

2022-2023



Information Package & Forms

Dear parents, Cardinal Léger C.S.S. is now offering our “New and Improved” snowboarding and skiing education program.

The program will consist of a series of 6 ski dates at Blue Mountain Ski Resort in Collingwood. Five - Thursday nights and one - Tuesday during the day. The dates are:

Tuesday	January	31	2023
Thursday	February	9	2023
Thursday	February	16	2023
Thursday	February	23	2023
Thursday	March	2	2023
Thursday	March	9	2023

The first Tuesday schedule will consist of 5.5 hours of *day* snowboarding and skiing:

7:50 – 8:15 a.m. <u>or</u>	Parents drive equipment to school; bring equipment to room 127 for storage during the exam.
10:30-11 am	
11:15-11:30 am	Load buses, depart Leger at 11:30
1:30 – 2:00 p.m.	Arrive at Blue, warm-up skiing/snowboarding.
2:00 - 4:00 p.m.	45-minute lesson. Specific schedule TBA by Blue Mt. staff
4:00 - 6:50 p.m.	Free skiing/snowboarding time
6:50 – 7:00 p.m.	Load buses and departure from Blue
9:00 p.m.	Parents pick-up students at Léger

Five remaining Thursday schedules will consist of 4 hours of *night* skiing:

7:50 – 8:15 a.m.	Parents drive equipment to school; bring equipment to room 127 for storage during regular classes
1:45 – 2:10 p.m.	Early dismissal, load buses, depart Leger at 2:10 sharp.
4:10 - 4:30 p.m.	Arrive at Blue, warm-up skiing/snowboarding free time
4:30 - 6:45 p.m.	45-minute lesson. Specific schedule TBA by Blue Mt. staff
6:45 - 7:50 p.m.	Free skiing/snowboarding time
8:10 – 8:20 p.m.	Load buses and departure from Blue
10:15 p.m.	Parents pick-up students at Léger

Transportation: The bus leaves the school the exactly on schedule. **Sorry we do not wait for late students.**

RETURN transportation will be departing Blue at 8:20 p.m.; ETA at Léger is 10:15 p.m. (9pm on the Tuesday)

If you are interested in having your child involved in the *SNOWBOARD & SKI CLUB*, please fill out the attached application forms and have them returned to Mr. Rodrigues (in room 126). Payments need to be made using School Cash Online.

Helmets, with chin strap adjusted properly, are mandatory for all snowboard and ski club members when on the slopes & lifts at Blue Mountain Ski Resort. (see appendix #3 for details)

THE APPLICATION DEADLINE IS FRIDAY December 9TH

Appendix 1

PROGRAM EXPECTATIONS

It is the firm conviction of the Cardinal Léger C.S.S. Ski & Snowboard Club staff supervisors that the snowboarding and skiing program should have a formal teaching component. Both snowboarding and skiing are very skill-oriented sports, where mastery of the sport is achieved by progressively advanced instruction and practice.

In order to allow each student to work toward this mastery of the sport, a teaching component has been built into the program. **It is expected that all members of the snowboard & ski club will attend the 45 minute lesson every night of the program.** These lessons will be taught by professional instructors supplied by Blue Mountain Ski Resort and students will be assigned to groups for such lessons based on their skill level as determined by the instructors.

Students are expected to attend the lesson each night and failure to do so will result in removal from the Club. NO REFUND WILL BE MADE IN THE EVENT OF SUCH A REMOVAL.

BEHAVIOUR ON THE BUS

It is expected that students will behave as young Catholic Christian ladies and gentlemen. Unruly behavior, littering, vandalism, foul or abusive language WILL NOT BE TOLERATED. Inappropriate behavior on the part of the student will result in removal from the Club. The determination of such removal is at the sole discretion of the staff advisors. ***NO REFUND WILL BE MADE IN THE EVENT OF SUCH A REMOVAL.***

BEHAVIOUR AT BLUE MOUNTAIN SKI RESORT

Students will follow:

- the Cardinal Léger Code of Student Behavior
- any rules and regulations of the Blue Mountain Ski Resort and its staff
- the Skier Responsibility Code
- all and any directions of the attending staff advisors
- all and any directions of the attending members of the Canadian Ski Patrol System

Inappropriate behavior on the part of the student at Blue Mountain Ski Resort will result in removal from the Club. The determination of such removal is at the sole discretion of the staff advisors. ***NO REFUND WILL BE MADE IN THE EVENT OF SUCH A REMOVAL.***

Appendix #2

LIFT USE GUIDELINES - SCHOOL BOARD MANUAL

To ensure that all school students enjoy a good day of skiing means that they use both chair lifts and surface lifts safely.

