



Semiahmoo Secondary School

Physical Education 11/12

Cycling - Salt Spring Island

Location: Salt Spring Island
Activity: Cycling
Date(s): Apr. 26, 2019 - Apr. 28, 2019
Leave School: 8:45 am Apr. 26, 2019
Return School: 5:00 pm Apr. 28, 2019

Dear Participants & Parents:

Trip Information:

General: Students will cycle Salt Spring Island and camp at Ruckle Provincial Park. Students will be responsible for obtaining a bike in good repair with appropriate safety equipment. They must also supply individual and group camping equipment (the school has a limited supply) as well as their meals. Cycling and camping instruction will be given prior to the trip.

Cost: \$55 - Covers ferry and camping fees.

Supervision: There are supervisors with cycling experience and first aid.

Risk Assessment:

Activity	Cycling a well travelled main road around the island and camping at Ruckle Provincial Park.
Location	Southern part of Salt Spring Island
Camping	Provincial Park in tents; students are responsible for cooking their own meals.
Fitness Requirement	Distance covered each day will be between 20-40 km with a variety of hills and flats. Cardio and muscle fitness is usually less of a factor than saddle pain - a few rides on a bike will quickly eliminate this pain.
Weather	Students need to be prepared for all weather conditions. Expect sun, rain, and wind. Temperatures can range from +5° to + 25°C.
Medical problems	Abrasions in the case of falls; sore muscles.

Special Equipment: Students must get their own bicycles either by borrowing from someone or renting. 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:

Cycling - Salt Spring Island

- Day 1:** 8:15 am - meet at Semi to drop off camping gear
8:45 am - leave for Tsawwassen Ferry terminal (students need to arrange their own rides AND take their bikes with them)
9:15 am - buy tickets and line up for boarding
9:55 am - ferry leaves for the Southern Gulf Islands
12:50 pm - arrive at Long Harbour, Salt Spring Island
1:30 - 3:00 pm - cycle to Ruckle Provincial Park via Beddis, Steward, and Beaver Point Roads
3:00 - 5:00 pm - set up camp
6:00 pm - dinner
7:30 pm - camp fire
11:00 pm - bed time
- Day 2:** 7:30 am - wake time
8:00 am - breakfast
9:30 am - secure camp
10:00 am - cycle to Ganges Flea Market via Beaver Point Rd and Fulford-Ganges Rd
11:00 am - browse Ganges Flea Market
12:00 pm - lunch (either at Flea Market or pack lunch)
1:00 pm - continue cycling around island
4:30 pm - arrive at camp, snack, hike around Ruckle Park
6:00 pm - dinner
7:30 pm - camp fire
11:00 pm - bed time
- Day 3:** 6:30 am - wake time
7:00 am - breakfast & pack
8:30 am - leave campsite and bike to Fulford Harbour via Beaver Point Rd
9:50 am - catch ferry to Swartz Bay
Situation #1:
11:00 am - catch ferry to Tsawwassen (NOTE: support vehicle may not catch same ferry in which case students' gear will need to be picked up at school around 1:00pm)
12:30 pm - arrive at Tsawwassen (parents to pick up at ferry terminal)
Situation #2:
12:00 pm - catch ferry to Tsawwassen
1:30 pm - arrive at Tsawwassen (parents to pick up at ferry terminal)



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: Apr. 26, 2019 - Apr. 28, 2019

Name of field trip/event: Cycling

Location of field trip/event: Salt Spring Island

Teacher Signatures:

Period	Course	Teacher Signature
1		
2		
3		
4		



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

Cycling - Salt Spring Island (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