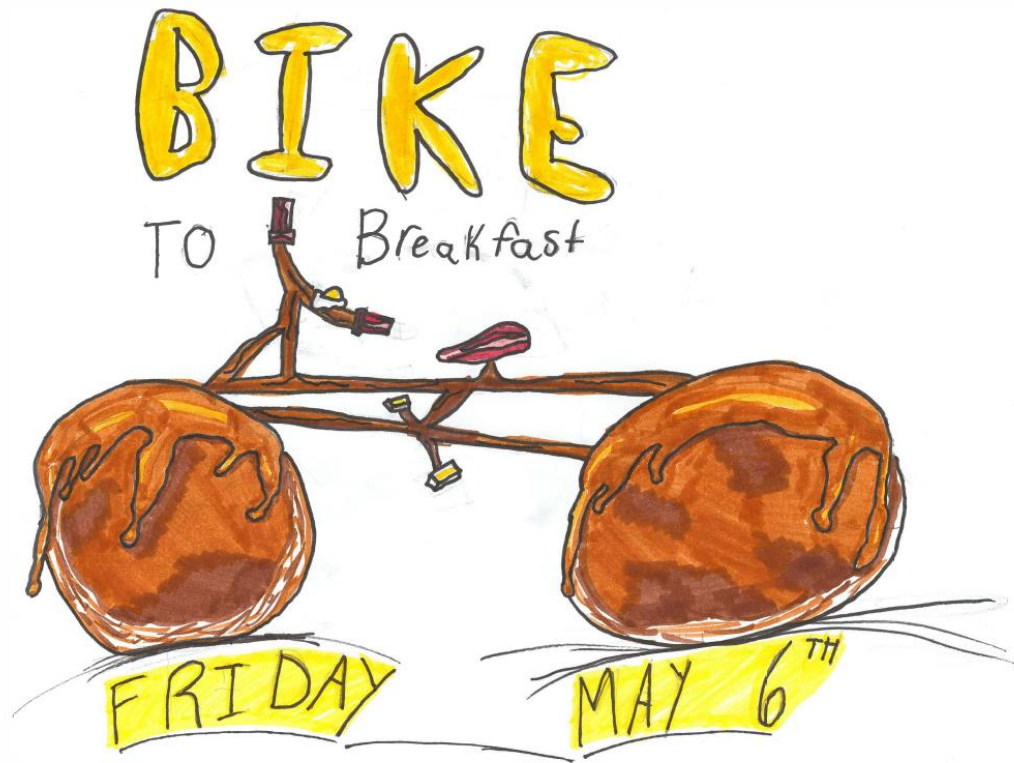
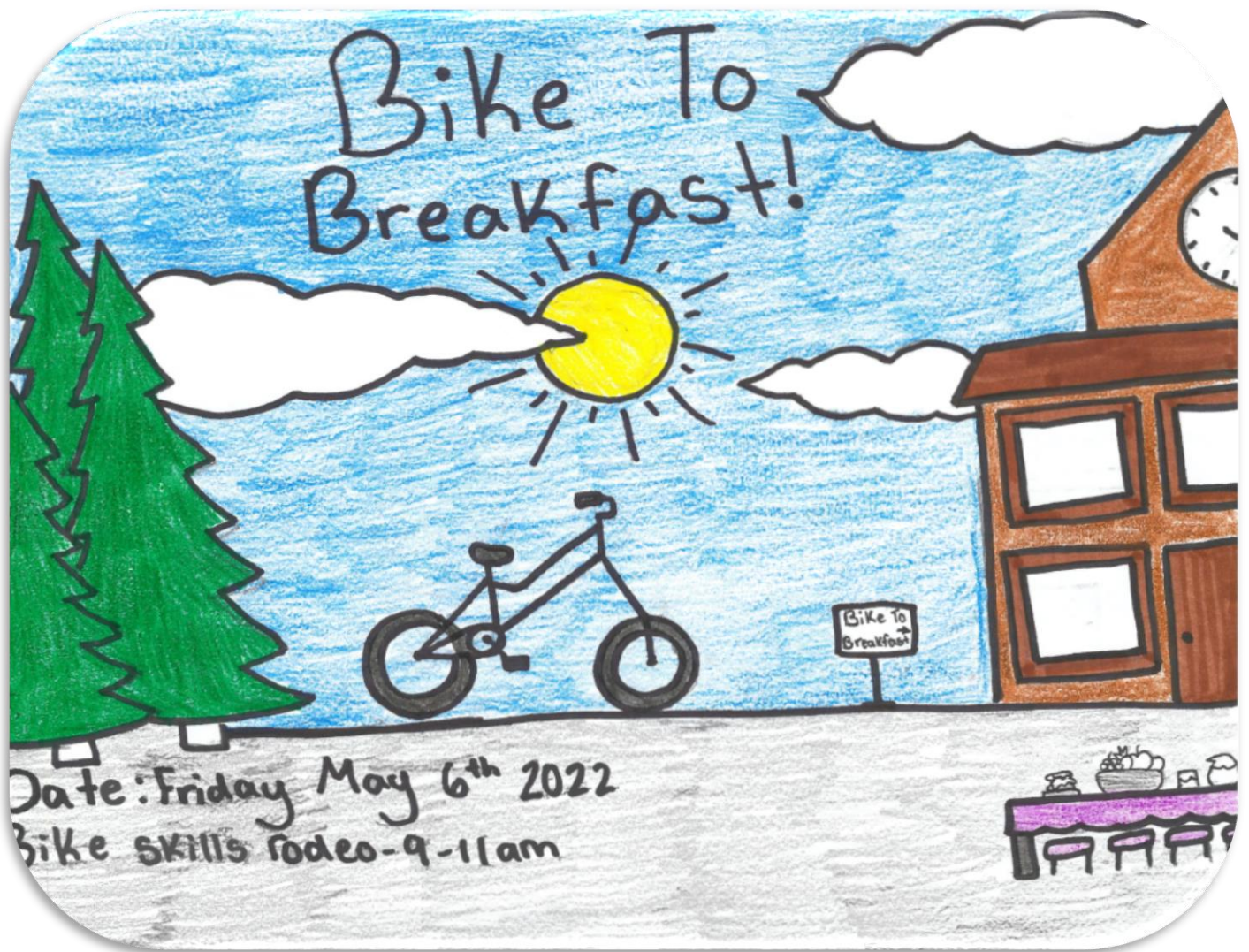


