

## École catholique Cathédrale

301 Johnson St., Kingston, Ontario K7L 1Y5

Tel: 1 (613) 546-7555 Télécopieur/Fax 1 (613) 546-0760

flhpech@alcdsb.on.ca [www.alcdsb.on.ca/school/ecth](http://www.alcdsb.on.ca/school/ecth)



Student Name \_\_\_\_\_

Thursday, November 20<sup>th</sup>, 2025

Dear Parents and Guardians,

On **January 29<sup>th</sup>**, grades 5-8 students will have the opportunity to participate in a **ski trip to Mount Pakenham**. This is not a class trip, but rather a school trip for students wanting to explore the sport of skiing. Those students who are interested must complete the following by **Friday December 5<sup>th</sup> 2025**:

Scan here to register:



1. Attached permission forms
2. Online registration here: <https://tinyurl.com/4bmbe9zu> (code 28911)
3. Make payment on SchoolCash

The fees for this activity are on the following page, and payment can be made via School Cash Online. Please ensure that you fill all forms out correctly and, in their entirety, and return these to M.Kyte. **First come, first served** as space on the buses is limited to 50 students plus 4 supervisors/teachers.

Parents who wish to attend are welcome and encouraged so that we may maintain the proper supervision ratio of 1 supervisor to 10 students. **Parents must be able to ski/snowboard. Lessons are not provided for parent volunteers.** Remember that parent volunteers require police checks. **You will also need to register through the above link.**

Participants of all skiing abilities are welcome. All students, regardless of ability, are required to take a lesson prior to skiing. Mount Pakenham's Station Teaching Format helps beginner skiers learn at their own pace through a series of seven skill stations supervised by certified instructors. After completing the first six stations, students learn to use the chairlift under the guidance of an adult supervisor and then practice on beginner-friendly slopes. Safety is prioritized, and students who don't meet chairlift criteria can continue to develop their skills at the Beginner Centre. **Note:** Snowboarding is not permitted as per the ALCDSB policy.

We will be **leaving school at 7:00am**. Our ski time will be approximately 10am – 3pm. Students will need to be **picked up from school at approximately 6:00pm**. Should we be returning late, an email will be sent home.

Merci,

M. Kyte

**Apprendre, réfléchir et agir, guidé par l'amour, la justice et l'humilité du Christ**

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**Please use the following checklist to ensure you have completed all forms. All forms and payment must be received by December 12<sup>th</sup>.**

- ☐ Online Registration (<https://tinyurl.com/4bmbe9zu>)
- ☐ Payment made via School Cash Online
- Return to M.Kyte:
  - ☐ Rental/Volunteer Information form
  - ☐ Form F
  - ☐ Form I
  - ☐ Form Q
  - ☐ Form S



**Please use the following checklist to ensure you are prepared for a day on the slopes:**

- ☐ Winter jacket (mandatory)
- ☐ Snow pants (mandatory, skiing in jeans, sweatpants, etc. is not permitted)
- ☐ Warm socks (extras are recommended)
- ☐ Warm mittens or gloves (bringing extra is recommended)
- ☐ Toque/ear warmers
- ☐ Dress in layers (extra layers are recommended)
- ☐ Goggles, sunglasses
- ☐ Refillable water bottle
- ☐ Plenty of healthy snacks and a lunch
- ☐ Money for hot chocolate or cafeteria (optional)
- ☐ Epi-pen, inhaler, medication, etc.

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### Rental and Volunteer Information

Please check off the fee that applies to you.

Siblings require individual forms.

Student's full name (Print) \_\_\_\_\_

Student's teacher (Print) \_\_\_\_\_

☐ Student full package (Lift, rental equipment, lesson and transportation) \$95.00

OR

☐ Student with own equipment (Lift, lesson and transportation) \$75.00

**If you can volunteer and supervise (THANK YOU) please complete the following:**

Parent volunteer's full name (Print) \_\_\_\_\_

Parent email address: \_\_\_\_\_

Parent phone number: \_\_\_\_\_

☐ Please drop off Police Check by Thursday January 15<sup>th</sup>

☐ Chaperone (Lift ticket and transportation) \$75.00

OR

☐ Chaperone (Lift ticket, transportation and rental equipment) \$105.00

School Cash Online Receipt # \_\_\_\_\_

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Please attach the printed School Cash Online receipt  
or write the receipt number here: \_\_\_\_\_



