



## CARSON GRAHAM SECONDARY

June 2nd, 2022

Hello parents/guardians and students:

We are looking forward to welcoming you to Carson Graham this September. We are planning an exciting retreat for all Grade 8 students from September 19th-22nd, 2022. This retreat will be an important team-building experience for all our incoming Grade 8's. Grade 8 teachers, Carson Graham staff, and senior student leaders will participate in the retreat alongside the Grade 8 students.

This **four-day** event involves:

- \* 1.5 days at the Cheakamus Centre in Brackendale (including one overnight experience) &
- \* 1 day at Grouse Mountain (daytime retreat experience only - student must bring a bagged lunch, morning snack & water bottle)
- \* 1/2 day at Carson Graham for a variety of team building and reflective activities
- \* Follow up activities throughout the year to complement team building

Due to the large number of Grade 8's, we will be dividing all students into either Group 1 or Group 2. These groups will alternate between being at the Cheakamus Centre in Squamish and being at Grouse Mountain/Carson Graham. Both groups will overlap on the afternoon of Day 2 at Cheakamus to bring all the Grade 8s together at once. **Students will be assigned to one of the two groups in September.** In an effort to help students build relationship with their new peers and teachers every attempt will be made to group Grade 8's with students and staff in their scheduled Grade 8 classes.

Please find below more details about this retreat as well as the important **permission forms that will need to be returned to your Grade 7 teacher before June 22nd, 2022.** The cost of the four-day retreat is \$222 and can be paid via the School Cash Online payment system available through the link provided on your elementary school website.

### ***Fee Payment Schedule***

- September 2022 - 33% of total cost (approximately \$75)
- January 2023 - 33% of total cost (approximately \$75)
- May 2023 - Remainder of total cost.

\* Families will have the option to do a full payment in September.





**CARSON GRAHAM  
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***This fee includes:***

- \* 1.5 days of activities and supervision at the Cheakamus Centre in Brackendale
- \* 1 day of activities and supervision at Grouse Mountain
- \* 1/2 days of activities and presentations at Carson Graham
- \* Bus transportation to and from Cheakamus Centre
- \* Accommodation for 1 night at Cheakamus Centre
- \* All meals at the Cheakamus Centre
- \* A barbecue lunch for all Grade 8's on the fourth day of the retreat
- \* A color coded team identification item (bracelet or bandana)
- \* A special retreat t-shirt
- \* Supplies and material needed for a variety of retreat activities
- \* Cost of any guest speakers associated with the retreat
- \* Cost of Teachers-on-Call to cover any CGS staffing needs during the retreat

All students are expected to attend the camp, regular Grade 8 classes will not be running during the four day of the retreat. Therefore, **students will not be missing any classes during the 4-day Grade 8 retreat**. If students are involved in afternoon classes at alternate sites and activities outside of school time on these dates, they are asked to re-schedule their activities as early as possible so not to conflict with this important school-wide event. A parent/student meeting will take place on **September 12th, 2022 at 6:30pm** at Carson Graham to review the trip details prior to departure.





**CARSON GRAHAM  
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CGS - 2022-2023 |Grade 8 Retreat

	Group 1	Group 2
<b>Monday, September 21st</b>	8:00am: Meet in large gym at CGS 8:30am: Depart CGS by bus to Cheakamus Centre for overnight camp 9:45am: Arrive at Cheakamus Centre 10:00am - Evening: Activities at Cheakamus Centre (including outdoor games, team building sessions, campfire etc. All meals provided) 9:30pm: In cabin/dorms for bed	9:00am: Meet at the base of Grouse Mountain Gondola 9:00am-3:00pm Alpine survival challenges and activities at Grouse (Student must bring their own bagged lunch, snacks and water bottle) 3:00pm Dismissed home from the base of Grouse Mountain *students responsible for arranging their own transport to and from Grouse
<b>Tuesday, September 22nd</b>	7:00am-10:00am: Wake up, breakfast, concluding camp activities 10:00am-12:00pm Large Group activities with all 260 grade 8's together 12:00-1:00pm: Picnic Lunch at Cheakamus 1:30pm: Depart for CGS 3:00pm: Dismissal Home	8:00am: Meet in large gym at CGS 8:30am: Depart CGS by bus to Cheakamus Centre for overnight camp 9:45am: Arrive at Cheakamus Centre 10:00am - Evening: Activities at Cheakamus Centre (including outdoor games, team building sessions, campfire etc. All meals provided) 9:30pm: In cabin/dorms for bed
<b>Wednesday, September 23rd</b>	9:00am: Meet at the base of Grouse Mountain Gondola 9:00am-3:00pm Alpine survival challenges and activities at Grouse (Student must bring their own bagged lunch, snacks and water bottle) 3:00pm Dismissed home from the base of Grouse Mountain *students responsible for arranging their own transport to and from Grouse	7:00am-12:00pm: Wake up, breakfast, concluding camp activities 12:00-1:00pm: Picnic Lunch at Cheakamus 1:30pm: Depart for CGS 3:00pm: Dismissal Home
<b>Thursday, September 24th</b>	9:00am: Both groups meet at CGS large gym 9:00am -10:00 - Assembly 10:00am - 11:30 - Teams to go through series of workshops 11:30- 12:30 - BBQ 12:30 - 1:30 - Terry Fox Run 1:30 - 3:00 - Presentation	





