



May 27, 2022

Dear Parents:

Congratulations on your child advancing to District Track and Field which will be held at Walsh Field in Bonnyville on Tuesday, May 31, 2022.

The students will be leaving NHS at 8:30 am. The LSAA District Track and Field Meet will take place in Bonnyville on Tuesday, May 31st at Walsh Field in Bonnyville (on 46th Street). We will be providing busing to Bonnyville in the AM so students can arrive in time for the initial walkthrough. However, the same buses are not be available for the return trip back to Cold Lake. They will be doing the after school Cold Lake runs. We are anticipating that many parents will be attending districts to watch and will bring their children home with them after their events. Parents may also choose to make plans with one another to carpool back to Cold Lake. **We would appreciate it if you could make these arrangements and indicate as such on the permission form that will be going home on Monday.** For those students who need a ride home, we have secured seats on the Art Smith Aviation Academy Bus returning to Cold Lake after all events have been completed. **Again, please indicate on this form, how your student will be getting home.**

**Enclosed are the forms required to be signed in full before the Student is allowed to participate. All FORMS ARE DUE BACK BY TUESDAY, May 31<sup>st</sup>. Please ensure that all yellow highlighted areas of the forms are signed.**

The cost per student for this event is \$15.00. This fee is for the bussing fees charged to each participant. This is on School Cash Online for purchase. It is the preferred way to pay as we do not have any change at the school. If you require a refund and are paying by cash, it could take up to 7 days to process. If cost of the Field Trip is a barrier for participation, please contact the office so that other arrangements can be made.

**THIS MUST BE SIGNED AND DATED, FOR THE PICK UP ARRANGEMENTS FOR YOUR CHILD, SO THAT OUR SUPERVISERS ARE AWARE.**

Name of Student: \_\_\_\_\_

\_\_\_\_\_ I will be picking up my child.

\_\_\_\_\_ I need assistance with my child to return back to NHS.

\_\_\_\_\_ My child will be going home with \_\_\_\_\_

\_\_\_\_\_ (Dated)



# INFORMED CONSENT FORM

## General Field Trip

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents/guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: \_\_\_\_\_ School Name: Nelson Heights School

Location: Walsh Field- Bonnyville Start/Departure Time: 8:30 am

Grade/Class: 5 to 8 NHS Track Team

Teacher/Supervisor in Charge: M. Gillis Date: Tuesday, May 31, 2022

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual participating in the Northern Lights School Division and its affiliated districts (collectively the "Organization"), the Field Trip activities may include, but are not limited to: travelling to the location, events, games, rides including roller coasters, animal exhibits, orientational or instructional sessions or lessons, (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent/Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent/Guardian's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

## Description of Risks

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
    - A. Contracting COVID-19 or any other contagious disease;
    - B. Exerting and stretching various muscle groups;
    - C. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment, resulting in injury;
    - D. Abrasions, sprains, strains, fractures, or dislocations from slipping, jumping, falling, or running;
    - E. Privacy breaches, hacking, technology malfunction or damage;
    - F. Sickness, nausea, head ache, and other sicknesses from participating in rides or viewing, including but not limited to roller coasters, animal exhibits, rides, and other Activities;
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- G. Physical contact with other Individuals;
  - H. Not wearing appropriate attire or footwear;
  - I. Failure to act safely or within the Individual's ability or within designated areas;
  - J. Negligence of other persons, including Individuals, or employees;
  - K. Extreme weather conditions;
  - L. Travel to and from Field Trip location
4. The Parties understand and acknowledge that:
- A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;
  - B. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
  - C. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
  - D. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:
- A. That the Individual's mental and physical condition is appropriate to participate in the Activities;
  - B. That personal injury can and may occur to the Individual Child, and I hereby authorize the Field Trip's organizer, its officers, or representatives to seek and consent to emergency medical attention for the Individual Child and further agree to be liable for and to pay all costs incurred in connection with such medical attention;
  - C. To comply with the rules and regulations for participation in the Activities;
  - D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities;
  - E. To comply with the rules of the facility, including during transportation;
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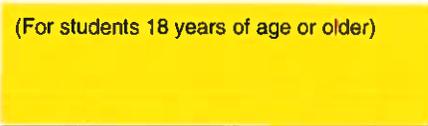
- F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
  - G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury, and the Individual agrees not to participate if impaired in any way;
  - H. That it is the Individual's sole responsibility to assess whether any Activities are appropriate for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
  - I. That COVID-19 and all other communicable diseases are contagious in nature and the Individual may be exposed to or infected by COVID-19 or any other communicable disease, including communicable disease exposures arising out of supervision, instructions, recommendations, warnings or advice given or which should have been given, and such exposure may result in personal injury, illness, permanent disability or death, and voluntarily agree to assume all of the foregoing risks;
  - J. That the Parties acknowledge that they have considered and disclosed to the School Board all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to safely participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.
6. In consideration of the Organization allowing the Individual to participate, the Parties agree:
- A. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
  - B. That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities
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**General**

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

**Acknowledgement**

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

		
Name of Individual (print)	Signature of Individual	Date
	(For students 18 years of age or older) 	
Name of Parent / Guardian (print)	Signature of Parent / Guardian	Date
	(For students under 18 years old)	

*The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or NLPS's FOIP Coordinator,*



# INFORMED CONSENT FORM TRACK AND FIELD

*This form may be used to cover more than one activity in a single excursion.  
If combining activities, you will need to identify or combine the risks of each activity. However,  
should the activities be completely different, you may be required to have parents sign off on  
multiple forms.*

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents / guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: \_\_\_\_\_ School Name: **Nelson Heights School**