1. Where applicable, only those students who received an approval from the ski area staff, use other lifts than those designated as beginner lifts.
2. All skiers must be aware and obey signs posted around the lift loading and unloading areas and along the towpath.
3. While waiting their turn in a lift line, skiers must refrain from horseplay and prepare themselves for loading.
4. When approaching a loading area, obey instructions given by a lift operator and make sure the lift ticket is properly displayed.
5. a. When riding a chair lift, always use the restraining bar.
 - b. Never bounce or rock a chair in any way. Skis must always point straight ahead, and skiers must remain seated.
 - c. Never, under any circumstances, are skiers allowed to jump from chairs.
 - d. If a chair lift stops, remain calm and wait until it restarts. In case of an emergency evacuation, remain calm and follow all instructions given by ski patrol and/or area employees.
 - e. When approaching an unloading area, do not lift the restraining bar until instructed to do so by the posted signs.
 - f. When skiers clear the ramp, they must move away quickly from the area immediately adjacent to the unloading ramp.
6. a. When riding a surface lift, skiers must always remain in the designated tow path. Never attempt to ski a slalom or to zigzag pattern on the way to the top.
 - b. To unload anywhere outside of a designated unloading area must be avoided unless the lift stops and skiers are instructed to do so by the ski patrol or the area employees. In such a case, everyone is to leave the towpath as quickly as possible.
 - c. In a case when a skier falls while riding a surface lift, clear the path immediately, remove your skis and exit the towpath.
 - d. To ski down a lift towpath is dangerous and strictly prohibited
7. All skiers must always:
 - a. display their lift ticket;
 - b. follow all instructions given by the ski area personnel; *continued on next page*
 - c. behave in a responsible manner;
 - d. be courteous to other students, other skiers, and area personnel;
 - e. be aware of and abide by the posted Skiers Responsibility Code.

Behavior contrary to the above instruction will endanger offenders just the same as other users, and may result in a serious injury. With no exception, any and all offenders will lose their ski privileges.

Appendix#3

SPECIAL REQUEST

Dear Parent,

We anticipate 45 club members and a staff supervisory group of 4 for this season. As you can imagine it is an activity which places demands on the staff who organize it. Many hours of effort go into consultation and negotiation with the ski hill; bus transportation arrangements; bus supervision; lesson groupings, safety supervision, and general organizational work. The staff gives of their free time to make sure that the activity is at once educational, fun and safe.

I would ask that all parents be diligent in their responsibilities when it comes to pick-ups at the end of each ski night. **First**, students must ride the bus back to school. If parents are up at Blue with their child and want to drive themselves, you must first email Mr. Rodrigues. **Second**, it is imperative that whoever has committed to pick up at the school **be at the school on time (10:15 pm)**. It is unfair to staff who accompany the returning buses to then have to wait for tardy rides. Please be on time. **Students who are picked up late will be not be invited back the following week.**

Unfortunately, injuries are sometimes part of the sport; so top quality and properly fitted protective equipment will help reduce the risk. **Helmets use is mandatory** for all club members while on the slopes and chair lifts; the straps must be adjusted properly. I also strongly suggested that you invest in some protective impact padding such as wrist pads, padded pants, etc... Your riding experience will be much more enjoyable and less painful with the right protective gear.

Please remind your child that their snowboard and ski equipment is often a target of **Theft**. Locks can be purchased for about \$25.00 at most sporting goods stores. Please remind your child to lock their equipment when they are in the chalet.

skis and snowboards are not allowed in the chalet

Lastly, if you wish to have your child insured against any type of **injury**, STUDENT ACCIDENT INSURANCE is available through our office. Please ask one of our school secretaries for a "Student Application Package" from the *Reliable Life Insurance Company*. This is the **only type of insurance** available for your child through the school. Here is the direct link to the company if you prefer.