Algonquin & Lakeshore  
Catholic District School Board

FORM F

REQUEST FOR PARENT/GUARDIAN PERMISSION – DAY EXCURSIONS

Dear Parents and Guardian:

The purpose of this form is:

1. To inform you of the nature of this program
2. To seek your support and permission for your child to participate

Staff Organizer(s): Mark Kyte Grade(s): 5-8

Date/Time of Departure from School: Thurs Jan 29th 2026 @ 7am

Date/Time of Return to School: Thursday Jan 29th @ 6pm

Destination: Mount Pakenham Method of Travel: McCoy Coach

Physical Description of the Area to be Visited: Ski Hill

Activities to be Undertaken: Downhill Skiing

Educational Purpose: Physical and Health Education

Total Cost per student: \$72-92

*Prior to the school trip, there will be classroom time devoted to establishing safety procedures.*

**ELEMENTS OF RISK**

Educational activity programs, such as sporting events, 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. Participants **MUST** assume these risks. *The Algonquin and Lakeshore Catholic District School Board does not provide any accidental death, disability, dismemberment or medical expenses' insurance on behalf of students participating in these activities.*

✕ \_\_\_\_\_

**ACKNOWLEDGEMENT: WE HAVE READ AND UNDERSTAND THESE WARNINGS**

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

*If over 18 years old*

Staff Organizer Signature: M. Kyte Principal Signature: [Signature]

**PERMISSION FORM: TO ATTEND/NOT ATTEND THIS DAY EXCURSION**

☐ I give ☐ I do not give \_\_\_\_\_ permission to participate in

(Name of Student)

downhill ski trip

to be held at: Mount Pakenham Ski Hill

(name of venue)

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

**PLEASE FILL OUT BELOW TO BE RETURNED WITH ACKNOWLEDGEMENT/PERMISSION FORM**  
**(To be completed by Parents/Students in Grades 7 – 12)**

**EXPECTATIONS OF STUDENTS**

*The student who participates on a school excursion:*

- is responsible to the staff organizer from departure to return to the school.
- is subject to all school rules and consequences during trips.
- must follow specific excursion rules developed by the staff organizer, approved by the Principal and communicated to students and parent/guardian(s) prior to the excursion.
- must understand that students who do not observe rules on excursions may be sent home (with parent contact and at parent cost), denied further participation in this activity, prohibited from any or all school excursions and extra-curricular activities for a period of time, and suspended as per school policy or charged by the police if criminal activity is involved.
- must know that alcohol and non-prescription drugs are forbidden; any contravention may be dealt with by the police at the scene. Students of legal drinking age are not exceptions to the rule against alcohol on school excursions.
- may not leave the school group without the permission of the staff organizer.
- is responsible for any school and course work missed.

☐ I understand the expectations of students on this excursion.

**Student Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

☐ I consent to the participation of my son/daughter/ward in the activity outlined on this form, and

☐ I give consent to the teacher-supervisor to seek emergency medical care for my child/ward if needed and I understand that the school will contact me as soon as possible in cases of medical or other emergency.

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



Health and Safety Information Form – Day Excursions

Name of Student: _____	Age: _____	Gender: _____
Address: _____	Date of Birth: _____	
Family Doctor: _____	Telephone: _____	
Emergency Contact Name: _____	Emergency Contact Number: _____	

***The following information will be helpful to the teacher in making your son's/daughter's out-of-school visit more comfortable, safe and pleasant. ALL INFORMATION WILL BE HELD IN THE STRICTEST CONFIDENCE.***

1. Has your son/daughter any special conditions which must be taken into consideration in his/her participation in the full program? *If not applicable please leave blank.*

Allergy (Epi Pen): \_\_\_\_\_

Diabetes: \_\_\_\_\_

Asthma: \_\_\_\_\_

Epilepsy: \_\_\_\_\_

Heart: \_\_\_\_\_

Rash: \_\_\_\_\_

Recent Illness  
or Operation (ie. Concussion): \_\_\_\_\_

Any Other  
Disability/Concern: \_\_\_\_\_

2. Has he/she any drug allergy or sensitivity? ☐ No ☐ Yes If yes, give details

\_\_\_\_\_

3. Has he/she any serum sensitivity? ☐ No ☐ Yes If yes, give details

\_\_\_\_\_

4. Give date of last tetanus shot and reason for it: \_\_\_\_\_

***If it is necessary to elaborate on any of the above, please attach an additional page.***

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



### Alpine Skier's/Snow Boarder's Responsibility Code

Officially endorsed by: Ontario Snow Resorts Association

**There are elements of risk in skiing and snow boarding that common sense and personal awareness can help reduce. Regardless of how you decide to use the trails, always show courtesy to others. Please adhere to the code listed below and share with others the responsibility for a safe outdoor experience.**

