

Sample: Snow Sport Excursion Consent Form

1. Student Details (Please print clearly)

Student Full Name: _____

Parents/Caregiver Full Name: _____

Address: _____ Postcode: _____

Date of Birth: _____

Phone: (H) _____ (W) _____ (M) _____

2. Medical Details

Medicare Number: _____ Exp Date _____

My child is allergic to:

Any medical details or special needs which the Supervising Staff might need to know:

Important Information: In the event of injury, no personal injury insurance cover is provided by the NSW Department of Education and Communities for students in relation to school sporting activities, physical education lessons or any other school activity. Parents and caregivers are advised to assess the level and extent of their child's involvement in the snow sport program offered by the school when deciding whether additional insurance cover is required. Personal accident insurance cover is available through normal retail insurance outlets.

Parents who have private ambulance cover need to check whether that cover extends to interstate travel and make additional arrangements as considered appropriate.

The NSW Supplementary Sporting Injury Benefits Scheme, funded by the NSW Government, provides limited cover for serious injury resulting in the permanent loss of a prescribed faculty or the use of some prescribed part of the body. Further information can be obtained from www.sportinginjuries.com.au

3. Medical Assistance: I understand that the teacher in charge of the excursion will seek medical aid for my daughter/son/ward should he/she deem this necessary. I further understand that medical aid if it is considered necessary may be sought by a qualified ski patroller from a ski resort.

The personal information provided on this permission note, will be used by the Department of Education and Communities for general administration and communication and other matters of welfare relating to your child at this event. The provision of this information is voluntary but your child may not be able to participate if it is not provided. This information will be stored securely and may be amended at any time by contacting the team management.

4. Skiing/Snowboarding/Cross Country Skiing ability: (Please refer to the Self Evaluation Guide provided)

Please indicate the level of your son/daughter's skiing/snowboarding/cross country skiing ability:

Alpine Level

Snowboarding Level

Cross Country Level

5. Excursion Conditions: I understand that his/her attendance on this excursion depends on:

1. Exemplary behaviour whilst on the excursion
2. Full payment for the excursion by the date shown above
3. Students are to comply with the school's Welfare and Discipline Policy`

Name: Signature: Date:/...../.....

Home phone: Work phone:

Name of another contact person: Phone:

Self evaluation guide of students skiing/snowboarding ability :

Skier

Skier	Present Ability	Goal
Level 1	First time skier.	Learn basic skills; gliding on snow, turning & stopping, ride a beginner lift.
Level 2	Can stop and do basic turns.	Refine turning skills for speed control and learn how to ride a lift.
Level 3	Can ride a beginner lift and confidently control speed through snowplough turns.	Learn to skid skis parallel at the end of turn, gain confidence on steeper slopes.
Level 4	Are confident riding lifts and can bring the skis parallel during the turn.	Improve skills to ski parallel confidently on intermediate terrain.
Level 5	Can start the turn with the skis parallel on all intermediate terrain.	Consolidate parallel turns and improve edging skills. Develop short radius turns with pole plant and ski easy moguls. Refine style and technique.

Boarder

Boarder	Present Ability	Goal
Level 1	First time Snowboarder.	Learn how to stop, control direction and ride a beginner lift.
Level 2	You can stop on both heel and toe edges.	Learn to make basic turns in both directions and link turns.
Level 3	You can link skidded turns on green	Build confidence and refine turning

Boarder	Present Ability	Goal
	(easiest) terrain.	skills.
Level 4	You can link turns on blue (intermediate) terrain. Beginning basic freestyle.	Introduce varied turn shape. Develop freestyle skills "fakie" and basic airs. Build confidence in varied terrain.

Cross Country (Nordic) Skier

Nordic Skier Present Ability Goalvel1

Skier	Present Ability	Goal
Level 1	First time Cross Country or Nordic skier	Learn basic skills; gliding on snow, going uphill easily and changing direction
Level 2	Have a little experience on Nordic skis previously. You can stoop and do basic skills – a refresher	Refine basic glidng skills & stance: learn to change direction on the move and use terrain.
Level 3	You can glide but want to develop rhythm and change direction confidently to control speed..	Learn to glide and stride with confidence, gain confidence on varied terrain and snow conditions.
Level 4	You are confident with glide and balance to progress to skate skiing. Can ski with finesse and balance.	Improve skills to ski with glide and work on skate skills. Can use terrain.
Level 5	You can utilise the terrain with some confidence. Skate and stride with balance and rhythm.	Refine style and technique to enhance glide whether you diagonal stride or skate.
Skill Workshop	You can confidently ski most of the Trail network in various conditions.	Dynamic skate skiing & turns, refine gliding skills, adapting to ungroomed and varied conditions.