



February 5<sup>th</sup>, 2024

Dear Parent/Guardian,

Your child is currently enrolled in the Outdoor Education (OE) program at ENSS that consists of a double credit package in either grade 11 (SVN 3M/PAD 3O) or grade 12 (CGF3M/PAD 4O). Part of both programs is to participate in two overnight camping expeditions. The dates for these two overnight trips are noted below.

*Tracey Burke*  
*Principal*

*David MacKinnon*  
*Vice-Principal*

*Michelle Jones*  
*Vice-Principal*

The first overnight trip is three days at Kawartha Highlands Provincial Park, which will serve as a learning ground for basic camping, canoeing, and leave-no-trace skills. As well as a chance to achieve their Basic Canoeing Level 1 or 2 certification through the Ontario Recreational Canoeing and Kayaking Association (ORCKA). The second trip is a five-day canoe trip in Algonquin Provincial Park. More information, including itinerary and maps, will be forthcoming as the planning progresses for this early May trip.

To cover the expenses for this trip, other day trips, as well as industry certification(s), there is a user fee of **\$325**. A portion of this user fee (at least \$150) is due **as soon as possible** prior to any course excursions.

We will be holding an OE parent information meeting on Wednesday, March 27<sup>th</sup> at 5:00 pm in room 236 (this is also the same date as our school's regularly scheduled parents' night). At this meeting we will further outline the OE program, our safety procedures, and give you a chance to meet us and ask questions prior to our canoe trip.

If you require further information, have any specific questions about the course or if you have any special concerns regarding your child, please feel free to contact us at ENSS (613-475-0540). Additional course information, forms, maps, etc. can also be found through our class website <https://pad301.weebly.com/>.

Sincerely,

A blue ink signature of G. Kovacs.

G. Kovacs  
(gabriel\_kovacs@kprdsb.ca)

A blue ink signature of S. Doornbos.

S. Doornbos  
(suzanne\_doornbos@kprdsb.ca)

**Date for Planned Overnight Trips**

Kawartha Highlands PP  
Algonquin PP

May 6<sup>th</sup> to 8<sup>th</sup> (3 days)  
May 13<sup>th</sup> to 17<sup>th</sup> (5 days)



## KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

**To Parents and Guardians:**

The purpose of this form is to inform you about the excursion and to seek your permission for your child/ward to participate. Keep pages 1-4 for your information. Please return pages 5-7 to the supervisor/school prior to the excursion by: Feb 16, 2024

School:	East Northumberland Secondary School		Phone:	(613) 475-0540
Supervisor in Charge:	G. Kovacs		Grade:	11/12
Destination:	See Attached Schedule ...		School Group:	PAD 30/40 Course
Purpose of excursion:	Part of the Outdoor Education Course (PAD 30/40)			
Departure Date:		Departure Time:	Departure Location:	
Return Date:		Return Time:	Return Location:	
Itinerary:	See Attached Schedule ...			
	A separate itinerary: <input checked="" type="checkbox"/> is attached <input type="checkbox"/> will follow			
Travel arrangements:	<input checked="" type="checkbox"/> KPR bus <input type="checkbox"/> Commercial vehicle <input checked="" type="checkbox"/> Private vehicle <input type="checkbox"/> Public transit <input type="checkbox"/> By foot <input type="checkbox"/> Plane <input type="checkbox"/> Train <input type="checkbox"/> Boat	<input checked="" type="checkbox"/> Participants must arrange own transportation <input type="checkbox"/> Other:	Additional Instructions:	
All drivers of private vehicles (volunteers) must be approved by the Principal. A "Departure from Itinerary" form must be completed in advance if a student intends to depart from the specified itinerary or uses alternative modes of transportation to and from destinations. This form is available on request.				
Additional requirements: (e.g. clothing, food, money, notebook, etc.)	Clothing & equipment lists will be provided			
Accommodation arrangements: (if required)				
Financial information: (cost per student, deposit, payable to, etc.)	\$325 per student cost		Accommodation Phone #:	
Supervision: (names of supervisor in-charge, staff supervisors and volunteers)	G. Kovacs & S. Doornbos		Contact during the excursion:	

Signature of Supervisor in Charge:

Date: Dec 5/2023

Principal Signature:

Date: Dec 5/23

**Elements of Risk:**

Although all safety precautions will be taken by the Kawartha Pine Ridge District School Board and its staff to ensure the safety of all participants, it is important for everyone involved to understand that out-of-classroom programs do present various elements of risk. Incidents related to such activities may occur and cause injury through no fault of the supervisor, the school board or the facility at which the activity or event is being held.

**Additional Risk Activity:**

This excursion is considered an additional risk activity as indicated the by KPRDSB Out-of-Classroom Program Guidelines Additional Risk Activity Chart, or due to the duration or location of the excursion.

Examples of additional risks associated with this activity are:

1.  Drowning ☒
2.  Animal Encounters ☒
3.  Laceration/Cuts ☒

These risks result from the nature of the activity and can occur without any fault on either the part of the student, or the School Board or its employees or agents, or facility where the activity is taking place. By choosing to participate in the activity, you, the student, are assuming the risk of an accident occurring. The Kawartha Pine Ridge District School Board attempts to manage, as effectively as possible, the risk involved for students while participating in this activity. The chances of an injury can be reduced by carefully following instructions at all times while engaged in the activity.

**Concussion Awareness, Recognition and Management**

Students are to be made aware of signs and symptoms of a concussion. Should a student experience an incident that may have resulted in a concussion they will be removed from the activity and parental notification will be provided. If a concussion has been diagnosed, the Request to Resume Participation - Concussion Return to Learn & Physical Activities form must be completed by a Physician before a student returns to class, intramural, inter-school and/or additional risk activities. Resources for concussion identification, management and tracking can be found at [https://www.kprschools.ca/en/our\\_schools/getinvolved/parentresources/concussionresources.html](https://www.kprschools.ca/en/our_schools/getinvolved/parentresources/concussionresources.html).

**Accident Insurance Notice:**

The Kawartha Pine Ridge District School Board does not provide any accidental death, disability, dismemberment, medical or dental expense insurance on behalf of students participating in this activity. For coverage of injuries, you are encouraged to consider the Student Accident Insurance Plan made available by the school to parents at the beginning of, and throughout, the school year.

**Additional Information:**

As this activity is part of or an extension of the school program, students must adhere to the school Code of Conduct. The "Departure from Itinerary Form" must be completed in advance if a student intends to depart from the specified itinerary (including alternative modes of transportation to and from destinations). This form is available on request. Please discuss with a school representative, any personal, family, financial, or cultural factors which may prevent your child/ward from participating in this activity.

## Code of Conduct for Additional Risk Activities

As a student at East Northumberland Secondary ☐ for the 2023 - 2024 school year, I am committed to:

### Maintaining a safe learning environment

- I will be conscious of, and report, any hazards that may impact the safety of myself or my peers.
- I will make my teacher aware of any deficiencies in equipment being used or potential hazards in an activity's operating area.

### Teaching/learning the rules of a physical activity, including the strict enforcement of consequences for prohibited play that is considered high-risk for causing concussions

- I will learn and follow the training and instruction provided to conduct the activity safely. I will follow the teacher's instructions prohibiting behaviours that are considered high-risk for causing concussions.
- I will respect and accept that the teacher will strictly enforce, during activity, practice and competition, the consequences for dangerous behaviour.

### Implementing the skills and strategies of an activity in a proper progression

- I will follow my teacher's instructions about the proper progression of skills and strategies of the activity.
- I will ask questions and seek clarity for any skills and strategies of which I am unsure.

### Providing opportunities to discuss potential issues related to concussions

- I will talk to my teacher or caring adult if I have questions or issues about a suspected or diagnosed concussion or about my safety in general.

### Concussion recognition and reporting

- I have read and am familiar with an approved Concussion Awareness Resources provided by my teacher in the link at the end of this document.
- I will remove myself immediately from any activity and will tell the teacher or caring adult if I think I might have a concussion.
- I will tell the teacher or caring adult immediately when I think a teammate/classmate might have a concussion.
- I understand that if I receive a jarring impact to the head, face, neck, or elsewhere on my body that is observed by or reported to the coach/teacher, that I will be removed immediately from the sport/activity, and:
- I am aware that when I have signs or symptoms I should go to a medical doctor or nurse practitioner to be diagnosed as soon as reasonably possible that day, and will report the results to appropriate school staff.
- I am aware that not all signs and symptoms emerge immediately and there are times when signs and symptoms emerge hours or days after the incident and I must stop physical activities and be monitored for the next 24 hours.
- If no signs or symptoms appear after 24 hours, I will inform the appropriate school staff and I can then be allowed to participate.
- If signs or symptoms begin, I will be assessed by a medical doctor or nurse practitioner as soon as reasonably possible that day and will report the results to appropriate school staff.

### Acknowledging the importance of communication between the student, parent, school staff, and any sport organization with which the student has registered

- I will communicate with my coaches/teacher, parent/guardian, and school staff and any sport organization with which I am registered about a suspected or diagnosed concussion or general safety issues.

