



Semiahmoo Secondary School

Physical Education 11/12

Cross Country Skiing - Cypress Mountain (Nordic area)

Location: Cypress Mountain (Nordic area)
Activity: Cross Country Skiing
Date(s): Dec. 14, 2018 - Dec. 14, 2018
Leave School: 8:00am Dec. 14, 2018
Return School: 1:30pm Dec. 14, 2018

Dear Participants & Parents:

Trip Information:

General: Students will get a short lesson on the classic style of cross-country skiing after which the group will explore the groomed trails at Cypress Mountain. After the two hour session lunch can be had at Nordic Café (hot dogs, chili, soups, bagels).

Cost: \$45 - Fee covers transportation and cross-country ski rentals.

Supervision: There are 2 teachers participating along with the instructor from the Nordic Centre

Risk Assessment:

Activity	Cross-Country Skiing on groomed trails
Location	Cypress Mountain Resort
Camping	N/A
Fitness Requirement	Average cardiovascular fitness and leg strength.
Weather	Students need to expect snow conditions and cold winter conditions. Bring appropriate outer layer clothing for potential inclement weather.
Medical problems	Possible frost-bite or muscle-strain injuries.

Special Equipment: N/A 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:

Cross Country Skiing - Cypress Mountain (Nordic area)

Day 1: 8:00am - Depart Semiahmoo
9:15am - Arrive at Cypress Mountain
9:30am - Start cross-country ski lesson
11:30am - Finish lesson & eat lunch
12:15pm - Leave for Semi
1:30pm - Arrive at Semi

Day 2:

Day 3:

Day 4:

Day 5:



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: Dec. 14, 2018 - Dec. 14, 2018

Name of field trip/event: Cross Country Skiing

Location of field trip/event: Cypress Mountain (Nordic area)

Teacher Signatures:

Period	Course	Teacher Signature
1		
2		
3		
4		