

St. Albert Sports Academy
“Athletics are a Dress Rehearsal for Life”

Ph. #459-4478

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Parent Consent Form for off – site Sports Academy Programming
2019/20

Please Sign and return to Sports Academy Instructor

The Board of Trustees supports the practice of conducting educational field trips and excursions that enhance student learning as described in the Program of Studies and as aligned with the division mission statement. There are risks and even death associated with every field trip. Please read this parent information carefully so that you can provide a well-informed parental consent for these activities. At any facilities where instruction is provided those providing the instruction are professionals. At all facilities there is always one teacher on hand. Each of our activities/trips is used to meet curricular outcomes for Physical education and health. Some of these activities will take place outside of our school setting. Transportation to these venues will be by way of charter bus company or cab. This list is comprehensive of all academy programs, not all athletes will do all activities. Please ensure to initial each box, by not initialing you are excluding your athlete from that activity if their group is doing it.

Please initial beside each activity	Activity	Dates: see your group’s monthly schedule for exact date	Facility	Location
	Hockey	Sept. - June	Ice rinks	St. Albert and Edmonton
	Soccer	Sept. - June	Soccer Pitches/Indoor and Outdoor/ Riel Turf	St. Albert and Edmonton
	Golf	Sept. - June	Twin Willows Dragons Head Lone Spruce	St. Albert, Edmonton (Weather Permitting)
	Lacrosse	Sept. - June	Servus/Akins/Kinex	St. Albert
	Badminton	Sept. - June	Servus	St. Albert
	Martial Arts	Sept. - June	Complete Fitness Legends Boxing Gym	St. Albert Edmonton
	Curling	Sept. - June	St. albert Curling Club	St. Albert
	V-Ball/Kick boxing Training	Sept. - June	Servus	St. Albert
	Swimming/Foam Roll Training	Sept. - June	Servus/Fountain Park	St. Albert
	TRX/Basketball	Sept. - June	Servus	St. Albert
	Aerobic Yoga/Basketball	Sept. - June	Servus	St. Albert
	Badminton/ Pilates	Sept. - June	Servus	St. Albert
	Dance	Sept. - June	R.S. Fowler School	St. Albert
	Gymnastics/Cheer leading	Sept. - June	Dynamyx Ace Cheer Facility	ST. Albert Edmonton
	V-Ball/Kettle ball	Sept. - June	Servus	St. Albert
	Track and Field	Sept. - June	Fowler Track/ Riel Turf	St. Albert
	Turf Games	Sept. - June	Servus	St. Albert
	Water Polo	Sept. - June	NAIT	Edmonton
	Rock Climbing/Cross Fit/Yoga	Sept. - June	Rock Jungle Soul Fitness	Edmomnton St. Albert
	Boxing Fitness Training	Sept. - June	Panther Gym	Edmomnton
	Bowling	Sept. - June	St. Albert Bowling Center	St. Albert
	Archery	Sept. - June	Edmonton Archery	Edmonton

	Laser Tag	Sept. - June	Laser Quest/Mobile Elite	Edmonton/St. Albert
	Axe Throwing	Sept. - June	Axehole/Axe Monkey	Edmonton
	Functional Fitness	Sept. - June	ATHX	Edmonton
	Squash	Sept. - June	Edmonton Squash Club	Edmonton
	OVR	Sept. - June	Game OVR	St. Albert
	Snow Valley aerial Park	Sept., May, June	Snow Valley	Edmonton
	Water Skiing	June	Shalom Park	Edmonton
	Biking St. Albert Trails/BMX Track	Sept. - June	Trail system	St. Albert
	Canoeing/Paddle Boarding	Sept., May, June	Edmonton Rec Programs Canoe Paddle Board Club	Edmonton
	Long Boarding/Skate Boarding/Roller Blading	Sept., May, June	Edmonton Rec. Programs	Edmonton
	Cycling Velodrome	Sept. May, June	Argyl Velodrome	Edmonton
	Corn Maze	Sept./Oct.	Edmonton Corn Maze	Edmonton
	Fitness	Sept. - June	Orange Theory	St. Albert
	Parkour	Sept. - June	St. Albert Gymnastics Club	St. Albert
	Football Ultimate Frisbee Rugby	Sept. - June	Riel Turf/Servus Turf/Albert Lacombe	St. Albert
	Scootering	Sept. - June	House of Wheels	Edmonton
	Baseball	Sept., May, June	Albert Lacombe, Legion Fields, 5 tool Field House	St. Albert, Edmonton

*Any changes to schedule will be communicated to parents via email

PLEASE NOTE:

- Please initial all activities
- Due to inclement weather, alternative activities may be substituted for the above noted activity.
- Please indicate a "NO" beside any activity(ies) your child is NOT permitted to attend.
- Additional waivers/consents may be required by individual facilities.

