



## Semiahmoo Secondary School

### Physical Education 11/12

## Snowshoeing & Skiing/Snowboarding - Last Resort, Manning Park

**Location:** Last Resort, Manning Park  
**Activity:** Snowshoeing & Skiing/Snowboarding  
**Date(s):** March 17, 2019 - March 19, 2019  
**Leave School:** 7:00 am March 17, 2019  
**Return School:** 2:00 pm March 19, 2019

Dear Participants & Parents:

#### Trip Information:

**General:** We take a school bus to the Last Resort, an historic lodge with accommodation for approx. 45 people and located across the highway from the Manning Park Lodge. We will snowshoe/board/ski both days at the Manning Park ski hill. Following the days activities we return to the lodge, clean up, and cook dinner. In the morning we make breakfast and our lunches for the day. In the evening we can play cards, watch DVDs, or sit around the fire.

**Cost:** **\$180** - Covers transportation, downhill lift pass (EQUIPMENT RENTAL EXTRA), ski/board lessons, accommodations, and food. Students will be responsible for ski/board equipment, and any food purchases at the ski hill.

**Supervision:** At present there are 2 male and 2 female supervisors schedules to go.

#### **Risk Assessment:**

<b>Activity</b>	Skiing and/or snowboarding on a maintained ski hill.
<b>Location</b>	Manning Park Resort
<b>Camping</b>	N/A
<b>Fitness Requirement</b>	Average strength and cardiovascular fitness required.
<b>Weather</b>	Students need to be prepared for all weather conditions. Expect sun, rain, snow, and wind. Temperature can range from -15C to +5C.
<b>Medical problems</b>	Abrasions in the case of falls; sore muscles; dislocations and sprains.

**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](mailto: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:**      **Snowshoeing & Skiing/Snowboarding - Last Resort, Manning Park**

Day 1:      7:30am - leave Semiahmoo Secondary  
              10:00am - arrive at Last Resort  
              10:30am - rent equipment, arrange for lessons, and/or obtain lift tickets at downhill area  
              11:00am - begin lessons / skiing  
              12:30pm - buy lunch or eat own prepared lunch  
              4:00pm - return to the Last Resort  
              6:00pm - dinner  
              8:00pm - movies, games, homework  
              11:00pm - go to sleep

Day 2:      8:00am - rise and shine  
              9:00am - breakfast and make lunches with food provided if desired  
              10:00am - depart for downhill area  
              10:30am - obtain lift tickets and rentals (if necessary)  
              12:00pm - lunch  
              4:00pm - return to the Last Resort  
              6:00pm - dinner  
              8:00pm - movies, games, homework  
              11:00pm - bed time

Day 3:      8:00am - rise and shine  
              9:00am - breakfast and get packed  
              10:30am - load bus and depart for home  
              2:00pm - arrive at Semiahmoo Secondary

Day 4:

Day 5: