

**Table Mountain Regional Park**  
**Attention To All The Schools**

All children attending a ski trip to Table Mountain must have the attached form signed by parent/guardian. If you have your own release forms, the following information must be included:

Dear Parent/Guardian,

Thank you for allowing your child to come and enjoy a day at our facility. We would like to bring up a few points to make your child's visit as enjoyable as possible.

1. Make sure your children are dressed appropriate for outdoor winter activities.  
Ex. – Have with them warm clothes, mitts, toques, neck warmer, and long johns.
2. You should make sure your child has access to proper nourishment for the day.
3. We have at times had problems with theft. We therefore recommend that all valuables be left at home or they should just be secured in lockers in which we have a limited amount available at the cost of one dollar per use. Another option may be to make arrangements with drivers to leave extra items on their buses. Please note: We will not be responsible for missing items.
4. We need some information about your child to be able to properly fit their skis or snowboards. Specifically we need to know your child's height, weight, and shoe size. Please make sure your child brings the bottom portion of this form with them on their ski day.

Please be aware that the following disclaimer must be read and this form signed and returned to the school as a condition of your child's use of our facilities.

I understand that the binding system cannot guarantee the user's safety. In downhill skiing, the binding system will not release at all time or under all circumstances where release may prevent injury or death, nor is it possible to predict every situation in which it will release. In snowboarding, snowblading and other sports utilizing equipment with non-release bindings, the binding system will not ordinarily release during use, these bindings are not designed to release as a result of forces generated during ordinary operation.

I understand that the sports of skiing, snowboarding, snowblading, and other sports (collectively "RECREATIONAL SNOW SPORTS") involve inherent and other risks of **INJURY** and **DEATH**. I **voluntarily agree to expressly assume all risks of injury or death** that may result from these RECREATIONAL SNOW SPORTS, or which relate to the use of this equipment.

I understand that a helmet designed for RECREATIONAL SNOW SPORTS use will help reduce the risk of some types of injuries to the user at slower speeds. I recognize that serious injury or death can result from both low and high energy impacts, even when a helmet is worn.

I understand that once my child is assigned a lesson they cannot change it or their equipment (Ex. Changing from snowboarding to skiing).

I give my child permission to SKI \_\_\_\_\_ or SNOWBOARD \_\_\_\_\_ at your facilities. (Please check one)

PARENT OR LEGAL GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

SCHOOL NAME: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

Note: There is no substitute for responsible behavior on the slopes.

Follow the "Alpine Responsibility Code" and consider wearing a helmet. It's a smart idea.

-----PLEASE DETACH BELOW INFORMATION-----

STUDENT NAME: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ SHOE SIZE: \_\_\_\_\_