



Our Lady of Perpetual Help School

2550 Camosun Street
Vancouver, BC V6R 3W6
Phone (604) 228-8811
Fax (604) 224-6822

September 14, 2015

Dear Parents,

Your child has expressed an interest in participating in our school's Cross Country running team. Cross Country running covers a variety of terrain, including grass, sand, and hills. Students from **Grades 2 through 7** are welcome to participate. **Practices will start this week beginning Thursday, September 17th** and the schedule is as follows:

Practices: Mondays and Thursdays from 3:15 pm – 4:00 pm

The route will be up to and around Queen Elizabeth Track, on 16th Ave and Courtenay St. All students are to be picked up at the track at Queen Elizabeth track at 4:00 pm. For all practices, students will change into their PE strip and meet the coaches on the courtyard steps. **Please note that practices will take place rain or shine and, therefore, students must be dressed appropriately for all types of weather.** Any absences need to be explained by a note from you; a student who has two unexcused absences will be asked to leave the team. It would be helpful to have parents assist with practices by either supervising or running with students. Please sign the permission form and indicate whether or not you are able to help.

- The annual CISVA Cross Country Championship Meet will be held on **Wednesday, October 7th at Swangard Stadium, in Burnaby**. For this meet 8 students (4 boys and 4 girls) from each grade will be selected to compete in the 'competitive run'. All other team members will participate in the 'fun run'. Students will be transported by bus to this meet, but parents must make arrangements for their child's ride home. More details will be provided closer to the date.

Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school or its employees or agents, or the facility where the activity is taking place. By allowing your son/daughter to participate in this activity, you:

- a) are accepting the risk of an accident occurring, and agree that this activity, as described above, is suitable for your child and*
- b) release the school, its employees and agents, from any actions, claims or damages relating to the activity.*
- c) if your child has any medical or dietary condition, which would affect or limit your child's participation, please advise the classroom teacher*

Sincerely,

Our Lady's Cross Country Coaches

✂-----

Cross Country Consent Form

(Please complete and return by Tuesday, September 15th, 2015)

I give _____ in Grade ____ A/B permission to join the OLPH Cross Country Team during the 2015 season and participate in all practices and meets. *I understand that my child may be exposed to certain risks while participating in this activity and agree to release the school, its employees and agents, as set out above. Accidents and injuries may occur.*

I am able to help supervise during practices (yes/no) Monday Thursday

Yes/No _____ My child is able to participate in the CISVA Cross Country Meet at Swangard Stadium on October 7th.

Parent's Signature _____

Date _____