

Lawrence Grassi X-Country Skiing Program



Parent Handbook

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Introduction and Aim

The aim of our Physical Education Program is to enable individuals to develop knowledge, skills and attitudes necessary to lead an active healthy lifestyle. The cross-country ski program is part of the Lawrence Grassi physical education program. Cross country skiing is part of the alternative environments component of the Physical Education Curriculum. Cross Country skiing lends itself nicely to the general outcomes of the Physical Education Curriculum.

Program Location

The Canmore Nordic Centre will be the site for our cross country ski program. This facility is located in Canmore approximately a 7 minute drive from our school.

Program Description and Schedule

The skate ski program takes place during the regular school day. Our program engages students in a healthy activity that is geared to each individual's ability level. The format of the lesson will include a warm up game or ski followed by a skill lesson and ski. The lesson may include time in the skills park.

Please check the attached schedule for your child's specific date and lesson time.

Program Details

Food: Please send a water bottle with your child on their ski day. There is no time for trips to the day lodge. Do not send money as students will not be

allowed to purchase items from the lodge. If your child requires a snack please pack an extra in their lunch on their lesson day.

Parent Volunteers: Due to the extreme variance in ability levels parent volunteers are encouraged to help with activities and supervision. Please contact either Andrea Quinlan or Derek Rose if you are able to help with this program.

Transportation: Transportation to and from the site is arranged by the school through the CRPS transportation department.

Elements of Risk Notice: There is an element of risk in every athletic activity. The safety and well-being of students is a prime concern and attempts are made to manage the foreseeable risks inherent in physical activity by taking appropriate precautions. However, due to the nature of some activities the risk of injury may increase. Injuries may range from minor sprains and strains to injuries more serious in nature. We are attempting to minimize all injuries and risk to your child.

First Aid and Emergency Procedure: Should an emergency arise, the supervisors will administer first aid. Depending on the level of illness or injury, further steps may need to occur. The Nordic Center has a ski patrol service that can be called and the Canmore hospital is only a ten minute ambulance drive. In the event of a serious injury parents will be contacted immediately.

Skiing Dates: The program will be held in two phases with one occurring before the Christmas break and the other after. Students will participate in one of either the pre or post 6 week block.

Cross Country Skiing Rules for Lawrence Grassi School

1. Be on time for the bus departure.
2. Ski only on the groomed trails.
3. Follow all directional signs.
4. If stopping move to the right of the trail.
5. Wear proper clothing for skiing.
6. **Students are responsible for any lost or broken equipment.**

I know we all have busy lives but please take the time to read and discuss the rules with your child.

Cross Country Marking Scheme

20 % care and maintenance of equipment

30 % skill development self evaluation/teacher evaluation rubric

20 % trail etiquette and attitude

30% attendance and participation

100%