## CARSON GRAHAM SECONDARY

### **Cheakamus Centre Information:**

Address: 170 Paradise Valley Rd. Brackendale, BC

Phone: 604-898-5422

email: [programs@cheakamuscentre.ca](mailto:programs@cheakamuscentre.ca)

Website: [www.cheakamuscentre.ca](http://www.cheakamuscentre.ca)

The Cheakamus Centre include segregated sleeping quarters for all students with boys and girls sleeping in different areas. Each cabinet/dorm has beds (no lines), washrooms, and shower facilities. Students will bring their own sleeping bag and pillow. The students will be supervised for the entire camp by Carson Graham staff, Cheakamus staff, as well as senior student leaders. Grade 8 student will participate in exciting and interactive outdoor and indoor activities (rain or shine.) These activities will focus on building relations, working as a team and most importantly, having fun!

### **What to bring for your Cheakamus Centre experience:**

It is important to remember that this is an outdoor program that requires students to be dressed for the weather. The weather may vary from warm and sunny, to cloudy and rainy; either way students need to be prepared. Below is a suggested list of items to bring for you program to ensure that you are comfortable and can fully enjoy the owners of learning in the outdoors! Please remember that is always best to bring older clothing or equipment that you may already have at home.





## CARSON GRAHAM SECONDARY

### Packing List

#### Sleeping Gear

- Sleeping bag (extra blanket if bag is light weight)
- Pillow and case

#### Personal Kit

- Towel and wash cloth
- Hairbrush
- Toothbrush and toothpaste
- Shampoo and conditioner
- Water bottle (labeled with your name)
- Soap and container
- Flashlight (labeled with your name)
- Sunscreen
- Camera (optional)

\*\*remember to ask yourself, will I be warm and dry?

#### Clothing

- shirt (2or3)
- Jeans/heavy pants (2or3)
- Shorts (1or2)
- Hat
- Rain Boots
- Warm Jacket
- Sweater
- Socks (3or4 -heavy wool recommended)
- Pajamas
- Mitts and gloves
- Rain jacket (required)
- Runners
- Plastic garbage bag for dirty or wet clothing

Please **do not bring** the following items to the 4 day-retreat

Money, knives, cellphone, music machines, or other electronic devices, expensive items and candy, gum or food. It has been our experience that these items get in the way of the outdoor education experience.

Should a parent need to contact their child during the overnight experience they can do so by calling the Cheakamus Centre at 604-898-5422.

#### **Grouse Mountain - Alpine Wilderness Survival Information:**

Address: 6400 Nancy Greene Way, North Vancouver, BC

#### **Day Visit Overview**

Grouse Mountain's Alpine Wilderness Survival offers a unique blend of hands-on survival skills and outdoor adventure experience, neatly bound by friendly group competition.





## CARSON GRAHAM SECONDARY

Groups will journey around the mountain competing a series of Alpine Survival Challenges. These may include, making fire by friction, building a shelter or elevated sleeping platform, setting a bear cache, explaining wildlife precautions, water collection/filtration and building a

group improvised stretcher. The day end with a fun survival relay and activity recapping learning.

