Warland	F	Teacher Coach & Sponsor	778-839-3625	jwarland@sd44.ca
Suzanne Thomas	F	Teacher Coach & Sponsor	604-880-6538	suzthomas@sd44.ca

LEVELS OF SUPERVISION:

The level of supervision is divided into direct and indirect. Direct supervision is the time students spend with a coach, sponsor(s) and/or chaperone(s), which is directly related to the extra-curricular sport and/or event. Indirect supervision is the time students may spend as "unstructured time" outside of activities that are directly supervised. Under indirect supervision, the students may not necessarily be in the company of a coach, sponsor or chaperone. It is expected that students, while under indirect supervision, will act with common sense in accordance with school and school district behavior expectations. Coaches, sponsors and chaperones will determine the parameters of "unstructured time" and clearly articulate them to students. Students, when under indirect supervision, will be informed of how to reach a coach, sponsor or chaperone in the case of an emergency.

Mountain Bike Event Supervision:

At least one Argyle coach or sponsor will be present at each practice and race. At the races, the coach or sponsor will remain on the course or at the start/finish lines at all times. The head supervisor will be linked to all race officials by walkie-talkie or cell phone. Supervisors/coaches will be acting as race officials. All supervisors/coaches will have the following information about their team members:

- A list of their school participants
- Participant emergency contact information
- Participant medical information, including student Emergency Procedure Plans/medical supplies for any student with life-threatening medical conditions (e.g., anaphylaxis)

TRANSPORTATION:

Parent(s)/guardian(s) will arrange for transportation that best meets the needs of the extra-curricular sport/athletic event in question. Students are instructed to use the safest mode of transport available with the acknowledgment and approval of their parent(s)/guardian(s). Transportation to Mountain Biking events is a bit more complex than the average sport due to the distance of some of the league races as well as the need to transport a bike. As parents/guardians make their own arrangements for transportation, there will be some additional costs (ferries, gas, etc) that are not accounted for in the school budget. Parents should consider speaking with each other and making carpool arrangements to cut down on the cost and increase the efficiency of travel. We can discuss this with each other at the pre-season meeting. In summary:

- Students and parents are responsible for making their own transportation arrangements to all practices and/or competitions
- Methods of transportation may include walking, cycling, ferry, private and/or public transportation, etc.
- When traveling to and from extra-curricular athletic events, all parties are expected to observe the provisions of the motor vehicle code and safety codes as related to walking and/or cycling.

ITINERARY:

Beginning of March – Practices start (weather/conditions permitting). *No one may practice without having completed paperwork and all required registration procedures.* Practice times will be communicated to the riders.

2019 Race Schedule T.B.A.

We will handout a hard copy of the race schedule when it becomes available. In addition, schedules can be checked at www.esportsdesk.com/nsssa

RISKS AND CONSEQUENCES:

There is a degree of risk in all daily activities. The risk is increased to varying degrees when students are away from the safety and supervision of the school setting. It is impossible to itemize every possible element of risk associated with an extra-curricular sport and/or an athletic event. Generally speaking, this event may include, but not be limited to the following inherent risks and all risks associated with:

A. Travel to and from the event venue(s)

Participation in extra-curricular sports and/or athletic events involves travel to and from the home school. Risks associated with travel, may include but are not limited to: mode of transportation, environmental conditions, distance, traffic conditions, etc.

B. Active participation in the sport and/or athletic event

Mountain Biking is a sport with a level of inherent risk and potential consequences, which may include, but is not limited to: bodily injury ranging from incidental to potentially fatal.

Accidents causing injury or death may occur while participating in mountain biking. Accidents can be the result of the nature of the activity and can occur without fault on either the part of the student, the school board or its employees. Mountain bike racing involves the risk of serious injury due to human error, equipment failure, weather, terrain or other unforeseen obstacles. By allowing your son/daughter to participate in this sport you are acknowledging and accepting the risk that an accident may occur and the potential consequences that may result from such an accident.

Students have been briefed on the risks involved in being involved in the extra-curricular Sport of Mountain Biking and on the appropriate precautions to be taken. Students are required to complete and sign the Student Awareness of Risk and Responsibility Form in order to demonstrate full understanding of the expectations, risks, safety precautions and responsibilities associated with Mountain Biking before being permitted to participate.

C. Spectating - Coaches, sponsors, chaperones, and students will do all they can to ensure a safe and controlled experience to reduce inherent risk. The consequences of risk are, again, myriad and dependent

on the situation. Students and parents need to be aware that injury can occur from risk, and that injury can range from minor to fatal. By virtue of signing this "Informed Consent" document, you are acknowledging your understanding and acceptance of the inherent risks and possible consequences associated with this extra-curricular sport/athletic event.

