

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

Handsworth Secondary School
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North Vancouver BC
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www.HandsworthSecondary.ca

Secondary Extra-Curricular Athletics
MOUNTAIN BIKING
Informed Consent

Dear Parents/Guardians:

The written, informed consent of parents/guardians is required for participation of students in all extra-curricular athletic events in North Vancouver School District No. 44. The parent/guardian consenting signatures on this document indicate acknowledgement and acceptance of the information contained herein inclusive of risks and potential consequences. The intent here is to prevent the occurrence of tragedy, to attempt to ensure safety, to inform students and parents/guardian of the field trip itinerary and purpose(s), and to brief students and parents/guardian on the inherent risks of travel.

Within this package, you will find information relating to:

- Purpose(s) of the extra-curricular athletic program
- Notification of student/parent pre-season meeting
- Itinerary consisting of date(s), departure and return times
- Transportation and accommodation 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
- Parent/guardian responsibility to arrange student accident or liability insurance
- Parent/guardian responsibility to determine whether the student may participate in the field trip
- *Student Awareness of Risk and Responsibility Form* completed by student

EXTRA-CURRICULAR ATHLETICS OBJECTIVES:

The purpose of all extra-curricular seasonal athletic events is to provide experiences and learning outcomes that are virtually impossible to achieve in a school setting. By exposing students to “real world competition” opportunities they learn a variety of subject-specific educational goals, but also a variety of life skills. Following is a summary of the educational subject-specific goals for your child’s sport, but there are some educational purposes that are common to any athletic event.

This year Handsworth will again have an extra-curricular Mountain Bike Racing Team. The team will provide students with an opportunity to compete in a series of races at various North Shore locations during the months of April and May. Uphill, downhill, gravel and obstacles will provide a unique experience for any level rider. In addition this year, the B.C. High School Mountain Bike Racing Championship will take place at Eagle Mountain or Burnaby Mountain.

DIVISIONS:

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

By virtue of being out of the school setting, students on an extra-curricular 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:

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

The pre-season meeting will be held on April 3rd at 6:45 in the cafeteria.

SPONSORS(S) AND CHAPERONE(S):

<u>Name</u>	<u>M/F</u>	<u>Position</u>	<u>Phone Number(s)</u>	<u>Email address</u>
Heather Peacock	F	Teacher Sponsor	604-903-3700 604-988-3921	hpeacock@sd44.ca
Tim Folkmann	M	Community Coach	604-889-9447	tfolks@telus.net

LEVELS OF SUPERVISION:

The level of supervision is divided into direct and indirect. Direct supervision is the time students spend with the trip sponsor(s) and/or chaperone(s) participating in the event(s) directly relating to the extra-curricular sport and/or event. Indirect supervision is the time students may spend as “free time” in between scheduled group activities. Under indirect supervision, the students may not necessarily be in the company of a sponsor or chaperone. It is expected that students, while under indirect supervision, will act with common sense in accordance with school and field trip behavior expectations, stay within the articulated geographical boundaries, and act with the best interests of all concerned parties utmost in their minds and actions. Sponsors and chaperones will determine “free time”, check-in times and methods, and clearly articulate them to students. Students, when under indirect supervision, will be informed of how to reach a sponsor or chaperone in the case of an emergency.

Mountain Bike Event Supervision:

All sponsors/coaches 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. 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 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). The nature of each extra-curricular athletic event may determine the mode of transportation utilized.

- Students and parents/guardians are responsible for making their own transportation arrangements to all practices and/or competitions
- Methods of transportation may include walking, bike riding, private and/or public transportation
- 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 bike riding
- Parent(s)/guardian(s) should be aware that their son/daughter may be transported by a volunteer driver

Volunteer drivers are expected to comply with the provisions of School District *Policy 607, Transportation of Students* by familiarizing themselves with the Policy and signing the *Volunteer Driver* form available from the school. School District Policy 607: *Transportation of Students* is available for viewing at www.nvsg44.bc.ca.

ITINERARY:

Team Events:

- First week of April – Practices start

Race Schedule:

1. April 12th Fromme
2. April 19th Richard Juryn
3. April 26th Coast Gravity Park Sechelt
4. May 3rd Squamish
5. May 10th Whistler
6. May 17th Richard Juryn (League Finals)

RISKS AND CONSEQUENCES:

There is a degree of risk in all extra-curricular sports 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 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

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 hazards. 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.