### **What to bring for your Grouse Mountain Alpine Wilderness Survival experience:**

It is important to remember that this is an **outdoor program** at high elevation that requires students to be dressed for the weather. The weather may vary from warm and sunny, to cloudy and rainy, either way students need to be prepared. Below is a suggested list of items to bring for the day to ensure that you are comfortable and can fully enjoy the wonders of learning in the outdoors!

- \* Back Pack
- \* Bagged Lunch (required, students will not be able to purchase a lunch on the mountain)
- \* A snack (nut free)
- \* Water bottle (labeled with your name)
- \* Terrain/weather appropriate footwear
- \* Weather appropriate clothing
  - \*rain jackets
  - \*Hat/Gloves
  - \*Sunscreen/sunglasses

Attached please find the following permission forms needed to participate in this field trip

- \* informed consent
- \* Student Awareness of Risk and Responsibility Form
- \* Student Medical Consent/Food Allergy Special Diet Form

We are looking forward to a great retreat experience with our grade 8 students! If you have any questions about this, please contact Vice-Principal, Justin Wong, at 604-903-3555 or [jwong@sd44.ca](mailto:jwong@sd44.ca).

Sincerely,

Carson Graham Grade 8 Retreat Committee



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

## **Multiple-Day and/or Out-of-Province Field Trip Informed Consent**

For: Carson Graham 2022-2023 Grade Retreat - September 19th - 22nd, 2022

Dear Parents/Guardians:

The written, informed consent of parents/guardians is required for participation of students in all Multiple-Day and/or Out-of-Province field trips 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 this field trip. The parent/guardian consenting signatures on this document indicate acknowledgement and acceptance of the information contained herein inclusive of risks and potential consequences. **NOTE: This school field trip is optional. Alternate arrangements will be made for students who do not participate.**

The legal requirement of implementing the Informed Consent document is the direct result of a number of tragic outcomes that have occurred on school field trips in other school district jurisdictions. The intent here is to prevent the occurrence of tragedy, to attempt to ensure safety, to inform students and parents/guardians of the field trip itinerary and purpose(s), and to brief students and parents/guardians on the inherent risks of travel.

Within this package, you will find information relating to:

- Description of how the field trip supplements the educational program
- Notice that the field trip is optional, and that arrangements will be made for students who are not participating
- Notification of student/parent Pre-Trip meeting. A Pre-Trip meeting is required for all Multiple-Day and/or Out-of-Province field trips.
- Description of supervisors: teachers, employees of the Board and other adult volunteers, along with contact information
- Transportation and accommodation arrangements
- Itinerary consisting of date(s), departure and return times, and schedule of planned activities
- Description of planned activities and levels of direct and indirect supervision
- Description of inherent risks and potential consequences
- Assessment of student skills and abilities as pertaining to the field trip activities (*if applicable*)
- *Student Awareness of Risk and Responsibility Form* completed by student (*if applicable*)
- Behavioural expectations of students plus rules and regulations
- Emergency Planning/Cancellation of Trip information, including cancellation provisions, collection/disclosure of student medical and personal information, first-aid arrangements, and the Emergency Communication and Return Plan
- Description of budget consisting of revenue (cost to student) and expenditures (cost of trip) (*optional trips only*)
- Parent/guardian responsibility to arrange student accident or liability insurance
- Parent/guardian responsibility to determine whether the student may participate in the field trip

### **PURPOSE(S):**

The purpose of all field trips is to provide experiences that are virtually impossible to achieve in a school setting. Our four day

*retreat with an overnight stay has been developed by the staff at Carson Graham Secondary School, the Cheakamus Centre and Grouse Mountain side to enhance students' understanding of, and respect for, the natural world around them and to build a sense of community for the grade 8 students at Carson Graham. Students have the opportunity for experiential hands-on learning in both the outdoors, and at Carson Graham Secondary School.*

By virtue of being out of the school setting, students on a field trip 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-TRIP MEETING:

As per the District Field Trip Policy, a Pre-Trip meeting for parents/guardians and students is required for all Multiple-Day and/or Out-of-Province field trips. The purpose of the Pre-Trip meeting is to provide an opportunity for the dissemination of information; discussion of risks, consequences and precautions taken; and review of the Emergency Communication and Return Plan.