**Supporting the implementation of a Return to School Plan for students with a concussion diagnosis**

- I understand that I will have to follow the return to School Plan if diagnosed with a concussion.
- I understand I will not be able to return to full participation in school activities including sports practices or competitions until permitted to do so in accordance with the School Board's Return to School Plan.
- I understand that I will need a Medical Clearance as required by the Return to School Plan, prior to returning to full participation in "non-contact sports" or returning to a practice that includes full contact in "contact sports".

**Prioritizing a student's return to learning as part of the Return to School Plan**

- I will follow the recovery stages and learning strategies proposed by the collaborative team for my Return to School Plan.

**Concussion Awareness Resource**

Rowan's Law, requires you to confirm that you have reviewed a Concussion Awareness Resource before you can register/ participate in a sport or high risk activity. The resource is available at the link provided below. Please review and sign below (if required). Should you wish a paper copy of this resource, please contact your coach/teacher.

Please review the age/level appropriate resource linked below. Should you require a paper copy of the resource, please contact your teacher.

**Ages 10 and Under Concussion Awareness Resource**

<https://www.ontario.ca/page/ontario-government-concussion-awareness-resource-e-booklet-ages-10-and-under>

**Ages 11-14 Concussion Awareness Resource**

<https://www.ontario.ca/page/ontario-government-concussion-awareness-resource-e-booklet-ages-11-14>

**Ages 15 and Over Concussion Awareness Resource**

<https://www.ontario.ca/page/ontario-government-concussion-awareness-resource-e-booklet-ages-15-and-up>

**The Concussion Awareness Resources can be accessed in other languages by visiting**

<https://www.ontario.ca/page/rowans-law-concussion-awareness-resources>

## KAWARTHA PINE RIDGE DISTRICT SCHOOL BOARD

See Attached Schedule ...

Complete on behalf of a student who wishes to participate in the excursion to

Please return to the supervisor in charge/school prior to the excursion by:

Feb 16, 2024

## Student and Parent/Guardian Information:

Student Name:	Health Card # (Optional)
School <b>East Northumberland Secondary School</b> <input type="checkbox"/>	Date of Birth
Parent/Guardian Name:	Primary Phone:
Home Address:	Secondary/Work Phone:

## Emergency Contacts:

Name 1:	Phone 1:	Phone 2:
Name 2:	Phone 1:	Phone 2:

## Health and Medical:

Information regarding any special conditions or potentially life-threatening circumstances such as seizures, diabetes, asthmatic and anaphylactic reactions should already have been communicated to the school principal and an Individualized Emergency Response Plan developed.

Please check any that apply and provide additional details in the box below:

Allergies	Epipen	Medical Alert Bracelet	Medications	Current Health Concerns	Prior Medical History
<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No

Please indicate if your student has been subject to any of the following and provide additional details in the box below:

<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Head injuries (past two years)	<input type="checkbox"/> Chronic nosebleeds	<input type="checkbox"/> Swollen/hypermobility/painful joints
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Back injuries (past two years)	<input type="checkbox"/> Dizziness	<input type="checkbox"/> Trick or lock knee
<input type="checkbox"/> Asthma	<input type="checkbox"/> Arthritis	<input type="checkbox"/> Fainting	<input type="checkbox"/> Deafness
<input type="checkbox"/> Orthopedic problems	<input type="checkbox"/> Rheumatism	<input type="checkbox"/> Headaches	<input type="checkbox"/> Hearing Loss

**Health and Medical Continued:**

If there is any further information which you feel staff should know in order to help them assist your child in maintaining their physical and mental health and well-being while on this trip, please describe below or attach an additional page:

**Self-Administered Medication:**

For requests to administer prescription medication during the trip, parent/guardian ***must provide original pharmacy labeled container.*** The supervisor will collect all medications to store them in an appropriate and safe place, and will make them available to the student at the appropriate times. The student will still be responsible for administering their own medication. If more medications are required than fit on this form, please attach pertinent information on a separate page.

Medication:	Medication:
Date(s) to Administer:	Date(s) to Administer:
Directions and Comments:	Directions and Comments:

If you have any questions or concerns, please contact the supervisor in charge.

I understand that my child will be responsible for self-administering this medication.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**Medical Services Authorization (optional):**

In a situation when emergency medical or hospital services are required by the above listed participant, and with the understanding that every reasonable effort will be made by the school/hospital to contact me, my signature on this form authorizes medical personnel and/or hospital to administer medical and/or surgical services, including anesthesia and drugs. I understand that any cost will be my responsibility.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Acknowledgement of Risks, Permission to Participate and Travel, Informed Consent Agreement:**

I have read and understand all the information outlined above. I hereby grant permission to \_\_\_\_\_ to take part in the trip to See Attached Schedule ... as outlined above, to be held on or about \_\_\_\_\_.