Coaches, sponsors, chaperones, and students will do all they can to ensure a safe, common sense, 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. Again, sponsors, chaperones, and students will do all they can to ensure a safe, common sense and controlled experience. By virtue of signing this "Informed Consent" form, you are acknowledging your understanding and acceptance of the inherent risks and possible consequences associated with this extra-curricular athletic activity.

ASSESSMENT OF STUDENT SKILLS AND ABILITIES:

Before students may participate in any planned extra-curricular 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 athletic activity. Due to the nature of inherent risks associated with mountain biking, the 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*.

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, consequences, safety precautions and responsibilities associated with mountain biking before being permitted to participate.

Mountain biking is an athletic activity with inherent risks and consequences ranging from serious injury to fatal. It is impossible for the coaches/sponsors to supervise all participants at all times and to remove any and all elements of risk.

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.

BEHAVIORAL EXPECTATIONS, SAFETY RULES AND REGULATIONS:

- All school rules, the School Code of Conduct and the District Student Conduct Policy are in effect
- Participants must stay in the area where the training or racing is scheduled.
- 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 will 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 Windsor Code of Conduct as if you were at school 24/7. Remember that we represent Windsor 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 do a safety check before you ride your bike. You must wear a certified helmet that fits, 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're 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 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 stepping out.
 - Potholes, drains, railway tracks and other obstructions that could cause injury.

EMERGENCY PLANNING:

At least one supervising adult will have access to a cell phone.

A qualified first aid attendant and kit will be available at the start/finish of each race. First Aid riders may be available on the course.

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 practicable, complete an *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 as 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.

PARENT/GUARDIAN AND STUDENT RESPONSIBILITY:

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

Students must complete a Mountain Bike Student Awareness of Risk and Responsibility Form.

It is the responsibility of the student and/or the parents/guardians to have a mechanically safe bicycle and a certified helmet.

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

BUDGET:

Costs:

Team:

BC High School and NSSSAA	\$100.00
TOC cost (1 ½ days at \$332.00)	<u>\$498.00</u>
Total divided between participants	\$598.00

Individual:

League Fees	\$15.00
School Athletic Fee	\$20.00
Uniform	<u>\$10.00</u>
Total Individual	\$35.00

TOTAL ESTIMATED GROUP OPERATING COSTS FOR YOUR TEAM: \$ 598.00

*This only applies to students who meet at the walk on terminal. If you drive on you must pay your own ferry cost.

Divide total estimated operating costs by (10***) players (59.80) + INDIVIDUAL FEE (35.00) =
Cost to student \$94.80

***This amount is subject to change if the number of students participating changes

POLICY REGARDING CANCELLATION OF TRIP/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.

Sincerely,

Heather Peacock

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

For: **MOUNTAIN BIKING**

PARENT/GUARDIAN PERMISSION

A student **must** have parental/guardian written and signed permission in order to join and compete in extra-curricular Mountain Bike Racing. Without this signed consent, students will not be able to participate in the outlined schedule of races.

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 Mountain biking team. I am
Print Child's name
aware of the behavioural expectations of my child while attending these competitions, and that there will be consequences for non-compliance, which may include, but not be limited to, being sent home. I am aware of the inherent risks and potential consequences that may occur as a result of participation during the season. 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: _____

This form must be completed and returned to the school

**Student Awareness of Risk and Responsibility Form
Mountain Biking**

I, _____, understand that activities of this type, Mountain
Name of Student

Biking, may expose me to 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 Mrs.

Heather Peacock

• Expectations for my behaviour :

-To act in a safe, respectful and responsible manner at all times.

• My individual and group responsibilities :

-To look out for my own safety and the safety of others.

• My level of skills and abilities :

-To perform skills only within my limits and abilities.

• My understanding of the destination area and boundaries :

-To go only where I have been permitted/instructed to go.

• I understand the possible risks and consequences (i.e., injury or death) :

-Participation in this sport could potentially result in injury or death.

• My right to be excused from an activity if I feel my safety to be at risk :

-I do not have to participate in any activity that I feel places my safety at risk.

• Safety precautions :

-I am only to do what I have been given permission, or been instructed, to do, and I must use my common sense at all times and abide by all safety guidelines given to me by my coach/sponsor.

• Safety equipment :

-I agree to wear the protective gear required by my coach/sponsor at all times when practicing or playing.

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 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 _____

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 mountain bike racing.