BIKE TO BREAKFAST and BIKE SKILLS RODEO

Join us for our Bike Skills Rodeo Friday May 6th from 9:00am to 11:00am. Make sure you fill in your permission form and return it to your classroom teacher by Tuesday May 3rd to participate!





Schedule:

- **8:45am** - Classes will meet in their regular meeting places and take backpacks up to their classes to do attendance. Students doing walking or art-based activities will gather in the gym.
- **9:00am** - Teachers will take students to their assigned station, rotating clockwise every 15 min.
- **11:00am** - Students will park their bikes in the bike racks or the basketball court and return to class.

Ready to ride?

If your child is interested in this new milestone, here is a quick checklist to assess his or her skills.



Does your child hand signal, and can they ride with one hand to signal?



Does your child plan a safe route in advance?



Does your child dismount when using a cross walk or sidewalk?



Does your child recognize common road signs and traffic signals?



Can your child shoulder check while in motion and do they fully understand the rules of the road?



Can your child start and stop effectively and brake quickly if necessary? Are they confident and in control when riding?



Can your child turn smoothly around corners AND ride in a straight line?



ACTIVE FOR LIFE®

These are general guidelines only. Cycling in traffic is a potentially hazardous activity, and parents should make the final decision for their child.



OFF-SITE ACTIVITY(IES) CONSENT OF PARENT/GUARDIAN
AND ACKNOWLEDGEMENT OF RISK FORM A (Low-Risk Day/Overnight Trip)

School: McKim Middle School

To the Parent(s)/Guardian(s) of: _____ Grade:4-7 Homeroom: _____

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with the Lead Teacher BEFORE signing it.

If this form is not signed and returned to the school by Tuesday May 2, 2022 or your child WILL NOT BE ALLOWED TO ATTEND.

PROGRAM/ACTIVITY INFORMATION

PLEASE SELECT WHICH ACTIVITY OR ACTIVITIES YOU ARE PROVIDING PERMISSION FOR YOUR CHILD TO ATTEND:

- ☐ **Bike Skills Rodeo (May 6 during school)**
- ☐ **Bike Club (Thursdays after school)**

DATE(S):
Bike Skills Rodeo (Friday May 6, 2022 from 9:00am to 11:00am)
Bike Club (Thursdays May 5, 12, 26, June 2, 9, 16, 23 – 3:10pm-5:10pm)

PURPOSE OR EDUCATIONAL GOAL(S):
Physical literacy, bike safety and skills instruction, fun

LEAD TEACHER:
Dan Clark – dan.clark@sd6.bc.ca

SUPERVISORY ARRANGEMENTS:
Teachers, EAs, Support Staff and Parents

COST TO THE STUDENT:
None

WHAT TO BRING:
Bike, helmet, gloves, water bottle and snacks.