The student/parent Pre-Trip meeting for this field trip is scheduled for Monday, September 12th, at 6:30pm at Carson Graham.

#### SPONSORS(S) AND CHAPERONE(S):

<u>Name</u>	<u>M/F</u>	<u>Position</u>	<u>Phone Number(s)</u>	<u>Email address</u>
Ms. Kat Robb	F	Counsellor	604-903-3555	<a href="mailto:kmrobb@sd44.ca">kmrobb@sd44.ca</a>
Mr Justin Wong	M	Administrator	604-903-3555	<a href="mailto:jwong@sd44.ca">jwong@sd44.ca</a>
Ms Suzette Dohm	F	Administrator	604-903-3555	<a href="mailto:sdohm@sd44.ca">sdohm@sd44.ca</a>
Mr Tim Ireland	M	Administrator	604-903-3555	<a href="mailto:tireland@sd44.ca">tireland@sd44.ca</a>

Depending on the size of the student group, 10-15 staff (male & female) and approximately 20-25 senior student leaders (male and female) will supervise students.

#### LEVELS OF SUPERVISION:

***Students at Cheakamus are never left unsupervised. Senior student leaders will be assigned to each cabin/dorm and activity group. No student are allowed in cabins/dorms on their own or to wander the Cheakamus Centre grounds without a supervising adult or senior student present .***

***Classroom teachers are available for direct supervision throughout the day during activities, and will be with the students during the assigned evening teacher time.***

***An administrator and First Aid attendants cover supervision 24 hours a day and are available for communication through walkie talkies in the event of an emergency. Other Cheakamus Centre staff who are on site throughout the day, are a Program Supervisor (who is available in the afternoon and evening), programming staff and a resident property manager.***

***While at Grouse Mountain, students are never left unsupervised. Students will be under the supervision of Carson Graham staff, Grouse Mountain education staff, and senior student leaders.***

#### TRANSPORTATION:

Field trip sponsors will arrange for transportation that best meets the needs of the trip in question. 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. Students must use the transportation method arranged by the trip sponsors to ensure safety, timely arrival, and reasonable accident liability. Following are the specific details for the particular trip your child is attending:



Students will travel by buses from Carson Graham to the Cheakamus Centre in Paradise Valley, just north of Brackendale, BC. The total length of the trip is approximately 80 minutes. On the Grouse Mountain day students will travel by buses from Carson Graham to Grouse Mountain. \*\*Students will be dismissed at the base of Grouse Mountain and need to arrange their own transportation home from Grouse Mountain.

**ACCOMMODATION:**

Field trip sponsors will arrange for accommodation that best meets the needs of the trip in question. Students must use the accommodation arranged by the trip sponsors to ensure safety, efficiency and reasonable accident liability. Following are the specific details for the particular trip your child is attending:

Students will sleep in heated cabins or dorms under the supervision of senior students and staff. Students are assigned to gender specific cabin/dorm groupings. Cabin/dorms are located a short walking distance from the Cheakamus Centre on site staff and teachers' cabin. Some students may elect to join a special camping group under the supervision of Carson Graham staff and senior student leaders.

**ITINERARY:**

**CGS - 2022-2023 Grade 8 Retreat Itinerary \*\*times may be adjusted\*\***

	<b>Group 1</b>	<b>Group 2</b>
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#### **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 a field trip. Generally speaking, this field trip may include, but not be limited to, the following inherent risks and all risks associated with:

A. Travel Risks:

Circumstances can change due to unpredictable natural disasters, medical emergencies or human conflict. Parents should familiarize themselves with current information regarding travel risks by visiting Foreign Affairs and International Trade Canada's website at [www.voyage.gc.ca](http://www.voyage.gc.ca) prior to the date of travel.

In the event a significant security, safety or health issue arises before the field trip commences, or while the field trip is in progress, the field trip will be cancelled. If the field trip has commenced, students and supervisors will return as soon as possible, unless the Superintendent or his designate determines there are no significant security, safety or health risks, or that remaining out of the province is a safer option than immediate return to North Vancouver.

B. Activity Risks:

The Cheakamus Centre staff, Grouse Mountain Alpine Survival staff, visiting school staff, and volunteer high school senior students leaders strive to ensure a safe and controlled outdoor experience to reduce risk to injury to students.

However, accidents causing injury or death may occur while traveling or participating in this field trip. Accidents could be the result of the nature of the activity and can occur without any fault on any part of the student, the School Board, or its employees. This 4-day retreat, including the field trip to Cheakamus Centre and Grouse Mountain and the school based retreat at Carson Graham, may include, but is not limited to the following inherent risk and all risks associated with:

- Travel by vehicle and foot
- Outdoor Activities
- Encountering wildlife including insects
- Activities such as challenge games which include: making fire by friction, building a shelter or elevated sleeping platform, setting a bear cache, exploring wildlife precaution, water collection/filtration and building a group improvised stretcher, Amazing race games, a low ropes course, archery, canoeing, caving, hiking, etc.
- Campfire activities
- Unpredictable weather
- Being close to water (ex. river, pond, stream, or lake)

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/guardians 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 field trip.

#### **ASSESSMENT OF STUDENT SKILLS AND ABILITIES:**

Before students may participate in any planned experience while on a field trip, they must assure the field trip sponsor(s) and chaperone(s) that they have the necessary and required skills, training and common sense to participate in the experience. Again, there is a range of skill level dependent on the activity. For example, during free time, students may have access to an activity that may in itself, have certain risks. For example, students who do not possess swimming skills should not attempt any activity in or around water that may result in or require swimming. Common sense must prevail.

If a risk activity, such as skiing, is the purpose of the field trip, the sponsor(s) and chaperone(s) must assess and 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. Students are solely responsible for being forthright and honest in declaring their level of skills in the "self-assessment" section of the *Student Awareness of Risk and Responsibility Form* entitled "My level of skills and abilities".

In order to comply with these expectations, for trips that involve international travel and/or a relatively high level of risk, students must complete the *Student Awareness of Risk and Responsibility Form*.

### **BEHAVIOURAL EXPECTATIONS, SAFETY RULES AND REGULATIONS:**

While on any Carson Graham field trip, it is important that students remember that they are on a school outing and behavioral expectations are consistent with all school rules. On a multiple-day field trip, students come under the jurisdiction of the School District Student Conduct Policy and the Carson Graham Code of Conduct for the full duration of the field trip. It is very important for students to remember that when they are on a field trip they are representatives of Carson Graham and the North Vancouver School District and are expected to behave accordingly.

1. The safety of the group must be of utmost priority. Students must always be concerned about the welfare of all members of the field trip.
2. Students who commit a criminal offence or who are found with or under the influence of illegal drugs may be subject to the demands of the local law enforcement agency involved. This may result in serious consequences that may include, but not be limited to, being sent home with a chaperone at the parent/guardian(s) expense.
3. The purchase or consumption of alcoholic beverages is not allowed at any time, regardless of the age of the student, or the legal drinking age of the location that is being visited. Failure to comply will result in serious consequences that may include, but not be limited to, being sent home with a chaperone at the parent/guardian(s) expense.
4. Smoking is not permitted on field trips.
5. Students must abide by all restrictions set by supervisor(s)/chaperone(s) with respect to "off-limits" areas and activities.
6. Approved transportation or chartered vehicles must be used at all times.
7. If applicable, students must register on the sign in/sign out sheets in the lobby of the hotel when leaving and returning to the hotel during "free time".
8. All "free time" activities are secondary to the planned activity and travel schedule. Students must be available for all scheduled activities unless they are ill. Illness caused by lack of sleep or any other preventable cause will result in a restriction of privileges as deemed suitable by the chaperones.
9. If applicable, all students are required to help load and unload the bus. No one will be dismissed until all duties are completed. This means carrying more than just one's own luggage and gear.
10. All students must be in their own rooms at times specified by the chaperones. Curfew will be set daily based on the schedule and student behaviour.
11. Students are not to have anyone other than authorized field trip participants in their room. After curfew, only one's roommates are to be in one's room. If a roommate leaves, students are expected to notify a chaperone.
12. Students whose behaviour is deemed inappropriate and/or in contravention of these rules will be subject to disciplinary action on the trip as determined by the chaperones, and upon return, as determined by the administration.

