



September 20th, 2022

Dear Parents/Guardians,

Grade 1 to 4 students will be participating in **Strathcona's Swimming & Water Safety programs** from October to December at the Emerald Hills Leisure Centre, for a total of 8 lessons.

Participation in swimming lessons provides students with the opportunity to meet a variety of learning outcomes in the physical education and wellness curriculum, such as:

- Participate in a variety of physical activities that develop various components of physical fitness
- Integrate elements of movement in various physical activities
- Planning for active living is an important step for leading a healthy life
- Participate in physical activities that require various levels of exertion

The Swimming Schedule this year will be as follows:

Tuesdays (1:00-1:45pm): Oct. 4th, 11th, 18th, 25th / Nov. 15th, 22nd, 29th / Dec. 6th

- **Grade 1 - Mrs. Stadnick/Mrs. Perri**
- **Grade 2 - Ms. Stankey**

Tuesdays (1:45-2:30pm): Oct. 4th, 11th, 18th, 25th / Nov. 15th, 22nd, 29th / Dec. 6th

- **Grade 3 - Mrs. Vukovic**
- **Grade 3/4 - Ms. Gauthier**

Thursdays (1:00-1:45pm): Oct. 6th, 13th, 20th, 27th / Nov. 3rd, 17th, 24th / Dec. 1st

- **Grade 1 - Mrs. Noel**
- **Grade 2 - Mrs. LaRose**

Thursdays (1:45-2:30pm): Oct. 6th, 13th, 20th, 27th / Nov. 3rd, 17th, 24th / Dec. 1st

- **Grade 4 - Ms. Podoborzny**

(*****Please note:** There will be no swimming lessons on November 1st, 8th or 10th***)

The cost for swimming lessons including busing is **\$60.00** (\$46.00 for swimming lessons & \$14.00 for busing). By completing the attached forms you are agreeing to the participation of your child in this enhanced educational activity and the fee will be applied to your child's account in PowerSchool. Payment can be made through your parent portal account. Payment must be made prior to their first lesson in order to participate. **Please note: This fee is due by Thursday, September 27th, 2022.**

We are in need of supervisors to help in the change room at Emerald Hills Leisure Center. Your child's teacher will be putting out a request according to the needs of the class. Supervisors will need the following: Criminal Record Check, Child Intervention Check. Please contact the school office for assistance.

Parents, please note that Strathcona County has transitioned from the **Red Cross "Swim Kids"** program to the **Lifesaving Society's "Swim For Life"** aquatics learn to swim program and lifesaving programs. Enclosed you will find more information on the updates as well as a transition sheet to help you determine where your child should be placed in the "Swim for Life" program based on their most recent level of achievement from Red Cross's "Swim Kids." If you are unsure which level your child should be in, you can simply write "Don't know" on this section of the Strathcona County Registration form blank. The swimming pool staff can look up participants' swim history or we can assess children on the first day of swimming to help in determining their swimming level.

Parents please fill out the following three permission forms and send back to school to your child's homeroom teacher by **Monday, September 26th:**

- Strathcona County: Recreation Programs - School Aquatic Lessons Registration
- Consent Form: Transportation - School Division Provided
- Informed Consent Form: Swimming (Lifeguard)

Please note: If your child is not participating, they will accompany their class to the pool along with their teacher to work on other activities pool side.

Additional Information about the Swim for Life Program and swimming lessons through Strathcona County can be found on the Strathcona County Website at: <https://www.strathcona.ca/recreation-events/activities/recreation-programs/aquatic-programs/lifesaving-society-swimming-lessons/>



Dear Parents and Participants,

We are excited to announce our transition from Red Cross "Swim Kids" to the Lifesaving Society's "Swim for Life" learn to swim and lifesaving programs.

The Swim For Life program is a nationally recognized swim program and comes highly recommended.

The Lifesaving Society has worked with Canadians to prevent drowning and water-related injuries for over 100 years and is not new to our facility. While you may not have heard of their swim program before we have offered many of their lifesaving and lifeguarding programs since this facility first opened.

The Swim For Life program is a Canadian swimming success story! It has been around for 20 years and was created as a result of extensive research and testing with real learners.

Swim for Life offers swimming skills and education for people of all ages and capabilities. It follows the principles of physical literacy and aligns with the Canadian Sport For Life framework.



The Swim for Life program has many entry points. Swimmers can start in Parent & Tot, Preschool, Swimmer, Adult Swimmer, Fitness Swimmer, or Canadian Swim Patrol based on their age and level of water competency.

There are 3 levels of Parent & Tot classes and 5 levels in the Preschool program.

'Swimmer' includes 6 levels of learn-to-swim instruction. As swimmers progress, they develop effective swimming strokes. Adult Swimmer features 3 levels to help individuals achieve their swimming goals.