ASSESSMENT OF STUDENT SKILLS AND ABILITIES:

Before students may participate in any planned extra-curricular sport and/or athletic event, they must assure the coach(es), sponsor(s) and chaperone(s) that they have the necessary and required skills, training and common sense to participate in the activity. Due to the nature of inherent risks associated with Mountain Biking, the coach(es), sponsor(s) and/or chaperone(s) must be assured that students have the necessary and required skills, training, and common sense to realistically participate in the activity at varying degrees of competence.

In order to ensure that the participant has an appropriate level of competence and skill to actively participate in this athletic activity, he/she will be required to provide a self-assessment on the *Student Awareness of Risk and Responsibility Form*. It is important to note that students are solely responsible for being forthright and honest in declaring their level of skills and abilities in the "self-assessment" section entitled, "My level of skills and abilities" on the *Student Awareness of Risk and Responsibility Form*.

BEHAVIORAL EXPECTATIONS, SAFETY RULES AND REGULATIONS:

While participating in extra-curricular high school sports and/or athletic events, it is important that students are aware that behavioral expectations are governed under the B.C. High School Sports Code of Conduct, the School Code of Conduct and the School District Student Conduct Policy. Furthermore, students represent their school and District at all times when traveling and participating in extra-curricular school sports and/or athletic events and as such are accountable for their behavior.

The overarching principle of all school-related activities is to ensure the safety of the individual and group at all times. Students must always be concerned about their own safety and the safety of others at all times.

- All school rules, the School Code of Conduct and the School District Student Conduct Policy are in effect.
- Participants must stay in the area where the extra-curricular sport or activity is scheduled. Students may not leave the event venue without informing supervising coaches and sponsors.
- All participants must follow the Responsibility Code as outlined on the Informed Consent form.

There are elements of risk that common sense and personal awareness can help to reduce. Regardless of how you decide to use the trails, always show courtesy to others. Please adhere to the safety regulations and rules and share with others the responsibility for a safe outdoor experience.

It is the responsibility of the student and/or the parent(s)/guardian(s) to have a mechanically safe bicycle and a certified helmet. *Bicycle shops may be available for minor mechanical repairs and adjustments.*

When at any mountain bike race, it is important that you remember that you are on a school outing; therefore, you must abide by the Argyle Code of Conduct as if you were at school 24/7. Remember that we represent Argyle and North Vancouver to the general public when we travel.

1. The safety of the group must be of utmost priority. You must always be concerned about the welfare of all members of the mountain bike racing team.
2. Always perform a safety check before you ride your bike. You must wear a certified helmet that fits and is secured, at all times when riding. This includes before and after races.
3. Always stay in control. Ride within your capabilities. You must be able to stop, or avoid other people or objects. Be thoroughly familiar with the controls of your bicycle.
4. People ahead of you have the right-of-way. It is your responsibility to avoid them.
5. Do not stop where you obstruct a trail or are not visible. Observe and obey all posted signs and warnings.
6. When riding downhill, you can reach speeds similar to motorcycles, and therefore face similar hazards. Always remain in control of your bicycle.
7. Wear bright visible clothing that is not so loose that it can catch on moving parts of the bicycle or be snagged by objects at the side of the road or trail
8. Students are required to travel with their school identification.

9. A student whose behavior is deemed inappropriate and /or in contravention of these rules will be subject to disciplinary action as determined by the coaches/sponsors, and upon return as determined by the administration.

When Off Road:

1. Jumping is extremely dangerous and is not part of our mountain bike racing. The North Shore Mountain Bike League does not condone it.
2. Be prepared. If something goes wrong while you are riding off road, the closest help may not be right there.
3. Only ride where you are allowed to off-road, and always respect private property. Keep off closed trails and closed areas.
4. Treat people and pets you see on trails courteously.

When On Road:

1. Always ride defensively. Allow for other users to make mistakes. Watch out for:
 - Vehicles slowing or turning in front of you or turning onto the road.
 - Parked car doors opening in front of you.
 - Pedestrians or pets stepping out.
 - Potholes, drains, railway tracks, ice, and other obstructions that could cause injury.

Practices and Races

1. Mountain biking is an athletic activity with inherent risks and consequences ranging from minor injuries to fatalities. It is impossible for the coaches/sponsors to supervise all participants at all times and to remove any and all elements of risk.
2. Coaches reserve the right to hold riders back from trails rides and/or race courses if they feel the course or trail is beyond the rider's abilities.
3. Courses are always set with safety being the first concern. Risk has been minimized by providing trained first aid personnel at all races, and by discussing with the racers, the risk and the responsibilities inherent in mountain biking at the pre-season information meeting.

EMERGENCY PLANNING:

At least one supervising adult will have access to a cell phone and first aid kit. Student Emergency Procedure Plans/medical supplies will be brought for students with life-threatening medical conditions (e.g., anaphylaxis).

In the event of student injury, parents/guardians will be notified. In addition, supervising school personnel are required to record the details of any serious injury that may occur during athletic events and activities and, as soon as practicable, complete an on-line *Incident Report* submission.

