



Semiahmoo Secondary School

Physical Education 11/12

Backpacking & Hiking - Garibaldi Provincial Park (Garibaldi Lake)

Location: Garibaldi Provincial Park (Garibaldi Lake)
Activity: Backpacking & Hiking
Date(s): Sept. 23, 2018 - Sept. 25, 2018
Leave School: 7:30am Sept. 23, 2018
Return School: 2:30pm Sept. 25, 2018

Dear Participants & Parents:

Trip Information:

General: Students will be backpacking to Garibaldi Lake and setting up base camp for 2 nights. A day hike to Black Tusk, a volcanic feature will be completed on the 2nd day.

Cost: \$85 - Covers transportation and camping fees.

Supervision: Two experienced backcountry hikers from the school staff.

Risk Assessment:

Activity	Backpacking and hiking
Location	Garibaldi Provincial Park - Garibaldi Lake
Camping	Provincial park in tents; backpacking stoves used for cooking meals and heating water.
Fitness Requirement	Distance covered each day will be between 15 and 20 km involving extensive up and down hill sections. Possible lower body joint and muscle discomfort if student has not participated recently in similar activities (walking/running).
Weather	Students need to be prepared for all weather conditions. Expect sun, rain, wind, and potentially snow. Temperatures can range from -5° to +25°C.
Medical problems	Possible insect stings and bites; blisters common if footwear is relatively new or inappropriate; burns (stoves), cuts (pocket knives), intestinal distress (unfamiliar food), sprained ankles etc. (uneven surfaces).

Special Equipment: A general equipment list is available online at <http://semioutdoor.weebly.com>.

Behavior: Due to nature of this trip, mature, responsible behavior is required at all times.

If you require further information or have any concerns please contact me at 604-536-2131 or winkler_d@surreyschools.ca. Please return the attached permission slip with the necessary funds as soon as possible. The trip will be filled on a "first come, first served" basis.

Itinerary:

Backpacking & Hiking - Garibaldi Provincial Park (Garibaldi Lake)

- Day 1: 7:15am - arrive at Semiahmoo and pack vehicles
7:30am - depart for Rubble Creek trailhead
9:30am - arrive at trailhead and get gear ready
1:00pm - arrive at Garibaldi Lake, pick tent site, eat lunch
1:30pm - set up basecamp
2:30pm - leave for hike to Taylor Meadows or area around Garibaldi Lake
4:30pm - return to basecamp
6:00-8:00pm - prepare dinner and eat
10:30pm - sleep time
- Day 2: 7:30am - wake up and breakfast
9:00am - depart for Black Tusk
11:30am - arrive at Black Tusk; eat lunch and explore
12:30pm - start return to basecamp
3:00pm - return to basecamp and read/nap/relax/take pictures/do homework
6:00-8:00pm - prepare dinner and eat
10:30pm - sleep time
- Day 3: 7:30am - wake up and breakfast
8:30am - take down camp and pack backpacks
8:30am - start hike back to trailhead
11:30am - arrive at trailhead and pack cars
12:00pm - eat lunch in Squamish
12:30pm - leave for Semiahmoo Secondary
2:30pm - arrive at Semiahmoo Secondary
- Day 4: N/A
- Day 5: N/A



SEMIAHMOO SECONDARY SCHOOL

1785 148th Street, Surrey, BC V4A 4M6 Phone 604-536-2131 Fax 604-536-4970

Field Trip Permission Form

I, _____ would like to attend the following field trip/event, which requires that I miss some class time. I understand I must meet with my teachers to make arrangements to make up any missed work.

Date of trip/event: Sept. 23, 2018 - Sept. 25, 2018

Name of field trip/event: Backpacking & Hiking

Location of field trip/event: Garibaldi Provincial Park (Garibaldi Lake)

Teacher Signatures:

Period	Course	Teacher Signature
1		
2		
3		
4		



**INFORMED CONSENT AND RELEASE OF LIABILITY
To Be Completed For High Risk Activities**

***Backpacking & Hiking - Garibaldi Provincial Park (Garibaldi
Lake) (the "Activity")***

(Describe Activity)

To: The Board of Education of School District No. 36 (Surrey) and its officials, employees, teachers and agents (collectively and individually, the "Board")

STUDENT:

In consideration of the Board permitting me to participate in the Activity,

I _____ (the "Student") state as follows:

1. I have discussed with my parent(s)/guardian their expectations, and the Board's expectations, of my behaviour during the Activity.
2. I understand and agree to abide by the School's Code of Conduct and any other rules that are set out for this Activity.
3. I agree to cooperate with, and follow the directions given to me by, any of the Activity's supervisors for the entire duration of the Activity.
4. I have discussed with my parent(s)/guardian the significance of the declaration I am making by signing below.

Student

Date

PARENT(S)/GUARDIAN:

I _____ (the "Parent(s)/Guardian") am the parent(s)/guardian of the Student. In consideration of the Board permitting the Student to participate in the Activity, I agree as follows:

1. I have read and understand the materials provided to me by the Board outlining the Activity and agree the Activity is appropriate for the Student. I hereby give my consent for the Student to participate in the Activity.
2. I represent to the Board that the Student is medically fit to participate in the Activity. I have informed the Student not to participate further if he/she feels anything to be unsafe.
3. I hereby agree that I shall pay any and all financial obligations, loss or claims for compensation that the Board may suffer or incur in any way as a result of the Student's participation in the Activity.
4. I hereby waive any and all legal rights that I may have now or in the future and release from liability and agree not to sue the Board for any loss or damage that I may suffer as a result of the Student's participation in the Activity.
5. I recognize releasing the Board from liability prevents me from claiming for money from the Board.
6. I represent that I have discussed with the Student my expectations, the Board's expectations, and the risks and consequences of injury. I accept and assume all these risks and the consequences and freely choose to permit the Student to participate in the Activity regardless.
7. I hereby agree that it is my responsibility to arrange insurance to cover any loss or damage the Student may suffer, or liability I may incur, as a result of the Student's participation in the Activity.

Parent(s)/Guardian

Parent(s)/Guardian

Date