- I have read and understand the notice of Elements of Risk.
- I acknowledge and accept the risk inherent in the activity and assume responsibility for my child/ward's for personal health, medical, dental and accident insurance coverage.
- I have read and understand the notices of Accident Insurance.
- Should medical care be required, I hereby give the supervisor in charge permission to use their best judgement in obtaining the best of such service. I understand that any cost will be my responsibility. I also understand that in the event of illness or accident, the parent/guardian will be notified as soon as possible.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Concussion Awareness****Student Acknowledgment**

I, \_\_\_\_\_ have read and understand all of this code of conduct and reviewed the appropriate Concussion Awareness Resource.

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Parent/Guardian Acknowledgment**

I, \_\_\_\_\_ have reviewed the code of conduct and Concussion Awareness Resource with my child and will support the removal from activity and return to learn plan should a concussion be determined by a medical professional. I acknowledge that a medical clearance will be required by the Return to School Plan prior to resuming activities.

Parent/Guardian Signature: \_\_\_\_\_

**Financial Arrangements**

Where fees are required for this activity, please indicate method of Payment:

☒ School Cash Online ☒ Cheque ☒ Other: Cash or Cheque

If volunteers are required, would you be willing to assist? ☐ Yes ☐ No

Do you have a current criminal record check? ☐ Yes ☐ No



# Outdoor Education Schedule for PAD 30/40

for Semester II (February to June), 2024 – Updated November 29<sup>th</sup>, 2023

## Day Trips/Activities:

- **Proctor Park** – This municipal park is located within walking distance of the school. We will visit this park on a weekly/bi-weekly basis to study its ecosystem and for various other forms of programming.
- **Outdoor Adventure Show** – February 23<sup>rd</sup> (Friday) This will be a full day trip to Toronto to explore Canada's largest exhibition of outdoor related gear, outfitters, and continuing education opportunities. **Students will be responsible for making their OWN way home.**
- **Indoor Rock Climbing** – March 6<sup>th</sup> (Wednesday) We will be visiting the new location of the Boiler Room Climbing Gym in Kingston. All fees and equipment rental are included in the cost of the OE program.
- **OE Parents' Night Meeting** – March 27<sup>th</sup> (Wednesday) - We will be holding an OE parent information meeting at 5:00 pm in room 236. This evening also doubles as our school's regularly scheduled parents' night. At this meeting we will further outline the OE program, our safety procedures, and give you a chance to meet us and ask questions prior to our canoe trips.
- **Goodrich Loomis Conservation Area** – March 28<sup>th</sup> (Thursday) These will be half-day (afternoon) trip to work on our GPS, geocaching skills, and tree identification skills.
- **Swimming Test Afternoon** – April 3<sup>rd</sup> (Wednesday) – All participants in the course **must** complete a pool swim test to attend the scheduled canoe trip(s). Students will have to swim 100 metres (fully clothed) and tread water for 5 minutes while wearing a properly fitted PFD. Basic canoe rescues and strokes will also be covered in this pool session. **Students will be responsible for making their OWN way home.**
- **Canoe Skills Afternoon** – April 22<sup>nd</sup> (Monday) Students will practice their canoeing skills at the Brighton public boat launch in preparation for our upcoming canoe trip(s). This is also a **mandatory session**. (Rain date: Thursday March 25<sup>th</sup>)
- **Mountain Biking** – Early June -- This will be our second year offering mountain biking opportunities to our OE students. Mountain biking dates and locations will include:
  - June (3<sup>rd</sup> to 7<sup>th</sup>) – Safe biking instruction (both in-class & outside)
  - June (10<sup>th</sup> to 14<sup>th</sup>) – Afternoon bike ride to Presqu'île Provincial Park

**\*\*\*\*Please detach for your reference at home\*\*\*\***

## Overnight Trips:

### **Kawartha Highlands Provincial Park** – May 6<sup>th</sup> (Monday) to 8<sup>th</sup> (Wednesday)

- **Day 1:** Depart ENSS at 8:00 am to arrive at Kawartha Highlands PP (Access Point #5) at around 12:00 pm. Anstruther Lake -P 80m and P 122m - Cold Lake (camp)
  - **Day 2:** Cold Lake – P 1310m - Cox Lake – P 24m and P 130m - Loucks Lake (camp)
  - **Day 3:** Loucks Lake - Long Lake – Parking Lot (Access Point #2) for pick-up
- Arrive back at ENSS at approximately 3:00 pm  
- Total lake travel approx: 20 km      - Total portaging approx: 1.6 km (One-trip only)  
- Total # of portages: 5