**Skiing/Snowboarding participation comes with inherent risk of falls or injury.**

**Excursion Organizers must consult the Ontario School Board Insurance Exchange Ski Trip Guidelines to reduce elements of risk associated with skiing and snowboarding.**  
**Snow Boarding – Secondary Schools Only**

1. Always stay in control. You must be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help prevent runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and closed areas.
9. You must not use lifts or terrain if your ability is impaired through the use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.
11. Wear a helmet during all Alpine activities.

### **KNOW THE CODE – BE SAFETY CONSCIOUS IT IS YOUR RESPONSIBILITY**

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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



### Skier/Snowboarder Classifications

These stages are consistent with the operations of member Ski Resorts of the Ontario Ski Resorts' Association and adapted from the Ontario School Board Insurance Exchange Ski Trip Guidelines (2015). The classifications must appear on the Parent Consent Form and checked off by the parent/guardian. The Ontario School Board Insurance (OSBIE) Ski Trip Guidelines are recommended reading for excursion organizers.

**SNOWBOARDING IS FOR SECONDARY STUDENTS ONLY.**

**All students must be classified under one of the following:**

**Non-Skier/Non-Snowboarder:**

The student has never skied nor snowboarded before.

**Beginner:**

The student has skied or snowboarded once or twice or a few times per year and has experienced and maintained control on a number of novice hills of varying degree. He/she is able to stop and turn both directions with some success. They are comfortable on green/beginner/some intermediate slopes. May need assistance with getting on/off lifts.

**Intermediate:**

The student has skied /snowboarded on many occasions and has experienced a variety of hills and different ski areas. He/she can turn and stop under control using recognized formal techniques. They ski/snowboard with confidence on intermediate slopes.

**Advanced:**

The student is an experienced and competent skier/snowboarder. He/she has received formal instruction, knows and understands the Alpine Responsibility Code and can demonstrate ability at an advanced level. Such students can be called upon to assist in the program.

**Note:** All elementary students are required to take a lesson at the ski hill prior to skiing on their own. Skiing/snowboarding is a sport with physical demands and inherent risks which are beyond the control of the snow resort. Falls, collisions and other incidents may occur and cause injury. Skiers/snowboarders must assume the risks and dangers.





**FORM S**

**Alpine Skiing/Snowboarding Form**

**School:** \_\_\_\_\_ **is arranging an excursion for students to**  
**go to** \_\_\_\_\_ **to ski/snowboard** (secondary students only).  
(Name of Snow Resort)

**This signed form is required for all students who wish to participate in this Outdoor Recreation and Ski /Snowboarding Excursion.**

**Inherent Risk:**

Skiing/snowboarding is a sport with physical demands and inherent risks which are beyond the control of the snow resort. Falls, collisions and other incidents may occur and cause injury. Skiers/snowboarders must assume the risks and dangers.

**Equipment:**

The snow resort will provide rental equipment. Bindings on equipment reduce the risk of injury when falling. They will not release under all circumstances and they do not guarantee safety in all cases. Helmets must be worn by all participants during Alpine excursions.

**Alpine Responsibility Code:**

The Ontario Snow Resorts Association, in collaboration with Ontario School Board Insurance Exchange (OSBIE), has produced an Alpine Responsibility Code which Snow Resorts require that students know and obey. Skiers/snowboards must always ski/snowboard in control.

The Snow Resort may revoke a ski ticket for violation of the code or other unacceptable conduct.

**ACKNOWLEDGEMENT**

**I have read and understand these warnings and have identified my ski/snowboarding classification (see Form R) as: Choose One Only:**

**Non-Skier/Snowboarder** ☐ **Beginner** ☐ **Intermediate** ☐ **Advanced** ☐

**Signature of Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PERMISSION:**

**I give** \_\_\_\_\_ **permission to participate in the Ski /Snowboarding (secondary only) Education Program to be held at the Snow Resort.**

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**One copy for the school file and one copy for the Snow Resort.**