

Beaver Brae School Permission Form

As part of the **Intermediate Outdoor Pursuits program**, your child will be participating in a winter trip to **Minaki Yurts on Tuesday, January 29th to Wednesday, January 30th**. The busses will depart on Tuesday at 9:30 AM and we will return in time for busses on Wednesday. During this trip, students will have the opportunity to demonstrate their learning from the term by cooking a meal over a fire, x-country skiing, snowshoeing, snow games, and cooperative learning.

Students will be spending the night in one of four different yurts (Tipi, Fireside, Trailside & Lakeside). All yurts are heated through wood stoves. Bedding is provided. If you would like more information on these accommodations, please visit <http://minaki.ca/Yurts.html>. Students will be informed of which yurt they will be staying in closer to the trip.

COST PER STUDENT: \$70 (Includes transportation, accommodations, trail fees, and food except for one meal that students will be preparing on their own in cooking groups.)

EMERGENCY TELEPHONE NUMBER: _____

ONTARIO HEALTH CARD NUMBER: _____

SUPERVISORS: Mme. Dockerty and Mr. McEwen

Elements of Risk

Educational Activity Programs can involve certain elements of risk. Accidents may occur while participating in these activities and these accidents may cause injury. (i.e. scrapes, bruises, transportation)

These types of accidents 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 the facility where the activity is taking place. By choosing to participate in the activity, you are assuming the risk of an accident occurring.

All reasonable safety precautions will be taken and the risk of injury can be further reduced by the student carefully following instructions at all times.

The Keewatin-Patricia District School Board does not provide insurance for any accidental death, disability, dismemberment or medical expenses on behalf of participating students. (Student Accident Insurance was made available to you at the beginning of school.)

Please indicate on the form that is being returned to the school or contact us personally if there is some aspect of your child that we should be aware of and any precautions that should be taken.

PERMISSION FORM

I give _____ permission to participate in January 29th to 30th
student's name

Outdoor Pursuits trip to Minaki Yurt Adventures.

(name of parent(s) / guardian(s))

(signature of parent(s) / guardian(s))

I have read the above information with my parent(s)/guardian(s). I understand that there are some risks involved and I will do everything reasonable to comply with the safety-oriented regulations and instructions in order to reduce those risks.

(signature of student)

PACKING LIST:

Plan for clothing that keeps you warm and dry. **NO COTTON:** Once cotton gets wet, it stays wet; wool is a great alternative. Please try to ensure your base layer (layer closest to your skin) is made of synthetic fibers (polyester, rayon, nylon, polypro) or something that “WICKS AWAY” sweat.

No need to go out and buy the “proper gear”: look in your closet first and read the labels on the clothing. Thrift /second hand stores are great places to purchase clothing if necessary.

It is advisable to wear several layers of light clothing rather than one or two heavy articles.

Pack all personal items into one pack or suitcase.

CLOTHING:

- 4 Pairs of heavy socks (not cotton)
- Slippers for indoor use
- 2-3 T-shirts/ Shirts
- 2 Pairs of pants (preferably not jeans)
- 1-2 Pairs of Long underwear/base layer
- 2 Sweaters or Fleece Jacket
- Sleeping wear

COLD-WEATHER GEAR

- 1 Pair of water resistant snow pants (ski pants)
- Water-resistant winter coat
- 2 Pairs of Winter Gloves/Mitts (waterproof if possible)
- 2 Winter Toques
- 1 scarf/buff/neck warmer
- 1 Pair of Winter Boots

PERSONAL HYGIENCE ITEMS

- towel, facecloth and soap
- hairbrush and comb
- toothbrush and toothpaste
- deodorant, chapstick

OTHER:

- Sunglasses
- 1 Water bottle
- Thermos

FOOD:

Students will be divided into groups and will be expected to cook one meal over a fire. Be sure to discuss with your child what meal their group decided to make and what items your child is responsible to bring.

PLEASE DO NOT PACK: Electronics (cell phone service is minimal) and valuable personal belongings

DRESSING FOR WINTER WEATHER

When the weather is cold and the winds are blowing, you can still enjoy the beauty of winter. During our trip, we want students to experience the joys of winter, from exploring the surrounding forest to building snow structures. However, students will only be able to enjoy winter when they are comfortable. Below are tips on how to dress to protect you and your children from the cold.

Essential cold-weather gear for everyone includes:

- Water-resistant winter coat
- Water-resistant snow pants
- Insulated snow boots
- A winter hat/wool toque
- A scarf or knit mask to cover face and mouth
- Several pairs of Mittens (wool is best)
- Several layers of loose-fitting clothing, extra socks
- Long underwear

Tips:

The outer layer of your clothing should be tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Among the most essential gear is a warm winter hat, fully covering your head. You lose up to 80% of your body heat through the top of your head. So don't forget to cover up! A wide scarf can cover your face on those days when there is a strong gusting northern wind.

Think like an onion! Dress in layers, having extra sweaters and layers of fleece on hand to pile on under your jacket. Make sure you stay dry. When your clothing gets wet, it chills your body rapidly. Remember, excess perspiration will also increase heat loss, so remove extra layers of clothing whenever you feel too warm.

A good pair of boots makes all the difference. Snowmobile boots with a rubber or nylon exterior and insulated inner lining work the best. At night, take the liner out and allow it to dry thoroughly before the next day's activities (Note: do not place anything too close to the wood stove - fire hazard!). Have a pair of indoor shoes (or slippers) handy so that your socks stay nice and dry.

Mittens should be well insulated and should fit snugly around the wrists. Bring an extra pair in case your first pair becomes wet.

Remember, the key to enjoying the winter is to dress warm and stay warm!