### **Algonquin Provincial Park** – May 13<sup>th</sup> (Monday) to 17<sup>th</sup> (Friday)

- **Day 1:** Depart ENSS at 7:00 am to arrive at Algonquin at 12:00 noon (Access Point #6). Smoke Lake - P 240m - Ragged Lake - Parkside Bay (camp)
  - **Day 2:** Parkside Bay - P 590m - Big Porcupine (camp)
  - **Day 3:** Big Porcupine - P 200m - Bonnechere - P 175m - Phipps - P 60m - Kirkwood - P 715m - Pardee Lake - P 145m - Harness (camp)
  - **Day 4:** Harness - P 1035m - Head Lake - P 1640m - Cache Lake - Tanamakoon - P 120m - Sheriff Pond - P 320m - Little Island Lake (camp)
  - **Day 5:** Little Island Lake - P 225m - Kootchie - P 835m - Smoke Lake - Parking Lot (Access Point #6)
- Arrive back at ENSS at approximately 5:00 pm  
- Total lake travel approx: 55 km      - Total portaging approx: 6.3 km (One-trip only)  
- Total # of portages: 13

**\*Your consent for your child to participate in this Outdoor Education course would also include any other activities/field trips that are required but not outlined in the above schedule \***

**\*\*\*\*Please detach for your reference at home\*\*\*\***

# OE Course Conduct and Agreement

By signing this agreement, students commit to adhering to the following rules of conduct and expectations, both within the classroom and on field trips:

1. Attendance:

**In class** – unjustified classroom absences (**especially the day before a field trip**) may result in the removal of the student from field trip(s) for being unprepared due to important trip logistics being covered in class.

**On Trip(s)** – this is a participatory credit and active participation is expected. If you're absent from a field trip, a mark of zero will be awarded and an alternative assignment will be provided. Once the alternative assignment is submitted, its grade will replace the zero for the missed field trip.

2. Homework and Missed School Work – Students are responsible for catching up on all schoolwork and assessments missed during field trips. Students are required to speak to their teacher(s) **prior** to any the field trip to ensure that teacher(s) are aware of their absence; to ensure that students know specifically what assignments will be due upon return; and, to set up a reasonable time frame for late submission to be accepted by their teacher(s).
3. Students **must** be passing all courses, as a prerequisite, to participate/attend the extended canoe trip(s). Since further student absences from class would negatively impact their mark(s), an alternative assignment will be provided.
4. All our field trips involve an element of risk and requires risk assessment to keep everyone safe, this includes all participants. If a students' attitude, conduct and/or behaviour would put them **or** others at risk on a field trip, this student will not be allowed to attend/participate. An alternative assignment will be provided in this case.
5. No alcohol, drugs, smoking and/or vaping
6. Misuse of equipment will result in the student/parent being financially responsible for repair and/or replacement of said equipment.

Any student breaking these rules will be removed from the field trip immediately. Parents/guardians will be required to pick up their child from the trip. Moreover, the student jeopardizes their success in the course and may be removed from the Outdoor Education program entirely.

## **Student Expectations**

- Always treat one another with respect.
- Promote respect and assist their teachers, supervisors, and peer helpers.
- Always be on time for field trips/activities. Tardiness causes the entire group to be delayed.
- Always use appropriate vocabulary.
- Sign out, use, and care properly for all school equipment.
- Respect nature and all its inhabitants always.
- Demonstrate leadership, cooperation, and initiative.

**Student Signature:** \_\_\_\_\_

**Parent/Guardian  
Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_



**KAWARTHA PINE RIDGE DISTRICT**  
**SCHOOL BOARD**

**WEB PAGE CONSENT**

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Dear Sir/Madam

In compliance with the Municipal Freedom of Information and Protection of Privacy Act, the Kawartha Pine Ridge District School Board requires your permission to publish works, photographs, etc., of your child on the school board's web page. You may indicate your consent by signing below.

I grant permission to publish pictures and stories from the outdoor recreation program of my child to the School/Board's Web Page.