BOARD RESPONSIBILITIES

- The board will make every reasonable effort to ensure or ascertain that:
- a. The staff, volunteers and/or service providers involved are suitably trained and qualified.
 - b. The students are adequately supervised over all aspects of the program/activity.
 - c. The location(s) used are appropriate and safe for the activity(ies) and group.
 - d. Equipment used has been inspected and deemed appropriate and safe.
 - e. A Safety Plan is in place to identify and manage known potential risks.
 - f. An Emergency Plan is in place to deal with an injury or illness to any of the students.

POTENTIAL KNOWN RISKS

- Potential known risks include the following:
- Possible injury by not following directions, traffic accident;
 - Injuries related to motor vehicle crashes en route to and from activity area;
 - Becoming lost or separated from the group or the group becoming split up;
 - Injuries related to slips, trips, and falls in the program area or en-route to/from it;
 - Injuries related to falling off the bike;
 - Injuries related to colliding with a moving object (e.g., another cyclist) or with a fixed object (e.g., a tree);
 - Injuries related to ill-fitting equipment, equipment malfunction, or failure to use the equipment properly;
 - Injuries related to the physical demands of the activity and/or lack of activity skill;
 - Weather changes creating adverse conditions;
 - Hypothermia due to insufficient clothing;
 - Loss of manual dexterity in hands during cold and wet weather;
 - Hyperthermia (e.g., heat exhaustion, heat stroke) due to insufficient hydration, overdressing, and/or overexertion in a hot environment;
 - Allergic reactions to natural substances (e.g., bee or wasp stings);
 - Injuries related to interactions with animals and plants in the environment;
 - Psychological injury due to anxiety or embarrassment (e.g., re: body size or shape, lack of fitness and/or skill);
 - Illness related to poor hygiene, and
 - Other risks normally associated with the activity and environment.
 - Complications of an injury or illness due to remoteness and time to emergency services

Additional Comments/ Requirements: **SEE BACK OF FORM**



OFF-SITE ACTIVITY(IES) CONSENT OF PARENT/GUARDIAN
AND ACKNOWLEDGEMENT OF RISK FORM A (Low-Risk Day/Overnight Trip)

School: McKim Middle School

CONSENT AND ACKNOWLEDGEMENT OF RISK

Destination/Activity/Program:

Bike Skills Rodeo (Friday May 6, 2022 from 9:00am to 11:00am)

Bike Club (Thursdays May 5, 12, 26, June 2, 9, 16, 23 – 3:10pm-5:10pm)

1.

I acknowledge my right to obtain as much information as I require about this program or activity and associated risks and hazards, including information beyond that provided to me by the school or board.

2.

I freely and voluntarily assume the risks/hazards inherent in the program/activity and understand and acknowledge that my child may suffer personal and potentially serious injury arising from his/her participation.

3.

My child has been informed that he/she is to abide by the rules and regulations, including directions and instructions from the school's and/or service provider's administrators, instructors, and supervisors over all phases of the program/activity.

4.

In the event my child fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation or that I be contacted to have him/her picked up, unless I have specified other transport arrangements.

5.

I acknowledge that it is my responsibility to advise the Lead Teacher of any medical and/or health concerns of my child that may affect his/her participation in the stated program or activity.

6.

I acknowledge that the trip supervisors may secure transport to emergency medical services as they deem necessary for my child's immediate health and safety, and that I shall be financially responsible for such services.

7.

Based on my understanding, acknowledgement, and consents as described herein,

(Name of Student)

(Date of Birth)

has my permission to participate

Date:

Name (Please print):

Signature:

Parent/Guardian Contact Numbers: Day

Evening

The School District No. 6 (Rocky Mountain) is committed to the health and safety of our school community and to the best of our ability will try to mitigate the risk of transmission of COVID-19 during field trips. Despite our best efforts, there may still be risk of transmission of COVID-19 resulting in a participant(s) contracting the illness. Participants on the field trip are required to follow all federal, provincial, regional, and local restrictions in addition to Provincial Communicable Disease Guidelines for K-12 Settings and any site based COVID-19 safety plans.