

PARENT INFORMATION AND CONSENT FORM

**2019 OUTDOOR ADVENTURE CLUB  
RIVER RAFTING**

Dear Parent(s):

Once again, I am pleased to be offering a unique opportunity for grade 5 – 7 students to participate in a club that focuses on connections with nature, development of life skills, and character building. The Outdoor Adventure Club offers exciting adventures for students. All activities are conducted through companies that specialize in these fields. The experiences are curriculum based and offer an invaluable educational experience. We always bring back the popular experience and try to mix in new ones for the students but will never repeat the same experience two years in a row.

This year we are once again going to be river rafting along the Cheakamus River in Squamish. It is one of the most favourite and unique trips the club offers. Students will be taken through survivor-based team building activities to promote teamwork, confidence, communication, and more prior to their class 1-2 rapids river rafting trip (the lower the class, the easier it is). The trip itself is roughly 10 km long and students will see some of British Columbia's most inspiring wilderness in the stunning Tantalus Mountain Range. Last time we went we saw seals hunting salmon along the river!

Students must be at least 50lb and will be provided with rafting gear; spray jacket, government approved lifejacket and helmet. Prior to heading out on the river, the group will receive instruction & leadership from expert guides. While river rafting, everyone will receive snacks & refreshments (we recommend bringing a water bottle & snack for the bus ride).

**Our departure time will be at 7:30am.** Please be at the school ready to go for that time.  
**We will return to the school between 6 - 6:30pm.** To be fair to the supervisors, please be on time to pick up your child. We will contact the classroom representative for your class with the estimated time of arrival when we are getting closer to the school.

The following documents are enclosed for you to view and sign:

1. **Medical Form** (to be filled out & returned)
2. **Permission and Risk Form** (to be signed & returned)
3. **Waiver** (to be signed, initialed & returned)
4. **Lunch Form** (to be filled out & returned)

Please make sure that the Waiver is filled out correctly. You do not need a witness and don't forget to initial in the two boxes.

All signed documents and money are due by **WEDNESDAY SEPT. 11<sup>TH</sup>, 2019.**

If you have any question, please contact me through the office,

Yours in Christ,



Michael van der Pauw  
Principal

PARENT INFORMATION AND CONSENT FORM

**Permission/Risk Form**

I give my child, \_\_\_\_\_ in Grade \_\_\_\_\_ permission to participate in the Outdoor Adventure Club River Rafting Experience on Friday September 20<sup>th</sup>, 2019.

The cost for the trip is \$110.00 and covers the cost of the trip and transportation.

There is only enough room for 50 students to participate and will be on first come, first serve basis. The 51<sup>st</sup> student onward will be put on a wait list. Students must hand in all required documentation and the fee to be accepted.

While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities and may occur without fault on the part of the student, school, its employees or agents. While all the activities are considered safe, students may suffer injuries due to the nature of the activity. As well they may have a physiological or physical reaction. This may include dizziness, tense muscles, upset stomach, trembling, and fast breathing among other reactions (this may be evident if they experience fear or anxiety). No student will be required to partake in an activity that they do not feel comfortable or safe to perform.

**Please enclose a cheque for \$110.00 made payable to St. Bernadette School.**

By signing this document you are allowing your child to participate in the river rafting experience in Squamish, you are agreeing that the activities described above are suitable for your child, and that you acknowledge that there is a risk of injury associated with attending these trip.

Parent's Signature: \_\_\_\_\_ Date \_\_\_\_\_

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**Medical Form**

(This form is in addition to the medical forms we have on file.)

Student's Name: \_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Parent Phone Numbers: Home: \_\_\_\_\_

Mother Cell: \_\_\_\_\_ Father Cell: \_\_\_\_\_

Care Card Number: \_\_\_\_\_

Does your child have any medical concerns? (e.g. asthma, allergies etc.) If so, please specify:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child require any medication? (e.g. inhalers, allergy medication etc.) If so, please list the name of the medication, the dosage required and the time of dosage.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Does your child have any dietary concerns? (e.g. food allergies or sensitivities) If yes, please specify:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CANADIAN OUTBACK RAFTING CO. LTD.  
RIVER RAFTING TRIP

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**

BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN  
LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE

**PLEASE READ CAREFULLY!**

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PLEASE PRINT CLEARLY

Full Name \_\_\_\_\_ Age \_\_\_\_\_ Telephone \_\_\_\_\_ Email Address \_\_\_\_\_  
Company \_\_\_\_\_ Position \_\_\_\_\_  
Home Address \_\_\_\_\_ City \_\_\_\_\_ Province/State \_\_\_\_\_ Postal Code/Zip Code \_\_\_\_\_

TO: CANADIAN OUTBACK RAFTING CO. LTD. (hereinafter referred to as "the OPERATOR")

**DEFINITION**

In this agreement the term "River Rafting Activities" shall include all activities in any way related to the river rafting trip, but not limited to, orientation and instruction sessions, transportation or travel to and from the river, loading and unloading of vehicles and rafts, and all activities while on the river.

**ACKNOWLEDGEMENT – RIVER RAFTING SAFETY**

I acknowledge that I have been advised to wear a helmet and lifejacket while river rafting. Instruction as to the proper use of the helmet and lifejacket is available from the guides. I am aware that the physical exertion required of river rafting and the forces exerted on the body can activate or aggravate pre-existing physical injuries, conditions, symptoms or congenital defects. I have been advised to seek medical advice if I know or suspect that my physical condition may be incompatible with river rafting.