\_\_\_\_\_  
Students Name

East Northumberland SS  
\_\_\_\_\_  
Name of School

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

## ONTARIO RECREATIONAL CANOEING AND KAYAKING ASSOCIATION

*(to be executed by Participants who are younger than 18 years of age and by their parents/guardians)*

**WARNING! Please read carefully! By signing this document, you will assume certain risks and responsibilities**

Participant's Name: \_\_\_\_\_ Participant's Date of Birth: \_\_\_\_\_

1. This is a binding legal agreement. Clarify any questions or concerns before signing. An individual who is younger than 18 years old and who wants to participate in the programming of the Ontario Recreational Canoeing and Kayaking Association ("ORCKA") or its Organizational Members, which may include but is not limited to: recreational paddling, wilderness tripping, guiding and their associated activities (collectively the "Activities"), must have themselves and their legal parent/guardian (collectively the "Parties") acknowledge and agree to the terms outlined in this agreement.
2. The undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

### Disclaimer

3. ORCKA, East Northumberland SS and respective Directors, Officers, members, employees, volunteers, instructors, trip leaders, participants, agents, sponsors, and representatives (collectively the "Organization") are not responsible for any injury, property damage, death, expense, loss of income, damage or loss of any kind suffered by the Participant during, or as a result of, the Activities.

☐ **We have read and agree to be bound by paragraphs 1 to 3**

### Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:
  - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life,
  - b) The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming,
  - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction,
  - d) **(COVID-19)** The COVID-19 disease has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.
5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The Parties understand that the Organization may fail to safeguard or protect the Participant from the risks, dangers and hazards of the Activities, some of which are listed below. The risks, dangers and hazards include, but are not limited to:
  - a) The inherent risks of the Activities, including:
    - i. Improper or incomplete provision or maintenance of paddling equipment, such as canoes, kayaks, stand up paddle boards, paddles, PFDs, and paddling rescue safety equipment,
    - ii. Improper or incomplete provision or maintenance of tripping equipment, such as tents, tarps, kitchen equipment, and packs,
    - iii. Improper or incomplete provision or maintenance of transportation equipment, such as vehicles, paddling equipment, and tripping equipment,
    - iv. Improper or incomplete provision or maintenance of first-aid resources or equipment, such as first-aid kits and material,
    - v. Improper or incomplete provision of participant registration information, such as waivers, medical forms, emergency contact forms, and determination of swimming ability, paddling ability/experience, and general level of fitness,
    - vi. Improper or incomplete provision of food and water-related information, such as nutrition, hydration, water purification, wildlife management, and food preservation,
    - vii. Inability to properly secure or prepare the 'instructional environment' location or 'wilderness tripping route', which may include a waterfront dock, public beach site, campsite or portage route, private property, a conservation area, a Provincial or National Park, or crown land,
    - viii. Risks associated with transporting participants or equipment,
    - ix. Risks associated with paddling in rough water conditions, encountering water hazards, swimming/floating, using paddles, using rope and other paddling equipment, carrying a canoe and other paddling equipment, and with accidents or illness in a remote place without medical facilities,
    - x. Improper or incomplete accounting for safe wilderness travel, weather, or paddling,
    - xi. Inability to provide a safe wilderness camping environment, such as by failing to be aware of site hazards, lack of awareness of hazards (related to the kitchen, stove, firepit, and camp hygiene), failing to follow swimming protocol, and prolonging exposure to the elements,
    - xii. Inability to provide for emergency response, such as by creating an evacuation plan, rescuing the Participant or equipment, determining an alternate route, sourcing alternate leadership, or providing first-aid.
  - b) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; repetitive actions; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; hyperthermia; hypothermia; sprains and fractures, spinal cord injuries, bacterial infections; drowning; rashes; contact with plants, animals, reptiles or insects; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof,

- c) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on the ground or other surfaces; extreme weather conditions; and travel to and from the premises,
- d) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability,
- e) Contact: contact with equipment associated with the Activities, other equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury,
- f) Advice: negligent advice regarding the Activities,
- g) Ability: failing to act safely or within the Participant's own ability or within designated areas,
- h) Cyber: privacy breaches; hacking; and technology malfunction or damage,
- i) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants,
- j) Travel: travel to and from the Activities.

☐ **We have read and agree to be bound by paragraphs 4 and 5**

#### Terms

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant,
  - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition,
  - c) To comply with the rules and regulations for participation in the Activities,
  - d) To comply with the rules of the facility or equipment,
  - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately,
  - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant will not participate if impaired in any way,
  - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity,
  - h) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment,
  - i) **(COVID-19)** That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death.
7. In consideration of the Organization allowing the Participant to participate, the Parties agree:
- a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities,
  - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities,
  - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Ontario and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

#### Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Ontario and they further agree that the substantive law of the Province of Ontario will apply without regard to conflict of law rules.

