

**Dorothy Lynas Elementary**  
4000 Inlet Cres., North Vancouver B.C., V7G 2R2

**Elementary Extra-Curricular Athletics**  
**Informed Consent**  
**CROSS COUNTRY**

Dear Parents/Guardians:

Dorothy Lynas is pleased to offer Cross Country Running for our grades 4-7 students as our first athletic team of the 2022/23 school year. The season runs Sept to Oct and we are offering 8 practices prior to the inter-school Cross Country Meet on Oct 27 at Loutet Park 3-5pm. Attendance will be taken at practices and students are expected to communicate missed practices (for example this conflicts with Monday morning beginner band).

The race distances are:

Grade 4/5- 1600m

Grade 6/7- 2000m

Practices will be supervised and will take place on school property to begin, with the possibility of an out and back run in the last few weeks with a leader and a sweep. We will practice rain or shine. Plan for a change of clothes following the morning practices.

The written, informed consent of parents/guardians is required for participation in all elementary school extra-curricular athletic programs. The intent here is to provide for the safety of participants and to inform students and parents/guardians of the inherent risks of the program. The schedule of events is as follows:

|        | <b>Monday<br/>(7:50-8:40)</b> | <b>Wednesday<br/>(usually pm)</b>                        | <b>Thursday</b>                                | <b>Make up Friday<br/>(7:50-8:40)</b> |
|--------|-------------------------------|----------------------------------------------------------|------------------------------------------------|---------------------------------------|
| Week 1 | <b>X</b>                      | Wed Sept 28<br>(*MORNING 7:50am<br>due to 2pm dismissal) | <b>X</b>                                       | <b>X</b><br>(no school)               |
| Week 2 | Oct 3<br>(7:50 am)            | <b>X</b><br>(no school)                                  | <b>X</b>                                       | Oct 7 morning<br>(7:50 am)            |
| Week 3 | <b>X</b><br>(no school)       | Wed Oct 12<br>(3-4pm)                                    | <b>X</b>                                       | Fri Oct 14<br>(7:50 am)               |
| Week 4 | Mon Oct 17<br>(7:50 am)       | Wed Oct 19<br>(3-4pm)                                    | <b>X</b>                                       | <b>X</b>                              |
| Week 5 | Mon Oct 24<br>(7:50 am)       | <b>X</b>                                                 | Thurs Oct 27<br>3-5<br>MEET @<br><b>Loutet</b> | <b>X</b>                              |

**EXTRA-CURRICULAR ATHLETICS PURPOSE(S):**

The purpose of this activity is to provide an opportunity to develop skills in a sport to a higher degree than may be possible in the curricular physical education program, to increase school spirit, to encourage team play and to foster good sportsmanship.

**COACHES, SPONSORS(S) AND CHAPERONE(S):**

Name

Breanne Jepsen

Position

Teacher

Email address

bjepsen@sd44.ca

## **SUPERVISION:**

All supervision of students in this program is direct supervision. Direct supervision is defined as the time students spend with the sponsors, coaches and volunteers involved in the program.

## **TRANSPORTATION:**

Transportation to and from The **Cross Country Meet at Loutet Park on Oct 27** will be arranged by the parent/guardian of the athlete involved. Transportation of students by private vehicles shall be in accordance with Board Policy 607: Transportation of Students and School District transportation procedures. All field trip transportation is subject to the regulation and law of the relevant municipal, provincial, federal or international jurisdiction.

Student dismissal from venues will be the responsibility of the coach/sponsor who will ensure that all participants are released to the direct supervision of an adult (e.g., parent driver).

## **RISKS AND CONSEQUENCES:**

There is a degree of risk in all sports activities. The risk is increased to varying degrees when students are away from the safety of the school setting. It is impossible to itemize every possible element of risk associated with a sporting activity. This sporting activity may include, but not be limited to the following inherent risks, and all risks associated with:

- Travel to and from the event venue(s)
- the nature of sport (i.e., rolled ankles, joint / head injuries, loosened teeth, bruises and abrasions, fractures, and other bodily injuries)

## **EMERGENCY PLANNING:**

Students have been briefed on the risks involved in this activity and on appropriate precautions to be taken. Students will be required to sign a *Student Awareness of Risk and Responsibility Form* in order to indicate a full understanding of the expectations, risks, safety precautions and responsibilities associated with this activity before being permitted to participate.

Other safety precautions:

- A cell phone will accompany the coach/sponsor, whenever an event takes place at a venue other than a school.
- A basic first aid kit will accompany the coach/sponsor, whenever an event takes place at a venue other than a school.
- The coach/sponsor will have immediate access to the student medical forms completed by the parent/guardian.
- 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. For all incidents involving injury, supervising school personnel will record details of the incident and, as soon as is practicable, complete an *Incident Report* submission.

## **ACCIDENT/LIABILITY INSURANCE:**

Parents/guardians are responsible for the provision of individual student Accident Insurance for their child if desired.

Return this Informed Consent Approval to School

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**ELEMENTARY EXTRA-CURRICULAR ATHLETICS**  
**INFORMED CONSENT APPROVAL**

**PARENT/GUARDIAN PERMISSION**

The written, informed consent of parents/guardians is required for participation in all elementary school extra-curricular athletic programs. The intent here is to provide for the safety of participants and to inform students and parents/guardians of the inherent risks of the program. Without this signed consent, students will not participate in this program.

**PARENT/GUARDIAN CONSENT**

I, \_\_\_\_\_ (parent/guardian) of \_\_\_\_\_, have read the Informed Consent information that pertains to my child's participation in the **Dorothy Lynas Cross Country Running Team**. I am aware of the risks inherent in this athletic program and my signature indicates that my child has my informed consent to participate. I have completed and submitted a medical form for my child.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Parent/Guardian

**Elementary Athletics Programs  
Student Awareness of Risk and  
Responsibility Form**

Dorothy Lynas School has arranged a before and after-school Cross Country Running program for students in grades 4-7.

I understand that programs of this type may expose me to elements of risk. The risks and responsibilities, are outlined below:

Risks:

- Accidents may occur when traveling to and from venues in private vehicles.
- Physical injury (e.g. rolled ankles, joint/head injuries, loosened teeth, bruises and abrasions, fractures, and other bodily injuries) may occur when participating in an athletic program.

Responsibilities:

- My behavior will be consistent with the Dorothy Lynas Code of Conduct.
- My behavior will be consistent with the NVEAA Fair Play Code.
- I accept full responsibility for my actions, which will be thoughtful and reflect common sense, during transportation and at all venues, before, during and after events.
- I will attend practices and events as outlined by my coach.
- When traveling to and from venues I will conduct myself in a polite and quiet manner and keep my seatbelt on and buckled up.
- I will stay on the site at which the event takes place and will follow specified dismissal procedures.
- I will follow the safety precautions specific to the activity as outlined by my coach.

I have been made aware of the possible risks and consequences related to this athletic program. I freely agree to participate in the program and act in a safe and responsible manner according to School District *Policy 302: Student Conduct*, my school's Code of Conduct and the NVEAA Fair Play Code.

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
School Board Employee Signature

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