



Madonna Catholic School
15 Main Blvd. Sherwood Park, AB T8A 3N3
Phone 780-467-7972
mcs@eics.ab.ca



September 16th, 2024

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:

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

The Swimming Schedule this year will be as follows:

- **Tuesdays: Grade 1's (1:00-1:45) and Grade 2's (1:45-2:30)**
 - Oct. 1st, Oct.8th, Oct.15th, Oct. 22nd, Oct 29th, Nov.5th, Nov.19st, Nov.26th
- **Thursdays: Grade 3's (1:00-1:45) and Grade 4's (1:45-2:30)**
 - Oct. 3rd, Oct.10th, Oct. 17th, Oct.24th, Nov.7th, Nov.21st, Nov.28th, Dec.5th

(Please note: There will be no swimming lessons on Oct.31st, Nov 12, Nov.14th)

The cost for swimming lessons including busing is **\$65.00** (\$50.00 for swimming lessons & \$15.00 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 Friday, September 20th, 2024.** *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.*

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 the documentation to complete the volunteer requirements.



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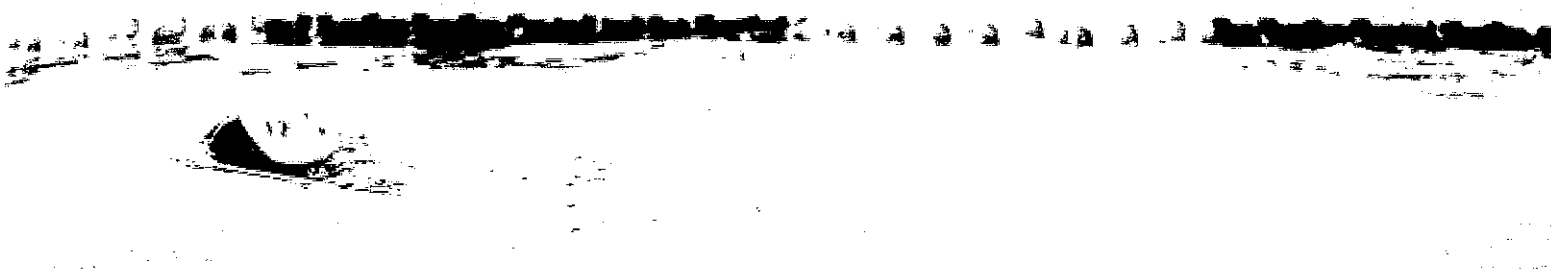


Please read the description on the **Lifesaving Society's "Swim For Life"** aquatics learn to swim program to determine the level of your child. If you are unsure which level your child should be in, you can simply write "**Don't know**" on this section of the Strathcona County Registration form blank. 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.

Please fill out the following **two permission forms** and send back to school to your child's homeroom teacher by **Friday, September 20th:**

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

Additional Information about the Swim for Life Program and swimming lessons through Strathcona County can be found on the Strathcona County Website at: [Swimming Lessons with Strathcona County](#)



Lifesaving Society Swim for Life

Swimmer aquatic programs

Swimmer is a 6-level, success-oriented, learn-to-swim program for children 5-14 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on and around the water through Water Smart® education (incorporated into every level). Swimmer levels are skill-based.

Swimmer 1

Building the foundation of swimming skill development, beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water; treading water in a lifejacket, opening their eyes underwater and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

Swimmer 2

Swimmer 2

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

Swimmer 3

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in-front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

Swimmer 4

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

Swimmer 5

Swimmers will be challenged with a whole new set of skills: shallow dives, tuck jumps (cannonball entries), eggbeater kick and backward somersaults (in water). Technique and endurance will also receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

Swimmer 6

As the final level in the Swimmer program, swimmers will build up their advanced skillset. Swimmers will work towards mastering stride entries, compact jumps and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power and endurance - critical for success in the 300m workout required to complete the level.

Canadian Swim Patrol

The Lifesaving Society's 3-level Canadian Swim Patrol program is for swimmers who are ready to go beyond learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving. Swimmers will have fun enhancing their capability in the water, increasing their physical conditioning and learning lifesaving judgement. Each level will continue to develop swimmers' strokes and provide a skill foundation that will prepare them for success in the Society's Bronze Medal Awards. Each level of the Canadian Swim Patrol program has three modules: Water Proficiency, First Aid and Recognition and Rescue.

Rookie Patrol

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid and lifesaving. Stroke refinement is focused on front crawl, back crawl and breaststroke. Fitness components include a 350m workout and 100m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self rescue techniques, victim recognition and using throwing assists.

Ranger Patrol

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

Star Patrol

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100m swims. It demands good physical conditioning as swimmers will be challenged with a 600m workout, 300m timed swim and a 25m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in-water defence methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

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 _____



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

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.