The Carson Graham Secondary Code of Conduct applies at all time during the 4-day retreat (including the Cheakamus Centre stay and the Grouse Mountain Wilderness Survival Activities) in conjunction with the Cheakamus Centre Code - Cooperation, Common Sense, and Consideration. Students are expected to:

- Stay in bounds
- Follow instruction from staff and senior student leaders
- Remain quiet at night in their cabin/dorm
- Treat animals and plants with care and respect
- Report sickness or accidents immediately to staff
- Follow fire alarm and emergency procedures as discussed in the orientation safety tour

#### **EMERGENCY PLANNING/CANCELLATION OF TRIP:**

##### **A. Cancellation of Trip**

In the event a significant security, safety or health issue arises before the field trip commences, or while the field trip is in progress, the field trip will be cancelled. If the field trip has commenced, students and supervisors will return as soon as possible, unless the Superintendent or his delegate determines there are no significant security, safety or health risks or that remaining out of the province is a safer option than immediate return to North Vancouver.

If a field trip requires the payment of a deposit and/or monies either in advance of the field trip or during the field trip and the field trip is cancelled either in part or in whole, or the itinerary altered, neither the school nor the Board shall be liable for any refund either in part, or in whole.

##### **B. Medical Information**

All students must submit a completed medical form with parent/guardian signature in order to participate in a multiple-day field trip. 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.

A "basic needs" first aid kit will travel with the group. Student Emergency Procedure Plans/medical supplies will be brought for participating students with life-threatening medical conditions (e.g., anaphylaxis). Students with specialized medication(s) or conditions must be able to responsibly look after their regular, daily medical needs without specialized assistance. Where regular urban emergency medical assistance is available, it will be used when necessary. Where regular urban emergency medical assistance is not available, special provisions for emergencies will be addressed by available staff.

##### **C. Emergency Communication and Return Plan**

An Emergency Communication and Return Plan will be developed for this field trip. The Plan will include an Emergency Communication Information Sheet which identifies communication procedures in the event of an emergency, and names a primary Board Employee sponsor/supervisor contact in attendance on the field trip, and one primary school district staff contact on location in North Vancouver. The Emergency Communication Information Sheet will also include contact information for hotels/hosts. A copy of the Emergency Communication Information Sheet will be provided to all parents/guardians, students and chaperones in advance of the trip departure.

The master Emergency Communication Information Sheet, as well as the following supplementary listings, will be maintained at the school, with copies provided to the participating primary Board Employee sponsor/supervisor:

- Current phone number(s) for a minimum of one emergency contact person for each student. At least one named contact must be present in North Vancouver for the duration of the trip. Final re-confirmation of emergency contacts and contact numbers will be required within one week of trip departure.
- Contact details for travel agent/travel agency/tour operator.
- A final listing of all students, their birthdates and any pertinent medical information, and, in the case of Out-of-Country trips, their passport numbers.

- A copy of the signed Informed Consent Approval for each student

At least one supervising adult will have a cell phone.

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.

#### **D. Consent for Disclosure of Personal Information**

By signing the Informed Consent, each parent and/or guardian consents to the disclosure of their child's personal information, including medical information, by the sponsor or chaperone to third parties in the event the sponsor or chaperone consider such disclosure necessary. Examples of third parties include travel agents, law enforcement officers, physicians, the Canadian Embassy or Foreign Affairs staff.

#### **E. Medical/Travel/Cancellation Insurance**

Group medical/travel/cancellation insurance will be obtained for all Out-of-Province field trips and may be arranged for other multiple-day field trips. Where group coverage is not provided, it is up to parents/guardians to ensure that their child has the necessary medical, accident, cancellation and/or liability insurance.

#### **BUDGET:**

The Cost of the 4 day retreat will be \$222 per grade 8 student.

**\*\* Payment of this 4-day retreat will be collected via the School Cash Online system. Payment can be done in 3 instalments - the first instalment of 33% is due in September of 2022**

The cost cover all expenses for the 4 day retreat at the Cheakamus Centre, Grouse Mountain and the Carson Graham in-house retreat including:

- \$166/student Cheakamus Centre fee (food, accommodation, transportation, and programming at Cheakamus)
- \$40/student for the Grouse Mountain experience
- \$16/student for the retreat activities, TTOCs, t-shirts, presentations, etc.

The Carson Graham PAC has generously donated \$10500 to the over cost of the 4 day-retreat, reducing the cost of the experience for all students.