**ASSUMPTION OF RISKS**

I am aware that River Rafting Activities involve many risks, dangers and hazards including, but not limited to: accidents which occur during transportation or travel to and from the river: entrapment by trees, logs, rocks or equipment; hypothermia due to exposure to very cold water; the overturning or upsetting of rafts; falling from the raft into long sections of continuous rapids; impact or collision with rocks, trees, logs, deadfall, rafts or other vessels, and rafting equipment; encounters with domestic or wild animals; negligence of other rafters and **NEGLIGENCE ON THE PART OF THE OPERATOR, INCLUDING THE FAILURE BY THE OPERATOR TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF RIVER RAFTING ACTIVITIES. I FREELY ACCEPT AND FULLY ASSUME ALL RISKS, DANGERS AND HAZARDS ASSOCIATED WITH RIVER RAFTING ACTIVITIES AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

In consideration of THE OPERATOR agreeing to my participation in River Rafting Activities and permitting my use of its equipment, vehicles, parking and other rafting facilities, and for other good and valuable consideration, the recipient and sufficiency of which is acknowledged, I hereby agree as follows:

1. **TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against **THE OPERATOR AND ITS DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, GUIDES, INSTRUCTORS, INDEPENDENT CONTRACTORS, SUB-CONTRACTORS, REPRESENTATIVES, SUCCESSORS AND ASSIGNS** (all of whom are hereinafter referred to as the "RELEASEES") **AND TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer, as a result of my participation in River Rafting Activities, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS' LIABILITY ACT, R.S.B.C. 1996. C. 337 ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF RIVER RAFTING ACTIVITIES REFERRED TO ABOVE;**

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- 2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES** from any and all liability for any property or personal injury to any third party resulting from my participation in River Rafting Activities;
3. This Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia and no other jurisdiction; and
5. Any litigation involving the parties to this Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

**MARINE LIABILITY ACT**

The Marine Liability Act, S.C. 2001, c.6, may limit the liability of the Operators in the event of an accident resulting in injury or death.

In entering into this Agreement I am not relying on any oral or written representations statements made by the Releasees with respect to the safety of River Rafting Activities, other than what is set forth in this agreement.

**I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_. Signature of participant \_\_\_\_\_

Print name clearly \_\_\_\_\_

Witness \_\_\_\_\_

Signature of guardian  
(for participants under 19 yrs of age) \_\_\_\_\_

# ENERGIZE YOUR DAY WITH A NUTRITIOUS LUNCH!

Everyone gets a choice of salad, wrap, bowl or burrito with protein (chicken, tofu or falafel) + apple or chips + beverage

1. PICK ONE PROTEIN:  Chicken  Tofu  Falafel
2. PICK ONE OPTION BELOW  
(Salad, wrap, bowl or burrito)
3. PICK ONE FLAVOUR BELOW  
(See below your chosen option)
4. PICK ONE SNACK:  Apple  Chips

NAME: \_\_\_\_\_

OPTION 1: SALAD  OR WRAP

OPTION 2: BOWL

OPTION 3: BURRITO

Flavors:

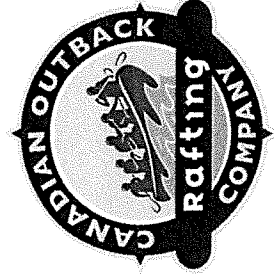
- Metaboost**  
spinach, kale & field greens, goat cheese, mango, almonds, carrots, edamame, balsamic vinaigrette
- Cobb**  
romaine & field greens, hard boiled egg, avocado, bacon, blue cheese, tomatoes, corn, honey dijon dressing \*excludes choice of protein
- Fiesta**  
field greens, avocado, aged cheddar, corn, black beans, salsa fresca, cilantro lime vinaigrette
- Market**  
field greens & spinach, quinoa, avocado, feta cheese, dried cranberries, beet slaw, green apple, carrots, honey dijon dressing
- Buffalo**  
romaine, blue cheese, cherry tomatoes, carrots, celery, greek yogurt ranch, buffalo sauce
- Zen**  
spinach & romaine, mango, edamame, cabbage, broccoli, carrots, crispy wontons, sesame seeds, asian sesame dressing

Flavors:

- Buddha Satay**  
rice noodles, broccoli, carrots, cabbage, crispy wontons, green onions, spicy peanut sauce
- Teriyaki Twist**  
brown rice, edamame, crispy wontons, broccoli, carrots, cucumber, green onions, sesame seeds, teriyaki sauce
- Pangoa**  
brown rice, avocado, aged cheddar, cherry tomatoes, black beans, corn, cilantro, lime wedge, fiery bbq sauce
- Mediterranean**  
quinoa & field greens, feta cheese, kalamata olives, almonds, red onions, cucumber, roasted red peppers, tomatoes, cilantro, red pepper sauce
- Oaxaca**  
brown rice & kale, avocado, beet slaw, black beans, corn, salsa fresca, crispy wontons, lime wedge, spicy yogurt sauce
- Bamboo**  
brown rice, broccoli, carrots, cabbage, coconut, mushrooms, cilantro, lime wedge, green curry sauce

Flavors:

- Baja**  
quinoa, romaine, avocado, corn, cabbage, green onions, salsa fresca, cilantro lime vinaigrette
- Smokehouse**  
brown rice, aged cheddar, black beans, red onions, tomatoes, corn, spicy yogurt sauce
- Tex Mex**  
brown rice, avocado, aged cheddar, black beans, corn, salsa fresca, greek yogurt ranch
- Khao San**  
brown rice, spinach, almonds, edamame, mushrooms, carrots, cabbage, spicy peanut & lemongrass sauce



# OUTBACK KIDS