<https://insuremykids.com/our-plans/>

Since proper ski / snowboard training is proven to reduce the risk of injury, the six weekly lessons supplied by the Blue Mountain staff are mandatory. **If your child skips one lesson they will be permanently removed from the club with no refund given.**

We are looking forward to a tremendous season. We ask for you co-operation and encourage you to contact us at the school if you have any questions, concerns or comments. (905)453-2232

Yours truly,

Mr. Rodrigues

joe.rodrigues@dpcdsb.org

CARDINAL LÉGER C.S.S. SKI & SNOWBOARD CLUB

Quick Reference sheet

Ski Club dates @ Blue Mountain Ski Resort Collingwood:

Tuesday	January	31	2023
Thursday	February	9	2023
Thursday	February	16	2023
Thursday	February	23	2023
Thursday	March	2	2023
Thursday	March	9	2023

- Helmets are mandatory and must be adjusted properly for all snowboard and ski club members when on the slopes & lifts
- Link to Board approved insurance company - <https://insuremykids.com/our-plans>
- Please remind your child to lock their equipment; equipment can be **stolen in less than 30 seconds by thief!**
- Drop off equipment in room 127 from 7:50 – 8:15 AM
- Students must **stay in full school uniform** until early dismissal at 1:45
- Ski apparel and equipment Lost and Found in Mr. Rodrigues' room 127
- Students are expected to attend the lesson each night and failure to do so will result in removal from the Club. *NO REFUND WILL BE MADE IN THE EVENT OF SUCH A REMOVAL.*
- If their child is injured parents/guardians agree that they will be required pickup their child from the area hospital (Collingwood).
- Organizer- Mr. Rodrigues (905)453-2232 joe.rodriques@dpcdsb.org
- Blue Mountain Resort (877) 445-0231

**PARENT/GUARDIAN PERMISSION FORM
FOR OUT-OF-SCHOOL / EXTRA CURRICULAR ACTIVITIES**

Cardinal Léger School is arranging the out-of-school/extracurricular activity described below.

**THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE
AND/OR BY A PARENT/GUARDIAN OF A PARTICIPATING STUDENT**

The purpose of this form is:

1. To inform you of the nature of the out-of-school/excursion activity.
2. To seek your support and permission for your child to participate.

Please sign this form, and return it to the school no later than: December 9 2022

Teacher: Mr. Rodrigues Grade: 9-12 School Telephone: 905-453-2232

Event/Activities to be Undertaken:

Cardinal Léger Ski & Snowboard Club at Blue Mountain Ski Resort Collingwood Ont. Riding/Skiing and lesson

Date(s): January 31, February 9,16,23, March 2, 9 2023 Departure Time: 2:10 PM Return: 10:15 PM

Educational Purpose(s): Snowboarding and Ski Lessons

Destination(s): Blue Mountain Ski Resort Collingwood Ont.

Physical description of the area to be visited (e.g. lake, park, river, etc.) Ski Resort

Method of Travel: Denny Bus Lines Cost for Student: \$343 - \$492

Requirements: Lunch: _____ Money: _____ Notebook: _____ Other: _____

Clothing: **Proper extreme cold weather ski apparel**

The event/activity will be supervised by: Mr. Rodrigues, Mr. Cranstone and other teachers

Please complete, in full, the acknowledgement and permission to participate sections on the back of this page.

NOTE TO PARENT(S)/GUARDIAN(S): Prior to the out-of-school/excursion activity, there will be classroom time devoted to establishing safety procedures. If your child has, or has had any previous or current health concerns which might affect his/her comfort or safety, please complete and submit the HEALTH AND SAFETY INFORMATION AND MEDICAL CONSENT FORM.

The acknowledgement and permission to participate sections below must be completed in full.

ELEMENTS OF RISK: Educational activity programs, such as sporting events, field trips, excursions and other activities and programs, may present various elements of risk. Incidents related to such activities may occur and cause injury through no fault of the school board or the facility at which the activity or event is being held. **Participants must assume these risks.**

The following class activities, including and not limited to, are identified as having the potential for more serious consequences: alpine skiing/snowboarding, broomball (ice), cheerleading (acrobatic), field hockey, field lacrosse, gymnastics, ice hockey, swimming, wrestling, and/or field events: high jump, shot put. The safety and well-being of students is a prime concern and all attempts are made to manage, as effectively as possible, the foreseeable risks inherent in physical activity. Please contact the school to discuss any sport specific safety concerns you may have.

