



## **CROSS COUNTRY SKI LOPPET 2018**

Dear Parents,

Here are a few reminders for the Ski Loppet on Wednesday, Feb. 14, 2018. It would be extremely helpful if you took a moment to go over these guidelines with your child.

**ACTIVITIES ON SITE:** In addition to cross country skiing children will also have access to the skating oval and tubing hill. **Helmets for both these activities are mandatory.** Those wishing to go skating must remember to bring their skates. Goggles for skiing are optional but strongly recommended to protect their eyes and provide a shield from the elements.

**CLOTHING:** Be prepared for the weather! Children should be prepared to be outside and be appropriately dressed and protected from the weather (hats, mittens, gloves, balaclavas, scarves, neck warmers, extra socks, snow pants, etc...) Dress in layers!

**\*\*Participants will be pulled off the course if they are not properly protected\*\***

**MEDICAL:** Student with asthma MUST ski with their pump on them. Epi pens must also be carried by students with allergies. The Saint-Lazare Fire Department will be available to deal with all first aid needs.

**FOOD AND DRINK:** Please ensure that your child bring a good lunch with snacks and several beverages. LBPSB promotes "litterless" lunches, which means a garbage free lunch full of reusable containers which go home at the end of the day. We like to leave the site cleaner than we found it.

**PARTICIPANTS CODE OF CONDUCT:** Participants are encouraged to participate in a positive environment by demonstrating the virtues of friendship, sportsmanship and respect of self and others. Failure to do so could result in loss of privilege to attend future field trips.

**SUPERVISION:** Students must be well behaved at all times. Respectful and cooperative behaviour is compulsory. Students not racing **MUST** stay in designated area before and after their respective races. It is imperative that children respect the Facility. The management of Les Cedres has the right to ask any individuals including parents to leave the facility if they feel the safety of any of its clients is at risk.

**GET READY FOR A FUN AND MEMORABLE DAY!!!!**