**INTERMEDIATE SPRING CROSS COUNTRY MEET 2024**

There will be a School District Intermediate Cross-Country event at Golden Ears Park (Alouette Lake) on **Tuesday, May 28th**. The meet will be held rain or shine. All participants should be wearing gym strip and well-laced running shoes. Warm jogging clothes should be worn over the gym strip. Participating students will be provided a school jersey on the run day.

Although there will be several teachers at the event, they are unable to provide direct supervision to all students at all times. Families are asked to remain at Alouette Lake with their child.

In an effort to reduce the number of people at the park, we are asking families to arrive 15 minutes before your child’s run time and depart as soon as possible after the run is complete. For example, Grade 6 students do not need to arrive at Alouette Lake until 4pm. Grade 5 students should aim to arrive at the park by 3:45pm.

Please return the attached permission slip NO LATER THAN Monday, May 27th

* *Date*: Tuesday, May 28th
* *Meeting Place/Time*: Alouette Lake Day Area – Our School Tent
* *Run Location:* Golden Ears Park – Alouette Lake Day Use Area
* *Run Distance:* 2 (two) km
* *Event Start Time:* 3:20 (Grade 7 girls)

3:32 (Grade 7 boys)

3:44 (Grade 4 girls)

3:56 (Grade 4 boys)

4:08 (Grade 5 girls)

4:20 (Grade 5 boys)

4:32 (Grade 6 girls)

4:44 (Grade 6 boys)

These times are approximate, please check in at your school tent at least 15 minutes before your race.

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Inherent risks may include, but are not limited to:

* Foot injuries (e.g., blisters, sprains) or leg/knee injuries.
* Injuries related to trips and falls.
* Injuries related to collisions with other students or immovable objects (e.g., trees).
* Sunstroke or hypothermia, due to inappropriate clothing or insufficient hydration.
* Allergic reactions to natural substances (e.g., bee or wasp stings).
* Becoming lost or separated from the group or the group becoming split up.
* Other risks normally associated with participation in the activity and environment.
* Personal conduct/horseplay/not following rules/the conduct of other group members.
* Possibility your child may not heed safety instructions or restrictions given to the group.

**I have read and understand the risks associated to this event: \_\_\_\_\_ (initials)**

**I understand that my child will not be directly supervised at all times during this event: \_\_\_\_\_\_ (initials)**

**The volunteer race officials will do everything they can to ensure the safety of all children but I understand that due to the uneven terrain of this course, injuries can occur: \_\_\_\_\_\_\_\_\_ (initials)**

Families will need to arrange transportation to and from this event for their own child. The school is unable to help organize rides to and from Alouette Lake.

I give permission for my child to participate in the District Cross-Country Meet at Alouette Lake on Tuesday, May 28th.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Grade: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Division:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Special concerns for my child (i.e. medical) that the school needs to be aware of for this event are:

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Care Card #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Print name of Parent/ Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_