The following is a checklist of my child's medical condition (including allergies, conditions requiring medications, etc.) And/ or a list of medication that my child must take and any special instructions regarding medication and administration. (Please check and complete notification for concerns or write NA for not applicable)

Allergies include: _____

Asthma _____

Specialized transportation _____

Epi-pen is required _____

Inhaler required _____

Other: _____

PARENTAL PERMISSION:

I have read and understand the educational and safety (risk) assessments provided for each activity.

I give _____ my permission to attend the above noted activities that I have initialed.

Full name of student

If my child requires medical attention, I authorize the supervisors to seek necessary medical treatment.

In case of an emergency I may be contacted at:

An alternate emergency contact is:

Home telephone(s): _____

Work telephone(s): _____

Cellular telephone: _____

Name: _____

Relationship: _____

Home telephone(s): _____

Work telephone(s): _____

Cellular telephone: _____

Signature of Parent/Guardian

Date

Print name of Parent/Guardian

Greater St. Albert Sports Academy Activities Educational and Risk Assessment

Physical education and health curriculum focus on the students' ability to be active daily in a variety of activities, appreciate the benefits of physical activity, have the ability to interact positively and will assume responsibility to lead an active life. Each of our activities/trips is used to meet these criteria. In doing so we are striving to help students become physically literate and to follow the long term athletic development model. Parents/guardians of student athletes participating in any activity understand there is a risk of injury and even death in doing so.

Activity	Hazards/Risks
Hockey	Transportation to and from site <ul style="list-style-type: none"> • Hypothermia or frostbite • Dehydration • Concussion • Falls on ice • Scrapes, bumps or bruises • Collisions with other objects or people • Injury from collision or falls
Soccer	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with ball • Injury due to inclement weather • Concussion
Aerobic Yoga/Pilates	Transportation to and from site <ul style="list-style-type: none"> • Dehydration • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises • Concussion
Badminton	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with racket or shuttle • Concussion
Basketball	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Scrapes, bumps or bruises • Concussion

Baseball	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball or bat • Scrapes, bumps or bruises • Concussion
Bowling	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Injury from falls • Injury from dropping ball • Scrapes, bumps or bruises • Concussion
Boxing Fitness/Ju – Jit – su/Martial Arts	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from contact with classmates • Scrapes, bumps or bruises • Concussion
Curling	Transportation to and from site <ul style="list-style-type: none"> • Hypothermia or frostbite • Dehydration • Concussion • Falls on ice • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises
Fitness Training/Weight Training/Kettle ball Training/Viper Training	Transportation to and from site <ul style="list-style-type: none"> • Dehydration • Concussion • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises
Golf	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Injury due to inclement weather • Concussion

<p>Gymnastics/Cheer/Trampoline Parkour</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls from gymnastic apparatus • Concussion
<p>Dance</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
<p>Running</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls • Injury due to inclement weather • Concussion
<p>Ultimate Frisbee/Touch Football/Rugby</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls • Injury from being hit with ball/Frisbee • Injury due to inclement weather • Concussion
<p>Swimming/Water – Polo/Water Skiing/Canoeing/Paddle Boarding</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Injury • Slipping and Falling • Drowning • Hypothermia • Heat stroke or sunburn • Diving • Concussion
<p>Volleyball</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Injury from running into net

	<ul style="list-style-type: none"> • Scrapes, bumps or bruises • Concussion
Wall Climbing/Rope course	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Injury from falls • Scrapes, bumps or bruises • Climbing without a belay • Being dropped by one's belayer • Improper operation of equipment • Concussion
Cheer/Dance	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Lacrosse	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Tennis	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Archery/Axe Throwing	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with Bow or arrow or Axe • Concussion
Squash	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises

	<ul style="list-style-type: none"> • Injury from being hit Racket • Concussion
OVR	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises
Walking/Biking/Cycling	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Hit by car crossing road
Skate boarding/Long boarding/Roller Blading/Scootering	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Hit by car crossing road

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	Lacrosse	Sept. - June	Servus/Akins/Kinex	St. Albert
	Badminton	Sept. - June	Servus	St. Albert
	Martial Arts	Sept. - June	Complete Fitness Legends Boxing Gym	St. Albert Edmonton
	Curling	Sept. - June	St. albert Curling Club	St. Albert
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	Turf Games	Sept. - June	Servus	St. Albert
	Water Polo	Sept. - June	NAIT	Edmonton
	Rock Climbing/Cross Fit/Yoga	Sept. - June	Rock Jungle Soul Fitness	Edmomnton St. Albert
	Boxing Fitness Training	Sept. - June	Panther Gym	Edmomnton
	Bowling	Sept. - June	St. Albert Bowling Center	St. Albert