Swimmer flows naturally into the Canadian Swim Patrol levels: Rookie Patrol, Ranger Patrol and Star Patrol. These levels are designed to keep youth interested in swimming by challenging them with skills and lifesaving, as well as providing basic first-aid training.

Following Swimmer and Canadian Swim Patrol, good swimmers are ready to take on the next challenges found in the Bronze Medal programs. These programs prepare students to self rescue and rescue others while flowing into the Lifesaving Society's vocational training programs for Swim and Lifesaving Instructors and National Lifeguards.

As we transition to the Swim for Life program, we have tools available to provide recommendations for the appropriate level to register in.

Get started! For next steps on registering and enrolling in Swim for Life, visit our website or contact us!

All the best,

Life Saving Society and Our Partners in Swimming

Starting Fall 2022

We are transitioning from Red Cross Swim Kids to the Lifesaving Society's Swim for Life® Programs.

New levels are called Swimmer / Canadian Swim Patrol.

What was the last level attended?



Swim Kids 1

Swim Kids 2

Swim Kids 3

Swim Kids 4

Swim Kids 5

Swim Kids 6

Swim Kids 7

Swim Kids 8

Swim Kids 9

Swim Kids 10

Next session, register in...



Swimmer 1

Swimmer 2

Swimmer 3

Swimmer 3

Swimmer 4

Swimmer 5

Swimmer 6

Rookie Patrol

Ranger Patrol

Star Patrol

Bronze Star





Recreation Programs – School Aquatic Lessons Registration

Kinsmen Leisure Centre, 2001 Oak Street, Sherwood Park, Alberta T8A 0W9

Phone (780) 464-2112 Fax (780) 464-8469

Family name

Last name First name Initial

Phone number

Evening Phone number Daytime Phone Number Email (to receive promotional Recreation Program Information)

Address

Street address

City Province Postal code

Emergency contact

Name (different from above) Phone number

Registrant

First name Last name (if different than above)

Birthdate

(mm/dd/yy)

Lesson Day/Timeslot _____ Level Registering In _____ School Name _____

Specify any medical or special needs we should be aware of or if Epipen use is required.

(additional forms may be required if medical or special needs are identified)

Collection and use of personal information

This personal information is being collected in accordance with the *Municipal Government Act* and is protected by the privacy provisions of the Freedom of Information and Protection of Privacy Act. The information will be used to facilitate and coordinate school aquatic program registrations. This information will also be used for the promotion of new programs or activities so that we can provide you with good customer service. If you have any questions about the collection and use of your information, contact the Coordinator, Central Services, Recreation, Parks and Culture at (780) 467-2211.

Office use only Customer number _____ Date processed _____ CSR initials _____

REC 27021/B (PW)



INFORMED CONSENT FORM

Swimming (Lifeguard)

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents / guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: _____ School Name: _____

Location: _____ Start/Departure Time: _____

Grade/Class: _____ End/Return Time: _____

Teacher/Supervisor in Charge: _____ Date: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As an Individual participating in various Swimming activities, programs, classes, and events sponsored or organized by Elk Island Catholic Schools and its affiliated districts, leagues and teams (collectively the "Organization"), Swimming (Lifeguard) activities can include but are not limited to: being in and around a lifeguard supervised body of water, swimming, events, games, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned, being the Individual and Individual's Parent/Guardian (collectively the "Parties"), acknowledge and agree to the terms outlined in this agreement.
2. I am the Parent / Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent / Guardian's Name: _____

Description of Risks

3. The Individual is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards that they may be exposed to, which include, but are not limited to:
 - A. Contracting COVID-19 or any other contagious disease;
 - B. Drowning due to swimming abilities, cramps, loss of consciousness, and/or loss of energy;
 - C. Executing strenuous and demanding physical techniques;

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- D. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open Water venues;
- E. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- F. Exerting and stretching various muscle groups;
- G. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- H. Spinal cord injuries which may render the Individual permanently paralyzed;
- I. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- J. Abrasions, sprains, strains, fractures, or dislocations;
- K. Privacy breaches, hacking, technology malfunction or damage of the information collected;
- L. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- M. Physical contact with other Individuals, spectators, equipment, and hazards;
- N. Not wearing appropriate safety or protective equipment,
- O. Failure to act safely or within the Individual's ability or within designated areas;
- P. Contact with pool deck, diving boards, pool walls, and all other surfaces may lead to bacterial infections and rashes;
- Q. Collisions with pool walls, ladders, other swimmers, stands, and all sporting equipment;
- R. Negligence of other persons, including other spectators, Individuals, or employees;
- S. Extreme weather conditions;
- T. Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities.