NOTE TO STUDENT/PARENT(S)/GUARDIAN(S): The Dufferin-Peel Catholic District School Board does not provide any accidental death, disability, dismemberment or medical expenses' insurance on behalf of students participating in these activities.

The Dufferin-Peel Catholic District School Board distributes Student Accident Insurance to the Parent/Guardian/Student, annually.

I acknowledge that the Dufferin-Peel Catholic School Board does not provide accident or life insurance for students.

I acknowledge that I have received a copy of the accident insurance brochure.

Signature of Student

Date

Signature of Parent/Guardian or Adult Student

Date

PERMISSION: I give permission for my child: _____ to participate in:

Cardinal Léger Ski & Snowboard Club, to be held at: Blue Mountain Ski Resort Collingwood Ont.

(Name of out-of-school/extracurricular activity)

(Location)

on the following date(s): January 31, February 9,16,23, March 2, 9 2023

(Signature of Parent/Guardian)

(Date)

March 2020

Cardinal Léger Ski & Snowboard Club Application 2022 – 2023

I am interested in: Snowboarding Skiing (*circle one*)

NAME: _____

ADDRESS: _____

(street)

_____ (city) _____ (postal code) () _____ (home phone)

() _____
(Student Cell)

AGE: _____ Ont. Health Card No. : _____
(as of Dec 31 2022)