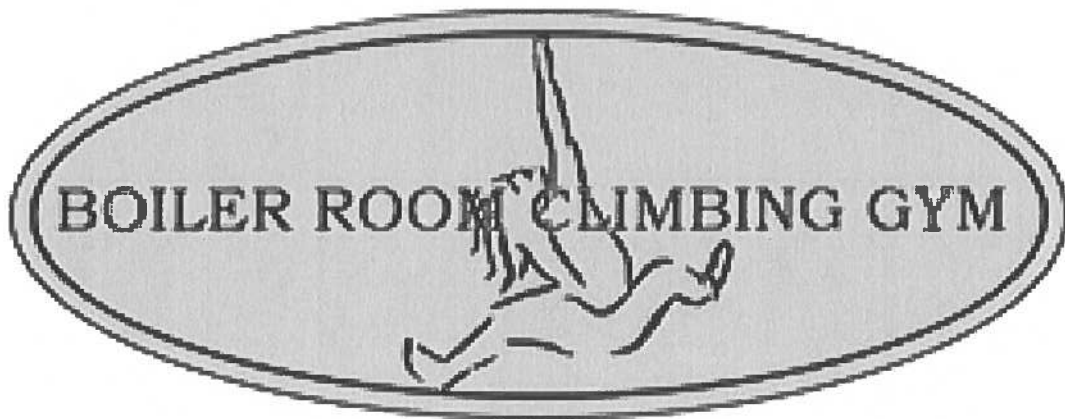
☐ **We have read and agree to be bound by paragraphs 7 and 8**

#### Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, guardians, next of kin, executors, administrators and legal or personal representatives.

_____ Name of Participant	_____ Signature of Participant	_____ Date
_____ Name of Parent or Guardian (print)	_____ Signature of Parent or Guardian	_____ Date
_____ Name of Witness (print)	_____ Signature of Witness	_____ Date





Use the link below to fill out the online waiver form for our indoor rock climbing trip on Wednesday March 6<sup>th</sup>, 2024. **Please Note:** Waiver must come from the parent's email address and be signed/initialed by the parent/legal guardian.

<https://pad301.weebly.com/>

Just click on the button at the top of the page.



# Sign up for important updates from Mr. Kovacs.

Get information for **East Northumberland Secondary School** right on your phone—not on handouts.

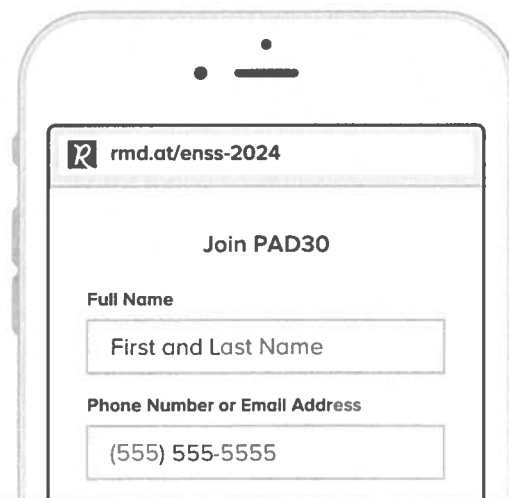
Pick a way to receive messages for **PAD30**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

**rmd.at/enss-2024**

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@enss-2024** to the number **(705) 230-3078**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/enss-2024](https://rmd.at/enss-2024) on a desktop computer to sign up for email notifications.

# Canoe Trip Packing List

Weather at this time of year (spring) in both Algonquin & Kawartha Parks is extremely variable. Temperatures will range from 0°C to 25°C. It is very important to be prepared for both extremes. Rain gear is essential!! All equipment will have to be portaged and must fit in the canoes. Please check the list below carefully and pack lightly. Volume and weight are important. If you are missing any of the gear/clothing listed below, please ask me (your teacher) first prior to buying new items because the school has loads of extra gear/clothing available to be used.

## Clothing

- ☐ 3-5 pairs of underwear
- ☐ 2 pairs of long pants (**NO JEANS**)  
(quick-dry pants preferred)
- ☐ 3-5 pairs of socks (wool or synthetic)
- ☐ 2-3 shirts (long & short sleeved)  
(non-cotton preferred)
- ☐ 1 pair of shorts  
(quick-dry shorts preferred)
- ☐ Long underwear (top & bottom)  
(non-cotton preferred)
- ☐ Toque & cap (with full brim)
- ☐ Bathing suit & small towel
- ☐ Sleeping clothes  
(pj's or long underwear)
- ☐ Long-sleeved sweatshirt (fleece)
- ☐ Rain gear (top & bottom)
- ☐ Insulated jacket (in case of cold weather)
- ☐ Bandana

## Toiletries

- ☐ Biodegradable soap
- ☐ Toilet paper
- ☐ Tooth brush & paste
- ☐ Personal sanitary items
- ☐ Wash cloth/small towel
- ☐ Instant hand sanitizer
- ☐ Sanitizer wipes (optional)
- ☐ Personal medication  
(report to Mr. Kovacs)
- ☐ Spare glasses/contacts