	Archery	Sept. - June	Edmonton Archery	Edmonton
	Laser Tag	Sept. - June	Laser Quest	Edmonton
	Axe Throwing	Sept. - June	Axehole	Edmonton
	Functional Fitness	Sept. - June	ATHX	Edmonton
	Squash	Sept. - June	Edmonton Squash Club	Edmonton
	OVR	Sept. - June	Game OVR	St. Albert
	Snow Valley aerial Park	Sept., May, June	Snow Valley	Edmonton
	Water Skiing	June	Shalom Park	Edmonton
	Biking St. Albert Trails/BMX Track	Sept. - June	Trail system	St. Albert
	Canoeing/Paddle Boarding	Sept., May, June	Edmonton Rec Programs Canoe Paddle Board Club	Edmonton
	Long Boarding/Skate Boarding/Roller Blading	Sept., May, June	Edmonton Rec. Programs	Edmonton
	Cycling Velodrome	Sept. May, June	Argyl Velodrome	Edmonton
	Corn Maze	Sept./Oct.	Edmonton Corn Maze	Edmonto
	Fitness	Sept. - June	Orange Theory	St. Albert
	Parkour	Sept. - June	St. Albert Gymnastics Club	St. Albert
	Football Ultimate Frisbee Rugby	Sept. - June	Riel Turf/Servus Turf/Albert Lacombe	

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Asthma _____

Specialized transportation _____

Epi-pen is required _____

Inhaler required _____

Other: _____

PARENTAL PERMISSION:

I have read and understand the educational and safety (risk) assessments provided for each activity.

I give _____ my permission to attend the above noted activities that I have initialed.

Full name of student

If my child requires medical attention, I authorize the supervisors to seek necessary medical treatment.

In case of an emergency I may be contacted at:

An alternate emergency contact is:

Home telephone(s): _____

Work telephone(s): _____

Cellular telephone: _____

Name: _____

Relationship: _____

Home telephone(s): _____

Work telephone(s): _____

Cellular telephone: _____

Signature of Parent/Guardian

Date

Print name of Parent/Guardian

Greater St. Albert Sports Academy Activities Educational and Risk Assessment

Physical education and health curriculum focus on the students' ability to be active daily in a variety of activities, appreciate the benefits of physical activity, have the ability to interact positively and will assume responsibility to lead an active life. Each of our activities/trips is used to meet these criteria. In doing so we are striving to help students become physically literate and to follow the long term athletic development model. Parents/guardians of student athletes participating in any activity understand there is a risk of injury and even death in doing so.

Activity	Hazards/Risks
Hockey	Transportation to and from site <ul style="list-style-type: none"> • Hypothermia or frostbite • Dehydration • Concussion • Falls on ice • Scrapes, bumps or bruises • Collisions with other objects or people • Injury from collision or falls
Soccer	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with ball • Injury due to inclement weather • Concussion
Aerobic Yoga/Pilates	Transportation to and from site <ul style="list-style-type: none"> • Dehydration • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises • Concussion
Badminton	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with racket or shuttle • Concussion
Basketball	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Scrapes, bumps or bruises • Concussion

Baseball	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball or bat • Scrapes, bumps or bruises • Concussion
Bowling	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Injury from falls • Injury from dropping ball • Scrapes, bumps or bruises • Concussion
Boxing Fitness/Ju – Jit – su/Martial Arts	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from contact with classmates • Scrapes, bumps or bruises • Concussion
Curling	Transportation to and from site <ul style="list-style-type: none"> • Hypothermia or frostbite • Dehydration • Concussion • Falls on ice • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises
Fitness Training/Weight Training/Kettle ball Training/Viper Training	Transportation to and from site <ul style="list-style-type: none"> • Dehydration • Concussion • Collisions with other objects or people • Injury from collision or falls • Scrapes, bumps or bruises
Golf	Transportation to and from site <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Injury due to inclement weather • Concussion

<p>Gymnastics/Cheer/Trampoline Parkour</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls from gymnastic apparatus • Concussion
<p>Dance</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
<p>Running</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls • Injury due to inclement weather • Concussion
<p>Ultimate Frisbee/Touch Football/Rugby</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Scrapes, bumps or bruises • Injury from falls • Injury from being hit with ball/Frisbee • Injury due to inclement weather • Concussion
<p>Swimming/Water – Polo/Water Skiing/Canoeing/Paddle Boarding</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Injury • Slipping and Falling • Drowning • Hypothermia • Heat stroke or sunburn • Diving • Concussion
<p>Volleyball</p>	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Injury from being hit with ball • Injury from running into net

	<ul style="list-style-type: none"> • Scrapes, bumps or bruises • Concussion
Wall Climbing/Rope course	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Injury from falls • Scrapes, bumps or bruises • Climbing without a belay • Being dropped by one's belayer • Improper operation of equipment • Concussion
Cheer/Dance	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Lacrosse	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Tennis	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Scrapes, bumps or bruises • Dehydration • Injury from falls • Concussion
Archery/Axe Throwing	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Injury from being hit with Bow or arrow or Axe • Concussion
Squash	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises

	<ul style="list-style-type: none"> • Injury from being hit Racket • Concussion
OVR	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises
Walking/Biking/Cycling	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Hit by car crossing road
Skate boarding/Long boarding/Roller Blading	<p>Transportation to and from site</p> <ul style="list-style-type: none"> • Collisions with objects or other people • Dehydration • Injury from falls • Scrapes, bumps or bruises • Hit by car crossing road