Semester 2 Room Numbers: P1_____ P2_____ P3_____ P4_____

~~~~~  
LEVEL OF ABILITY:

Non-skier / snowboarder     Beginner     Intermediate     Advanced

FEE SCHEDULE (check off one only)

|   |                                                                                                                                                                        |          |     |
|---|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-----|
| A | Lift Ticket and Lesson                                                                                                                                                 | \$417.00 | [ ] |
| B | Lift Ticket and Lesson plus Snowboard/Ski Rental (CC deposit necessary)                                                                                                | \$492.00 | [ ] |
| C | Blue Mountain Season Pass Holder and Lesson (pass # _____)<br>NOTE - Please email your Blue Mt. pass number to Mr. Rodrigues when you get it, <b>before</b> January 30 | \$343.00 | [ ] |

**Total \$** \_\_\_\_\_

Please pay using "School Cash Online" No Cash or Cheques.

The payment link will not be active before December 13

Payments are due December 20

Continued on next page.....

We, \_\_\_\_\_, and, \_\_\_\_\_  
(parent/guardian) (student)

**having read, filled out and clearly understood the following, as attached to this form, accept these as conditional to membership in the Cardinal Léger C.S.S. Ski & Snowboard Club.**

- **Appendix #1:** Behaviour Expectations of the Cardinal Léger C.S.S. Ski & Snowboard Club.
- **Appendix #2:** Lift Use Guidelines - School Board Manual
- **Appendix #3:** Special Request
- **Helmets must be properly worn at all times on the ski hill and ski lifts. *See appendix #3***
- **If our child skips one lesson we understand that they will be permanently removed from the club with no refund given.**
- **We understand that the Terrain Park is out of bounds for school groups and our child will be permanently removed from the club with no refund given if they enter it.**
- **Filled out the OSBIE Link Below when it becomes available in the next few weeks**

#### INHERENT RISK

Skiing and snowboarding are sports with physical demands and inherent risks, which are beyond the control of Cardinal Léger C.S.S., and Blue Mountain Ski Resort. Falls, collisions and other incidents may occur and cause injury or death. Skiers & snowboarders **MUST ASSUME** the risks and dangers.

#### **Subservience to Canadian Ski Patrol System Instructions**

In the event of an injury that is attended to by a member of the Canadian Ski Patrol System, and where the recommendation of the Patroller is that the student-member of Cardinal Léger C.S.S. Ski & Snowboard Club attend the emergency department of a hospital, the student-member shall go forthwith, either by ambulance or other means as directed by the Patroller. **Parents/guardians agree that they will be required pickup their child from the area hospital (Collingwood) if their child is injured.**

|                                      |                              |
|--------------------------------------|------------------------------|
| <b>X</b>                             | <b>X</b>                     |
| _____<br>(Parent/guardian signature) | _____<br>(Student signature) |
| _____<br>Date                        | _____<br>Date                |

**!!!YOU MUST CLICK THIS LINK!!!**

*Sorry this link is currently pending an update. The new link will be posted here in a few weeks so please come back then.*

**This is the OSBIE Special Winter Excursion Form. **If you don't Blue Mountain will refuse access to the hill.****

**THE APPLICATION DEADLINE IS FRIDAY December 9<sup>TH</sup>  
Limited spaces available!**

**Rental Agreement**  
**Cardinal Léger C.S.S**  
**Ski & Snowboard Club**  
**2022-2023**

***Ignore this sheet if you are not renting equipment***

The Blue Mountain Ski Resort has a policy whereby any renter of equipment is required to leave a deposit of \$400.00. This can be in the form of a credit card number to be kept on file.

Please complete this form, which we will pass on to the staff at Blue Mountain Ski Resort.

N.B.

For security purposes, we have arranged for a method of “storage” of the rented equipment at Blue – during the rental period. For example, during a dinner or warm-up break, the students are to take the equipment to the rental shop to exchange for a ticket stub which they can carry until they are ready to use the equipment again.

|                                                                                 |              |       |                |
|---------------------------------------------------------------------------------|--------------|-------|----------------|
| <b>Renter Name:</b>                                                             |              |       |                |
| <b>Address:</b>                                                                 | Street       |       |                |
| City                                                                            | Postal Code  | Phone |                |
| <b>Visa OR MasterCard #</b><br><small>(circle the applicable card name)</small> |              |       | <b>Expiry:</b> |
| <b>Cardholders Name</b>                                                         | Please Print |       |                |
| <b>Signature of Cardholder</b>                                                  |              |       |                |

**SECONDARY INTERSCHOOL-  
MEDICAL INFORMATION/ELEMENT OF RISK/PERMISSION TO PARTICIPATE**

**This form is to be completed on behalf of a student who wishes to participate in interschool activities and returned to the coach/teacher prior to the student's first tryout.**

Dear Parent(s)/Guardian(s)/Adult Student:

Vigorous physical activity is essential for normal, healthy growth and development. Growing bones and muscles require not only good nutrition, but also the stimulation of vigorous physical activity to increase the strength and skills necessary for a physically active lifestyle. Active participation provides opportunities for students to discover and trust themselves and gain the confidence necessary to play and work cooperatively and competitively with their peers. Participation in interschool activities provides opportunities for students to experience the fitness feeling and to help them understand and make decisions regarding personal fitness and the value of physical activity in their daily lives. Interschool activities may take place either at school or at an out-of-school location.

It is important that your son/daughter participate safely and comfortably in the interschool activity. The Dufferin-Peel Catholic District School Board adheres to the Ontario Physical and Health Education Association (OPHEA) Guidelines. In your child's best interests we recommend the following:

- a) An annual medical examination;
- b) Appropriate attire and footwear for safe participation;
- c) Hanging jewelry must not be worn. Jewelry which cannot be removed and which presents a safety concern must be taped;
- d) The wearing of an eyeglass band and/or shatterproof lens if your child wears glasses which cannot be removed during interschool activities;
- e) The wearing of sun protection for all outdoor activities;
- f) Safety inspection at home of any equipment brought to school for personal use, must meet appropriate certification, e.g. Canadian Standards Association (CSA) approved.

STUDENT NAME \_\_\_\_\_ TEACHER: Mr. Rodrigues  
HOME ADDRESS \_\_\_\_\_  
STUDENT ADDRESS (If different from home) \_\_\_\_\_ PHONE \_\_\_\_\_  
HOME PHONE # \_\_\_\_\_  
PARENT/GUARDIAN \_\_\_\_\_ WORK PHONE # \_\_\_\_\_  
EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE # \_\_\_\_\_

I would like to inform the school about these facts pertaining to my son/daughter's physical/medical condition related to his/her participation in the Interschool activity.

1. What medication(s) should your son/daughter have on hand during the interschool activity?

\_\_\_\_\_

2. Does your son/daughter wear a medical alert bracelet \_\_\_\_\_ neck chain \_\_\_\_\_ or carry a medical alert card?  
\_\_\_\_\_ ?

If yes, please specify what is written on it: \_\_\_\_\_

3. Any other relevant medical condition that will require modification of the program: \_\_\_\_\_

**Should your son/daughter sustain a concussion or an injury requiring medical attention, notify the school immediately and complete the "Request to Resume Athletic Participation Form", as applicable.**

*(Revised April 2013)*

**If during the school year your son/daughter’s medical information profile changes, please notify the school.**

**ELEMENTS OF RISK:** Educational activity programs, such as sporting events or activities, field trips and other activities, may present various elements of risk. Incidents related to such activities may occur and cause injury through no fault of the school board or the facility at which the activity or event is being held. Participant must assume these risks.

**The following interschool activities including and not limited to are identified as having the potential for more serious consequences: alpine skiing/snowboarding, broomball (ice), cheerleading(acrobatic), field hockey, field lacrosse, gymnastics, ice hockey, ringette (ice), swimming, wrestling, football and/or field events: high jump, shot put. The safety and well-being of students is a prime concern and attempts are made to manage, as effectively as possible, the foreseeable risks inherent in physical activity. Please contact the school to discuss any sport specific safety concerns related to this activity.**

**INTERSCHOOL ACTIVITY: Ski and Snowboard Club**

I acknowledge the element of risk information noted above for the interschool activity.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**NOTE TO STUDENT/PARENT(S)/GUARDIAN(S):** The Dufferin-Peel Catholic District School Board does not provide any accidental death, disability, dismemberment or medical expenses’ insurance on behalf of students participating in these activities. The Dufferin-Peel Catholic District School Board distributes Student Accident Insurance to the Parent/Guardian/Student, annually. For your information the following website has been provided: [www.insuremykids.com](http://www.insuremykids.com)

- I acknowledge that the Dufferin-Peel Catholic District School Board does not provide accident or life insurance for students.
- I acknowledge that I have received a copy of the student accident insurance brochure.

\_\_\_\_\_  
(Signature of Student)      (Date)      (Signature of Parent/Guardian/Adult Student)      (Date)

**PERMISSION:** I give permission for my son/daughter \_\_\_\_\_ to participate in:

**Ski and Snowboard Club** Jan.31, Feb. 9,16,23, Mar. 2,9 2023 \_\_\_\_\_  
(Interschool Activity)      (Dates)      (Signature of parent/Guardian/Adult Student)      (Date)

**MEDICAL SERVICES AUTHORIZATION**

Every reasonable effort will be made by the school/hospital to contact me. Should it become necessary for our son/daughter to have medical care, I/we hereby give the teacher permission to use her/his best judgement in obtaining the best of such service for our son/daughter. We understand that any cost will be our responsibility. We also understand that in the event of illness or accident, we will be notified as soon as possible.

Signature of Parent/Guardian/Adult Student: \_\_\_\_\_ Date: \_\_\_\_\_

**Distribution to:** \_\_\_\_\_ Parent/Guardian/Adult Student  
\_\_\_\_\_ School

**MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT:** Personal information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the collection of personal information are to be directed to the School Principal.

(Revised April 2013)