## Camping Gear

- ☐ 2 (1 litre) water bottles  
(Nalgene style preferred)
- ☐ Sleeping bag (3 season)
- ☐ Bowl or plate
- ☐ Cup/mug with a lid
- ☐ Knife, fork, & spoon
- ☐ Gloves (fleece & paddling)
- ☐ 2 pairs of shoes (1 hiking & 1 'dry')
- ☐ Water shoes (optional)
- ☐ Swiss army knife (optional & must be less than 6 inches)

## Kitchen Gear

- ☐ Fuel (1lb. propane canisters)
- ☐ Extra plastic bags (at least 5)
- ☐ Scrubber & dish cloth

## Misc.

- ☐ Journal & Pencil/Pen  
(with route map & campsite routines included)
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Bug repellent
- ☐ Bug jacket/hat (optional)
- ☐ Flashlight/headlamp  
(with extra batteries)
- ☐ Camera (digital or disposable)
- ☐ Cards
- ☐ Fishing gear (optional)
- ☐ Sunglasses
- ☐ Money (for road trip stops)
- ☐ Change of clothes (at take-out)

### *Items Provided by ENSS*

- ☐ Canoes
- ☐ Tent (4 & 2 person)
- ☐ Sleeping Pads
- ☐ Food Barrels (30L & 60L)
- ☐ Stoves
- ☐ Dry Bags (70L & 115L)
- ☐ Lifejackets (with whistles)
- ☐ Paddles
- ☐ Pot Sets
- ☐ Water Filters (2 for the group)
- ☐ Wash Basins
- ☐ Pack Saw
- ☐ Canoe Rescue Buckets
- ☐ First Aid Kit
- ☐ Group Tarps
- ☐ Bear Hang Rope (65 feet)

### *Things not to Bring*

- ☐ Glass bottles or cans
- ☐ Ax or hatchet
- ☐ Cell phones &/or other electronics  
(as there is NO signal)
- ☐ Cologne, perfume, or heavily  
scented products
- ☐ Alcohol or drugs (this should go  
without saying!!)

# Kawartha Pine Ridge District School Board

## SPECIALIST HIGH SKILLS MAJOR (SHSM) STUDENT APPLICATION FORM

STUDENT INFORMATION		
<b>Student Name:</b>  <b>Pathway (W, C, A, U):</b>	<b>Student Address and Postal Code:</b>	<b>Date of Birth: (YY/MM/DD)</b>
<b>Personal Email Address:</b>	<b>Home Phone Number:</b>	<b>Cell Phone Number:</b>
<b>Current School:</b> <b>East Northumberland Secondary</b>	<b>Grade (circle)</b> <div style="display: flex; justify-content: space-around; align-items: center;"> <span>9</span> <span>10</span> <span>11</span> <span>12</span> </div>	<b>Principal:</b>
WHAT IS REQUIRED?		
<p><b>Every SHSM must include the following five components:</b></p> <ul style="list-style-type: none"> <li>a specific bundle of 8-10 credits of Grade 11 and 12 credits that count towards the OSSD.</li> <li>sector-recognized certifications and/or training courses.</li> <li>experiential learning activities within the sector.</li> <li>reach ahead: experiences connected with the student's chosen post-secondary pathway.</li> <li>development of key essential skills and work habits required in the sector.</li> </ul> <p><b>What is meant by Bundled Credits?</b>  The bundle of 8-10 credits must include:</p> <ul style="list-style-type: none"> <li>four 'major credits' that provide sector-specific knowledge and skills.</li> <li>two to four other required credits from the Ontario curriculum (ie English and Math).</li> <li>two credits in cooperative education related to the major credits.</li> </ul>		
PROGRAM CHOICE		
<input type="checkbox"/> Arts and Culture	<input type="checkbox"/> Construction	<input type="checkbox"/> Environment
<input type="checkbox"/> Hospitality & Tourism	<input type="checkbox"/> Manufacturing	<input type="checkbox"/> Transportation
APPROVAL		
<p><b>I hereby agree to the participation of the above-named student in an SHSM Program of the Kawartha Pine Ridge District School Board.</b></p>		
<b>Student Signature:</b>	<b>Parent/Guardian Signature:</b>	<b>SHSM Coordinator Signature:</b>
<b>Date: (YY/MM/DD)</b>	<b>Date: (YY/MM/DD)</b>	<b>Date: (YY/MM/DD)</b>

*The information in this application will be used for purposes consistent with the Education Act and the Municipal Freedom of Information and Protection of Privacy Act.*



