

Dear Parents and Guardians of students in grades 5 – 12:

December 5, 2009

You have already received and signed a permission form for our upcoming ski and snowboarding trip to Horseshoe Valley. This letter is intended to supplement that form by providing you with information about some of the specific activities in which your daughter will be participating. Throughout the day, your daughter will have the opportunity to participate in two or more of these activities

ACTIVITY	SAFETY MEASURES
Bus ride	<ul style="list-style-type: none">• There will be ample teacher supervision on board the bus.• Both buses will have Linden staff certified in first aid and CPR
Downhill skiing	<ul style="list-style-type: none">• Mandatory instruction and lesson• Girls are only allowed on hills appropriate to their skill level after a ski test.• Helmets are mandatory
Tubing	<ul style="list-style-type: none">• Mandatory instruction and lesson• Girls are only allowed on hills appropriate to their skill level.
Snowboarding	<ul style="list-style-type: none">• Mandatory instruction and lesson• Girls are only allowed on hills appropriate to their skill level after a ski test.• Helmets are mandatory
Cross-country skiing	<ul style="list-style-type: none">• Mandatory instruction and lesson• Girls are only allowed on trails appropriate to their skill level, and experienced skiers accompany beginner skiers.

Other safety measures include ample Linden staff to supervise students. We have a 1:10 Linden faculty to student ratio on this trip. There is a First Aid facility on site at Horseshoe Valley in case of emergencies. In the event that a student needs to be taken to the hospital, a teacher will accompany them.

Please ensure that your daughter dresses appropriately for the weather. Layered clothing is best; your daughter should ideally have a waterproof outer layer, not jeans (for example). Helmets are now mandatory at Horseshoe Valley!!!

The girls will be out on the slopes for most of the day and will not have immediate access to cell phones or a landline. In case of an emergency, please contact the school, and we will get in touch with your daughter. In case of an emergency on the ski slopes, a teacher will contact the school, and the school will contact families involved.

If you have specific concerns or questions, please feel free to contact us. We will be speaking to your daughters about our expectations of their behaviour during this trip. Please ask your daughter about these expectations and discuss them with her to ensure that both of you understand them.

Sincerely,

Elizabeth and Deidre