## ATTESTATION FOR STUDENTS AND PARENTS: CONCUSSION AWARENESS RESOURCES

Dear Student and Parent(s)/Guardian(s):

The Dufferin-Peel Catholic District School Board adheres to provincial guidelines and policies for concussions from the Ministry of Education and the Ontario Physical and Health Education Association (OPHEA).

A concussion is a brain injury that causes changes in the way the brain functions and can lead to a variety of symptoms including physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), and emotional/behavioral changes (e.g., depression, irritability), and/or symptoms related to sleep (e.g., drowsiness, difficulty in falling asleep). A concussion may be caused either by a direct blow to the head, face, or neck, or by a blow to the body that transmits a force to the head and causes the brain to move rapidly within the skull.

Due to the seriousness of a concussion, school staff, students, parents/guardians, and identified school volunteers all have important roles to play in implementing the school board's concussion protocols, including prevention, identification, and ongoing monitoring and management of a student with a concussion.

Concussion Awareness Resources have been developed by the Government of Ontario to improve concussion awareness in amateur competitive sport, particularly with respect to concussion prevention strategies, the signs and symptoms of concussion, and initial response to a suspected concussion. The resources have been tailored to meet the needs of students by age.

**Students wishing to participate in interschool sports, as well as the parents/guardians of students under the age of 18, are required to read the Government of Ontario Concussion Awareness Resources.** The resources are hyperlinked below and can be accessed from the board website at [dpcdsb.org/parents/concussion-resources](http://dpcdsb.org/parents/concussion-resources).

[Concussion Awareness Resources](#)

[Ages 10 and Under](#)

[Ages 11-14](#)

[Ages 15 and up](#)

Resources in a variety of languages, supplementary resources, and video modules are also available on the Government of Ontario site, [Concussion Awareness Resources](#).

All students, parents of non-adult students, coaches and trainers must adhere to the DPCDSB's Concussion Codes of Conduct. **Students, parents, coaches, and team trainers must complete an attestation each year confirming that they have reviewed and will abide by the DPCDSB Concussion Code of Conduct before being allowed to participate in any board-sponsored interschool sports, including tryouts, practices, games, and tournaments.** The DPCDSB Concussion Codes of Conduct are hyperlinked below and available on the board website [dpcdsb.org/parents/concussion-resources](http://dpcdsb.org/parents/concussion-resources).

[Concussion Code of Conduct for Students Participating in Interschool Sports](#)

[Concussion Code of Conduct for Parents/Guardians of Students \(under age 18\) Participating in Interschool Sports Concussion Code of Conduct for Coaches/Trainers/Teachers of Interschool Sports](#)

Copy to be retained by school for current school year, plus one additional year. Subject to inclusion in incident file if required where an injury occurs.

**MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT:** Personal information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the collection of personal information are to be directed to the School Principal.

**ATTESTATION FOR STUDENTS AND PARENTS:  
CONCUSSION AWARENESS RESOURCES**

Prior to the first tryout for interschool sports, student participants and parents of students under the age of 18 are required to complete this form to attest that they have reviewed the Government of Ontario Concussion Awareness Resources and the Board's Concussion Code of Conduct. Completed attestation forms must be returned to the coach/teacher. For students participating in multiple interschool sports, only one attestation form is required per school year.

**INTERSCHOOL ACTIVITY(s): *Ski and Snowboard Club***

STUDENT NAME \_\_\_\_\_ TEACHER: Mr. Rodrigues  
 DATE OF BIRTH \_\_\_\_\_ AGE: \_\_\_\_\_  
 HOME ADDRESS \_\_\_\_\_  
 STUDENT ADDRESS (If different from home) \_\_\_\_\_ PHONE# \_\_\_\_\_  
 HOME PHONE # \_\_\_\_\_

For students under the age of 18:

PARENT/GUARDIAN \_\_\_\_\_ PHONE # \_\_\_\_\_  
 EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE # \_\_\_\_\_

**GOVERNMENT OF ONTARIO CONCUSSION AWARENESS RESOURCES**

I have read the Ontario Government's Concussion Awareness Resources.  
 Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (for students under the age of 18 only)

**DPCDSB CONCUSSION CODE OF CONDUCT**

I have read and agree to abide by the DPCDSB Concussion Code of Conduct for students.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read and agree to abide by the DPCDSB Concussion Code of Conduct for parents.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (for students under the age of 18 only)

**Please return this form to the coach/teacher prior to the first tryout for interschool sports. Students who have not completed and returned this form will not be allowed to participate in tryouts, practices, games, or other events.**

Copy to be retained by school for current school year, plus one additional year. Subject to inclusion in incident file if required where an injury occurs.  
**MUNICIPAL FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT:** Personal information on this form is collected under the legal authority of the Education Act, R.S.O. 1990, c.E.2., as amended. This information will be used for purposes of planning and administering Physical Education programs for students and providing health and safety services in the event of an emergency. Questions regarding the collection of personal information are to be directed to the School Principal.