

École Marie Poburan Triathlon

Dear Parents,

Our school-wide triathlon is scheduled for **Thursday, June 1st 2017**, with opportunities for all ages, from kindergarten to grade six, to participate. This is an entirely non-competitive event in which participation and fun are our goals.

BE SURE TO READ ALL THE INFORMATION IN THIS PACKAGE.

Educational Assessment

The educational value of the trip: This fieldtrip will cover objectives from the Physical Education Program from grades 1 – 6. Primarily:

- A – Application of basic skills (swim, bike, run)
- B- Take care of your Well-Being
- C – Cooperation – teamwork
- D – Lead an active lifestyle

Destination: Fountain Park Pool

Fountain Park Pool on 4 Cunningham Rd (corner of Cunningham and Sir Winston Churchill Ave)

Date of Field trip: June 1, 2017

Detailed itinerary: The schedule is as such:

- marshalling of all students in the gym where they will assemble into their parent/teacher-supervised groups at 12:10pm
- walk to Fountain Park pool as team at 12:20
- begin our events at 1:00 pm on a rotation basis

Departure and return dates/times:

12:20 Leave school:

1:00 Event begin

2:50pm Walk back to school

Mode of transportation: walking

Financial costs and arrangements: none

Supervision: Grade K-6 teachers and 30 parent volunteers on route and in the area.

Student Expectations:

- Students are expected to behave in the same manner as they are expected to behave in school.
- Students are required to bring any required medication and administer as needed.
- Students are required to remain with their designated group at all times.

. Parent/Guardian Expectations:

- Read and sign this document and return the school's portion by **FRIDAY, MAY 26TH, 2017**

Safety Assessment

State special risks associated with the activity(ies) and the procedures and precautions for these risks.

This event is regarded as having moderate risks. However, we are required to list any risks that could be associated with this activity. These could include, but are not limited to, those risks associated with running, bicycling and swimming activities as well as the walk to the pool. In order to reduce these risks, lifeguards will be at the pool as well as a few parents in the pool to help some students. The running and bike course will be supervised by parents and we will have water on hand to prevent dehydration.

On the day of the event, the students will meet in the gym and assemble into their parent/teacher supervised groups at 12:00pm. At **12:15pm**, all groups will walk down to the field area adjacent to Fountain Park Pool. Students will be walking there in their groups. The students will begin their event at **1:00pm**. Upon the team's completion, students will remain in the cheering area, cheering for and supporting the other students from all teams. We will return to the school by **3:15pm**.

Keeping the cross-age focus of our school clearly in mind, our intent is to have our students in teams of three, with each member from a different age groups. An example might be to have a swimmer from grade five, a cyclist from grade six and a runner from grade one, with all three team members crossing the finish line together. The assigned portion of the event will vary, of course. Please indicate your child's preferred activity by numbering the events in order of preference, with an X marking an area which your child would wish to avoid entirely; flexibility will assist us greatly in composing the teams. In choosing the preferred activity, please read carefully the information specific to each (on the following sheet).

Safety will be our most important consideration at all times. Swimmers will be carefully monitored and personal floatation devices and experienced swimmers in the water will be available. Cyclists must wear an appropriate and properly fitted helmet at all times they are on their bike. All events will take place in and around Fountain Park Pool, with no traffic areas being encountered. Parents and staff will be closely supervising the routes. Students' active participation, situational awareness and respect of the rules for safety will also be important in ensuring a safe and fun event for all. We are crossing our fingers for good weather, however in the event of inclement weather the event must be cancelled. We will keep you informed.

As with all field trips, there are some risks involved. School Board policy requires that all parties be informed on these risks. This event is regarded as having moderate risks. However, we are required to list any risks that could be associated with this activity. These could include, but are not limited to, those risks associated with running, bicycling and swimming activities as well as the walk to the pool. In order to reduce these risks, lifeguards will be at the pool as well as a few parents in the pool to help some students. The running and bike course will be supervised by parents and we will have water on hand to prevent dehydration.

By working together, school and parents need to ensure that every effort is made to reduce and manage foreseeable risks.

We ask that you complete the attached forms (participation forms and school-sponsored consent form) and return to school no later than Friday, May 26th. With three activities to choose from and with everyone taking part, we can assure that this will a fun event for your son and/or daughter.

Please do not hesitate to call if you have any questions.

Sincerely,

Mme Harding-Kuriger & the EMP Triathlon Committee

PLEASE KEEP THESE FRONT PAGES AT HOME FOR YOUR INFORMATION

Ecole Marie Poburan's Triathlon Participation Form
Thursday, June 1st, 2017, 1:00pm

Student's name: _____ Class: _____

Please order the events with a 1, 2 or 3 according to preference. If an event should not be considered for your child, please mark with an "X". If your child would like to do any of the events, please mark all as 1.