If there are unique financial circumstances that will present challenge, please contact Mr Wong at Carson Graham ([jwong@sd44.ca](mailto:jwong@sd44.ca)).

Sincerely,

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*Justin Wong*  
*Carson Graham Vice-Principal*

Return this Informed Consent Approval to School and all additional form to your grade 7 teacher by **June 22nd, 2022**

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**Carson Graham Secondary**  
**MULTI-DAY FIELD TRIP**  
**INFORMED CONSENT APPROVAL**

For: Grade 8 Retreat, September 19th-22nd, 2022

Class or Division: All Grade 8's at Carson Graham Secondary

**PARENT/GUARDIAN PERMISSION**

A student must have parent/guardian written and signed permission in order to participate in any field trip. Without this signed consent, students will not participate in this field trip.

**PARENT/GUARDIAN CONSENT**

I, \_\_\_\_\_, have read the full Informed Consent document that pertains to my son/daughter  
Print Parent/Guardian's Name  
\_\_\_\_\_ 's 4 day field trip including activities at both the Cheakamus centre, Grouse Mountain and  
Print Child's Name  
Carson Graham School - September 19th-22, 2022.

My signature below indicates that my child has my informed consent to attend the field trip and confirms the following:

- I am aware of the behavioural expectations of my child while attending this field trip, and that there will be consequences for non-compliance, which may include, but not be limited to, being sent home with a chaperone escort at my/our expense.
- I am aware of the inherent risks and potential consequences that may occur on this field trip.
- I understand that the field trip may be cancelled for security, safety or health concerns.
- I agree it is my responsibility to ensure my child has the necessary medical, accident, cancellation and/or liability insurance.
- I consent to the disclosure of my son/daughter's personal information to third parties in the event the sponsor or chaperone considers such disclosure necessary.
- I agree to indemnify the District for any cancellation fees or other costs associated with the cancellation of my child's participation on this field trip and authorize the District to receive or recover any insurance monies paid in respect to such cancellation.

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

\_\_\_\_\_  
Date

I have read the information including in the informed consent and have completed the following for return to my student's grade 7 teacher.

- Completed the informed Consent Approval Form
- Completed the Student Awareness and Responsibility Risk Form
- Completed the double sided medical/Dietary Form for Cheakamus Centre

**Please Complete and return all forms to your child's Grade 7 teacher by**  
**Wednesday, June 22nd, 2022**

## Student Awareness of Risk and Responsibility Form

Carson Graham Secondary School, is arranging

**2022-2023 Grade 8 four-day retreat at Grouse Mountain and Cheakamus Centre on September 19th to 22nd, 2022.**

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 Carson Graham Staff.

### Please comment:

- Expectations for my behaviour I am expected to follow the Carson Graham School Code of Conduct and the Cheakamus Centre expectations. I will listen and behave respectfully and responsibly and use common sense at all times.
- My individual and group responsibilities I am responsible for my own behaviour and my own personal belonging and I understand that I will also need to cooperate and work with my peers and groups.
- My level of skills and abilities I understand that I will be an active participant in all activities at my own skill level.
- My understanding of the destination area and boundaries I will stay within all boundaries and with my peers or group at all times.
- I understand the possible risks and consequences (i.e., injury or death) I understand the possible risk and consequences as outlined in the informed consent sign by parent/guardian.
- My right to be excused from an activity if I feel my safety to be at risk I will inform a senior student leader and/or supervising teacher if I do not feel comfortable. I understand that I may be excused if applicable.
- Safety precautions I will follow all safety procedures as outlined.
- Safety equipment I will use all equipment provided for my safety.

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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.

**MEDICAL FORM**

Name:		School/Group:	
Age:	Date of Birth:	Gender:	Program Date:
Address:			
Provincial Care Card #:		Other Health Insurance:	
<b>Parent/Guardian:</b>		<b>Emergency Contact:</b>	
Email:		Relationship:	
Phone:		Phone:	
Alternate phone:		Alternate phone:	

**DIETARY INFORMATION**

Cheakamus Centre is a nut restricted facility. We do not order, import or permit any products containing nuts on site. We cannot, however, fully guarantee that private individuals are not bringing items containing nut products on site for personal consumption or use.