Location: **Walsh Field - Bonnyville** Start/Departure Time: **8:30 am.**

Grade/Class: **5 to 8 NHS Track Team**

Teacher/Supervisor in Charge: **M. Gillis** Date: **Tuesday, May 31, 2022**

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual participating in various track and field sports, programs, classes, and events sponsored or organized by Northern Lights Public Schools, leagues and teams (collectively the "Organization"), Track and Field activities can include but are not limited to: events, games, tournaments, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent / Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent / Guardian's Name: \_\_\_\_\_

**Description of Risks**

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
  - A. Contracting COVID-19 or any other contagious disease;
  - B. Executing strenuous and demanding physical techniques;
  - C. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
  - D. Exerting and stretching various muscle groups;
  - E. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - F. Spinal cord injuries which may render the Individual permanently paralyzed;
  - G. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
  - H. Abrasions, sprains, strains, fractures, or dislocations;
  - I. Privacy breaches, hacking, technology malfunction or damage of the information collected;
  - J. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
  - K. Physical contact with other Individuals, spectators, equipment, and hazards;
  - L. Not wearing appropriate safety or protective equipment,
  - M. Failure to act safely or within the Individual's ability or within designated areas;
  - N. Grass, turf, and other surfaces including bacterial infections and rashes;
  - O. Collisions with fences, poles, stands, and sporting equipment;
  - P. Negligence of other persons, including other spectators, Individuals, or employees;
  - Q. Extreme weather conditions;
  - R. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities
4. The Parties understand and acknowledge that:
  - A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;
  - B. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;

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- C. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
- D. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:
- A. That the Individual's mental and physical condition is appropriate to participate in the Activities;
- B. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;
- C. To comply with the rules and regulations for participation in the Activities including the Safety Guidelines for Physical Activity in Alberta Schools as enforced by the RESPONSIBLE PERSON in their club / team / cohort;
- D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities;
- E. To comply with the rules of the facility or equipment;
- F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;
- G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury and the Individual agrees not to participate if impaired in any way;
- H. That it is the Individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- I. That COVID-19 and all other communicable diseases are contagious in nature and the Individual may be exposed to or infected by COVID-19 or any other communicable disease, including communicable disease exposures arising out of supervision, instructions, recommendations, warnings or advice given or which should have been given, and such exposure may result in personal injury, illness, permanent disability or death, and voluntarily agree to assume all of the foregoing risks;
- J. That the Parties acknowledge that they have considered and disclosed to the School Board all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to
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safely participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.

6. In consideration of the Organization allowing the Individual to participate, the Parties agree:
- A. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
  - B. That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities

### General

7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

### Acknowledgement

8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

<p>Name of Individual</p> <p>(print)</p>	<p>Signature of Individual</p> <p>(For students 18 years of age or older)</p>	<p>Date</p>
<p>Name of Parent / Guardian</p> <p>(print)</p>	<p>Signature of Parent / Guardian</p> <p>(For students under 18 years old)</p>	<p>Date</p>

*The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or Northern Lights Public Schools' FOIP Coordinator, Brad Williams.*

# 2022 LSAA District Track Meet



Start	Girls					Boys				
	Tyro Girls	Novice Girls	Junior Girls	Int. Girls	Senior Girls	Tyro Boys	Novice Boys	Junior Boys	Int. Boys	Senior Boys
10:00	Long	High Jump #1	Discus	Triple	Shot Put	Javelin			High Jump #2	
10:00	Hurdles	Hurdles	Hurdles							
10:10				Hurdles		Hurdles				
10:20							Hurdles	Hurdles	Hurdles	
10:30					Hurdles					Hurdles
10:30	Javelin					Triple	Shot Put	Long		Discus
10:40	1500m									
10:50		1500m	1500m							
11:00	Shot Put	Long	High Jump #1	Discus	Triple				Javelin	High Jump #2
11:00				1500m	1500m					
11:10						1500m	1500m			
11:20								1500m	1500m	1500m
11:30	PARA 100m					PARA 100m				
11:30				Javelin		Discus	Triple	Shot Put	Long	
11:45	100m									
11:55		100m	100m							
12:00	Triple Jump	Shot Put	Long Jump	High Jump #2	Discus	High Jump #1				Javelin
12:05				100m						
12:15					100m	100m				
12:25							100m			
12:35								100m	100m	
12:45										100m
12:45					Javelin		Discus	Triple	Shot Put	Long
12:50	PARA 200m					PARA 200m				
1:00	200m	200m								
1:10			200m	200m						
1:20					200m	200m				
1:30							200m	200m		
1:30	Discus	Triple	Shot Put	Long	High Jump #2		High Jump #1	Javelin		
1:40									200m	200m
1:45	800m	800m								
1:55			800m	800m						
2:00			Javelin			Long		Discus	Triple	Shot Put
2:05					800m	800m				
2:15							800m	800m		
2:30									800m	800m
2:30	High Jump #1	Discus	Triple	Shot Put	Long		Javelin	High Jump #2		
2:40	400m	400m								
2:50			400m	400m						
3:00					400m	400m				
3:00		Javelin				Shot Put	Long		Discus	Triple
3:10							400m	400m		
3:20									400m	400m
3:40	4x100m Relay									

The Track meet will try to run on schedule. Please ensure athletes and parents understand that students may be not be able to catch the bus home.



LSAA District Track and Field - Tuesday May 31<sup>st</sup> 2022

# Concession Menu

Burgers \$4

Cheeseburgers \$5

Hotdogs \$3

Chips \$1

Popsicles \$1

Gatorade \$3

Water \$2