MEDICAL/EMERGENCY CONTACT INFORMATION:

Parents/guardians are required to fill in the separate *Medical/Emergency Contact Information Form*. The information provided on the *Medical/Emergency Contact Information Form* is critical for guiding appropriate medical responses if needed.

TRAVEL/ACCIDENT INSURANCE:

Unless notified otherwise, the extra-curricular sport and/or athletic event in which your child is participating has not arranged group insurance for Travel and/or Accident Insurance. Parents/guardians are responsible for the provision of individual student Accident Insurance for their child if desired.

Individual student Accident Insurance can be obtained from companies such as www.iapkidsplus.com.

BUDGET:

2019 Budget	
Argyle Athletics Fee	\$30
NSMB League Fee	\$15
Team T-shirt	\$20
Coach/Sponsor TOC & Transportation Costs	\$60
Annual League/Team Social Event BBQ	\$5
"End of the Road" Ice-Cream Ride	\$5
Incidentals (tubes, first aid)	\$5
Total	\$140

The extra-curricular athletic fee for the Mountain Biking Team is **\$140.00**.

PAYMENT – SCHOOL CASH ONLINE:

This year we will be transitioning to School Cash Online for all payments required in Athletics. From the Argyle Secondary home page, scroll down to Pay School Fees and School Start Up Forms on the right hand side. Once on this page you will see a link to School Cash Online. Log in using your existing account to see new athletic fees attached to your child.

If you have trouble paying online, or have any other issues. Please contact Alex Kelsch at akelsch@sd44.ca.

Note: Fees may not be uploaded at the date this document is distributed. You will receive an email from School Cash Online indicating the team fees that have been added to your account.

*Those attending the Provincial Championships in Pemberton will be asked to pay an additional race registration fee.

POLICY REGARDING CANCELLATION OF EVENTS/REFUNDS:

NOTE: If an extra-curricular seasonal sport budget requires the payment of a deposit and/or monies either in advance of the season or during the season and the extra-curricular athletic event(s) is cancelled either in part or in whole, or the schedule/itinerary altered, neither the school nor the Board shall be liable for any refund either in part, or in whole.

PARENT AND STUDENT RESPONSIBILITY:

Parents/guardians have the responsibility to determine whether the student may participate on the Mountain Biking Team as demonstrated by the completion and signing of an *Informed Consent* form.

Students must complete the appropriate *Student Awareness of Risk and Responsibility* form.

Parents/guardians have the responsibility to arrange extra accident or liability insurance.

Sincerely,

Ms. Jill Warland

Ms. Wendy Hebbourn

Ms. Suzanne Thomas

**SECONDARY EXTRA-CURRICULAR ATHLETICS
SEASONAL SPORTS/ATHLETIC EVENTS
INFORMED CONSENT APPROVAL**

For: **2019 Mountain Biking**

PARENT/GUARDIAN PERMISSION

A student **must** have parent/guardian written and signed permission in order to participate in any extra-curricular seasonal sport and/or athletic event. Without this signed consent, students will not be able to participate in extra-curricular high school sports in North Vancouver School District No. 44.

PARENT/GUARDIAN CONSENT

I, _____, have read the full Informed Consent document that pertains to my
Print Parent/Guardian's Name
son/daughter's _____ participation in this extra-curricular sport and/or athletic
Print Child's name
event. I am aware of the inherent risks and potential consequences that may occur as a result of participation in this extra-curricular sport and/or athletic event. My signature here indicates that my child has my informed consent to participate in the stated extra-curricular seasonal sport and/or athletic event.

Signed _____ Dated: _____

Student Awareness of Risk and Responsibility Form

ARGYLE SECONDARY SCHOOL is arranging a school athletic team for MOUNTAIN BIKING
Name of School *Name of Class/Group*

for the months of Feb – May, 2019
Date(s)

I, _____, understand that activities of this type may expose me to
Name of student
elements of risk. I have been briefed on the possible risks involved and the precautions that are to be taken.

The risks and precautions were explained to me by _____

Please comment:

- Expectations for my behaviour _____
- My individual and group responsibilities _____
- My level of skills and abilities _____
- My understanding of the destination area and boundaries _____
- I understand the possible risks and consequences (i.e., injury or death) _____
- My right to be excused from an activity if I feel my safety to be at risk _____
- Safety precautions _____
- Safety equipment _____

I have been made aware of the possible risks and consequences (i.e. injury or death) related to the identified activity and freely agree to participate in the training and competition and to act in a safe and responsible manner according to *School District Policy 302: Student Conduct* and the *School Code of Conduct*.

Signature of Student _____ Date _____

Printed Name of Student _____ Teacher's Initials _____

Note: In addition to the Student Awareness of Risk and Responsibility Form, a written informed consent signed by the parent/guardian is required for student participation in this activity.