Food Allergy	Reaction <i>*Please bring Epi Pen if required for anaphylactic reactions.</i>	Epi Pen Required?		Trace amount OK?		Baking OK?	
		Yes	No	Yes	No	Yes	No
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Food Restrictions:**

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Gluten Free    | <input type="checkbox"/> No Pork                                | <input type="checkbox"/> Pescetarian (fish, eggs & dairy OK) |
| <input type="checkbox"/> Celiac Disease | <input type="checkbox"/> No Red Meat                            | <input type="checkbox"/> Lacto Vegetarian (dairy OK)         |
| <input type="checkbox"/> Vegan          | <input type="checkbox"/> Lacto-ovo-vegetarian (eggs & dairy OK) | <input type="checkbox"/> Other: _____                        |

- |  |   |                                    |
|--|---|------------------------------------|
| <input type="checkbox"/> <b>Lactose Intolerant</b> → | <input type="checkbox"/> Small Amounts OK | <input type="checkbox"/> Baking OK |
|  | <input type="checkbox"/> Ice Cream OK     | <input type="checkbox"/> Cheese OK |

**IMPORTANT:** For highly restrictive diets, parents may be required to supply food supplements. In this event, please contact our kitchen staff at [kitchen@cheakamuscentre.ca](mailto:kitchen@cheakamuscentre.ca) to review our supplementary food protocols.

**HEALTH INFORMATION**

Include details in notes section below or attach a separate sheet if necessary. Children with diabetes or other significant medical conditions are required to attach a detailed care plan.

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Diabetes         | <input type="checkbox"/> Hearing Aid       | <input type="checkbox"/> Frequent Infection | <input type="checkbox"/> Anxiety/Phobia |
| <input type="checkbox"/> Seizure Disorder | <input type="checkbox"/> Recent Concussion | <input type="checkbox"/> ADHD               | <input type="checkbox"/> Bedwetting     |
| <input type="checkbox"/> Heart Condition  | <input type="checkbox"/> Migraine Headache | <input type="checkbox"/> Autism             | <input type="checkbox"/> Sleepwalking   |
| <input type="checkbox"/> Asthma           | <input type="checkbox"/> Recent Injury     |   |   |

Notes: \_\_\_\_\_

Allergies (Environmental or Medications)	Reaction	Treatment

**Prescribed Medication:** Please list all medications the participant will be taking while at Cheakamus Centre.

*LIST: what it is used for, dosage, how it is to be given, and times given. Ensure medications are clearly labelled with this information.*

(attach separate sheet if necessary)

**Consent to MEDICAL TREATMENT** In the event of a medical emergency, if I am not immediately contactable, I give my consent to treatment to the health care providers (doctors, hospital medical staff, first aid attendants) chosen by the management of Cheakamus Centre, in consultation with visiting teachers, to provide whatever treatment is medically necessary for the Participant. I have completed this medical form accurately, truthfully, and to the best of my knowledge as of today's dates.

Signature of adult participant OR custodial parent/guardian for children

Date (M/D/Y)





**CARSON GRAHAM  
SECONDARY**

**2022-2023 Carson Graham Grade 8 Retreat Accommodation Request Form**

Cabin assignment at the Cheakamus Centre will be done according to the lived experience of each student. Please indicate your preference for cabin assignments. Each cabin will have approximately 13-18 people including two senior student leaders.

Beds and bunk beds will be provided, but students will need to bring their own linens/ sleeping bag, pillow and blanket if needed. Washrooms and shower facilities are located in each cabin.

We are also offering a traditional camping experience for students who wish to do so. Tents may be available for students wishing to camp. Spots for this option are limited.

To assist us in creating cabin assignments please complete the follow form, and return the completed forms to your Grade 7 teacher or to the Carson Graham main office by June 22nd.

If you have any questions please contact Kat Robb ([kmrobb@sd44.ca](mailto:kmrobb@sd44.ca)) or Justin Wong ([jwong@sd44.ca](mailto:jwong@sd44.ca)).

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Student Name: \_\_\_\_\_ Elementary School \_\_\_\_\_

Student Lived Experience (Circle one)    Male                  Female                  Non-binary

Would you like to camp? (Circle one)    Yes                  NO

If you are camping, do you have your own tent? \_\_\_\_\_

\*\*\* Please return to your Grade 7 teacher or to the Carson Graham main office by June 22nd. \*\*\*