4. The Parties understand and acknowledge that:

- A. The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, and in rare occurrences, permanent disability, paralysis and loss of life;
 - B. The Organization may offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - C. The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Individual's fitness or abilities, may give incomplete
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warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and

D. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Individual will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.

5. In consideration of the Organization allowing the Individual to participate in the Activities, the Parties agree:

A. That the Individual's mental and physical condition is appropriate to participate in the Activities;

B. That when the Individual practices or trains, the Parties are responsible for the Individual's surroundings and the location and equipment that is selected for the Individual;

C. To comply with the rules and regulations for participation in the Activities including the Safety Guidelines for Physical Activity in Alberta Schools as enforced by the RESPONSIBLE PERSON in their club / team / cohort;

D. To a rescheduling of the Activities, should unforeseen circumstances affect the viability of these Activities;

E. To comply with the rules of the facility or equipment;

F. That if the Individual observes an unusual significant hazard or risk, the Individual will remove themselves from participation and bring such to the attention of an Organization representative immediately;

G. The risks associated with the Activities are increased when the Individual's abilities are compromised, for any reason, including, but not limited to fatigue, muscle strain, compromised vision, minor injury and the Individual agrees not to participate if impaired in any way;

H. That it is the Individual's sole responsibility to assess whether any Activities are too difficult for the Individual. By the Individual commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;

I. That COVID-19 and all other communicable diseases are contagious in nature and the Individual may be exposed to or infected by COVID-19 or any other communicable disease, including communicable disease exposures arising out of supervision, instructions, recommendations, warnings or advice given or which should have been given, and such exposure may result in personal injury, illness, permanent disability or death, and voluntarily agree to assume all of the foregoing risks;

J. That the Parties acknowledge that they have considered and disclosed to the School Board all physical or mental health conditions, allergies, intolerances, and any other risks associated with these conditions, that could potentially affect the Individual's ability to safely

participate in the Activities. Permission for the Individual to participate in the Activities is therefore based upon belief that the Individual does not have any intolerances, allergies, or health conditions that have not been disclosed, and could affect the Individual's ability to safely participate in the Activities.

- 6. In consideration of the Organization allowing the Individual to participate, the Parties agree:
 - A. That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - B. That the Organization is not responsible or liable for any damage to the Individual's vehicle, property, or equipment that may occur as a result of the Activities

General

- 7. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement

- 8. The Parties acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____
Name of Individual (print)	Signature of Individual	Date
	(For students 18 years of age or older)	

_____	_____	_____
Name of Parent / Guardian (print)	Signature of Parent / Guardian	Date
	(For students under 18 years old)	

The information collected on this form is being collected pursuant to the Education Act (Student Record Regulation), the Freedom of Information and Protection of Privacy (FOIP) Act, and Section 23 of the Canadian Charter of Rights and Freedoms. Information acquired through this form is kept secure and access is restricted. If you have any questions regarding the collection or use of this information, please contact your school principal or Elk Island Catholic Schools' FOIP Coordinator, Tracy Leigh, Secretary Treasurer.

CONSENT FORM

Transportation - School Division Provided

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT (to be executed by parents / guardians of Individual (Child) who is under the age of majority)

By signing this document, you will assume certain risks and responsibilities, please read carefully.

Individual (Child)'s Name: _____ School Name: _____

Location: _____ Start/Departure Time: _____

Grade/Class: _____ End/Return Time: _____

Teacher/Supervisor in Charge: _____ Date: _____

1. I am the Parent / Guardian of the Individual and have full legal responsibility for the decisions of the Individual.

Parent / Guardian's Name: _____

2. In consideration of the Organization allowing the Individual to participate in the Activities, the Parent/Guardian/Individual agree:
 - A. The Organization is providing transportation, and by granting permission for the Individual to participate in the Activities, the Parent/Guardian/Individual agree that the Individual participating must use the school provided transportation going to and from the Activities;
 - B. By granting permission for the individual to participate in the Activities, the Parent/Guardian/Individual agree to allow the Individual to use school provided transportation;
 - C. There are inherent risks associated with school provided transportation, that includes but is not limited to:
 - a. Injuries from slips, trips, or falls when entering or exiting the school provided transportation;
 - b. Injuries from ignoring safety rules, such as falling down after standing-up inside a moving vehicle;
 - c. Injuries due to a traffic accident involving the school provided transportation;

Acknowledgement

3. The Parent/Guardian/Individual acknowledge that they have read this Agreement and understand it, that they have executed this Agreement voluntarily, and that this Agreement is to
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be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

_____	_____	_____
Name of Individual (print)	Signature of Individual	Date
	(For students 18 years of age or older)	

_____	_____	_____
Name of Parent / Guardian (print)	Signature of Parent / Guardian	Date
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