Swim: _____ (Level of Swimming: _____) Bike: _____ Run: _____

Swim: There will be PFDs for the children if necessary. If your child would like to swim, he/she must be comfortable getting in and out of the water on his/her own and able to complete the distance below.

Bike: Parents must be able to drop off bike at the school the evening before or on the morning of the triathlon or the student can ride the bike to school that day. We prefer that bikes are dropped off before school as there will be someone there to show you where to put it. If your child is cycling, please see that he/she is comfortable and able to cycle the distance below.

Run: Please see that your child wears appropriate running shoes.

Grade	Swim	Bike	Run
1, 2	1 length (25m)	1500m	500m
3, 4	3 lengths (75m)	2500m	1000m
5, 6	5 lengths (125m)	3500m	1500m

**We ask that you complete THIS FORM and return to
school no later than Monday, May 29th**

Participation Form

Ecole Marie Poburan Triathlon: Thursday, June 1st, 2017, 1:00pm

Student's name: _____ Class: _____

Educational Assessment

The educational value of the trip: This fieldtrip will cover objectives from the Physical Education Program from grades 1 – 6. Primarily:

- A – Application of basic skills (swim, bike, run)
- B- Take care of your Well-Being
- C – Cooperation – teamwork
- D – Lead an active lifestyle

Destination: Fountain Park Pool

Fountain Park Pool on 4 Cunningham Rd (corner of Cunningham and Sir Winston Churchill Ave)

Date of Fieldtrip: June 1, 2017

Detailed itinerary: The schedule is as such:

- marshalling of all students in the gym where they will assemble into their parent/teacher-supervised groups and review the course routes and expectations at 11:40am
- walk to Fountain Park pool as team at 12:20
- begin our events at 1:00 pm on a rotation basis

Departure and return dates/times:

12:20 Leave school:

1:00 Event begin

2:50pm Walk back to school

Mode of transportation: walking

Financial costs and arrangements: none

Supervision: Grade K-6 teachers and 30 parent volunteers on route and in the area.

Student Expectations:

- Students are expected to behave in the same manner as they are expected to behave in school.
- Students are required to bring any required medication and administer as needed.
- Students are required to remain with their designated group at all times.

Parent/Guardian Expectations:

- Read and sign this document and return the school's portion by **Monday, May 29th, 2017**

Student medical conditions and information procedures:

Medical Conditions: ☐ YES ☐ NO

Details of the medical conditions and the medication being sent on this trip:

☐ Medication needs to be administered by teacher while on the field trip/activity

☐ Allergies include: _____ Epi-pen is required: ☐

☐ Asthma _____ Inhaler is required ☐

☐ Specialized transportation

☐ Other: _____

Please note: Any medical or required equipment needed for your child on this trip/activity must be checked by the parent to ensure that it is in working order prior to the trip and either in the child's possession or the teacher's possession upon your instruction. This includes epi-pens, and inhalers.

Written Consent

Parents/guardians must provide written consent for their child(ren) to attend any given field trip. Teachers are **NOT** able to accept verbal permission given over the telephone. A student will not be able to attend a field trip unless the teacher has received a fully completed and signed consent form for each child.

I have read and understood the educational and safety assessment provided concerning the detailed school activity. Please be aware that with any activity there are some risks.

☐ Yes, my child _____ is able to attend

☐ No, my child _____ is NOT attending

Reason: _____ (Unless your child is not able to be at school on that day, or seriously injured or ill, all students will be participating. If you do not want your child participating for whatever reason, then it is your responsibility to find alternate arrangements for care that day as there will be no teachers left at school and all staff will be too busy assisting with the triathlon to ensure care/supervision is provided outside the event.)

I hereby authorize any of the supervisors to administer medical attention that the above named student requires and to make any arrangements required for emergency transportation. I assume all responsibility for the costs of such transportation.

Parent/Guardian Signature: _____

Date: _____

Home Telephone: _____

Work Telephone: _____

Cellular Telephone: _____

Alternate Emergency: _____

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no later than Monday, May 29th**

Volunteer Form

☐ Yes, I am willing to assist as a parent volunteer on the triathlon course.

☐ I have signed up at <http://signup.com/go/kgbZGFH>

☐ Yes, I am willing to assist as a parent volunteer (in class _____)

☐ I have submitted all documentation to the office (Criminal Record Check, etc)

Parent Signature

Phone Number

**We ask that you complete THIS FORM and return to school
no later than Monday, May, 29th**

