

# FOUNTAINVIEW ACADEMY

## ACTIVITIES/PROGRAMS INFORMED CONSENT

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STUDENT FULL NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

As part of Fountainview Academy's balanced program of education, recreation, and spirituality, we offer unique opportunities in physical and outdoor education, leadership, and outreach as part of our standard curriculum. These programs form an integral part of our educational philosophy and require frequent travel, outdoor pursuits, and fitness training. We are pleased to be able to offer a variety of activities and programs for all our students to participate in.

**STUDENTS WILL BE ALLOWED TO PARTICIPATE IN ALL THE BELOW DESCRIBED PROGRAMS / ACTIVITIES / MEDICATION USE. A PARENT/GUARDIAN MAY REQUEST NON-PARTICIPATION ON PAGE 3 ON AREAS MARKED AS OPTIONAL (CONTINGENT TO SCHOOL'S APPROVAL).**

### TRAVEL

- Tours
- Filming travel
- Mission trips (*optional*)
- Other official school trips
- Trips off-campus under the care of staff members (including personal trips)

The arts groups of Fountainview Academy (orchestra, singers, and filming) regularly take official school tours in Canada, the United States, and occasionally to other international locations. Fountainview Academy may also travel on other official school trips, such as mission trips, including senior mission trips. Inherent risks for international locations include that if there is a need to evacuate, in certain emergencies, flights may be suspended, and other departure options may be limited or non-existent.

### FITNESS TRAINING/PHYSICAL EDUCATION

- Running, including cross-country running
- Weight training
- Physical Education class activities/fitness training
- Use of exercise equipment

Students at Fountainview Academy have many opportunities to maintain their physical fitness during free times, activities, and in physical education (PE) classes. The above (non-exhaustive list) are some of the activities students are typically expected to participate in for PE unless a physical impairment impedes them. If such a physical limitation exists, the student/parent should speak to the Physical Education teacher to arrange an alternate exercise plan, etc.

### OUTDOOR ACTIVITIES

- Camping
- Survival campouts
- Wilderness training / campouts
- Winter camping (including sleeping in a snow shelter, avalanche safety training, etc.)
- Hiking
- Backpacking
- Mountain biking/cycling (*optional*)
- Swimming
- Sledding/tubing
- Ice-skating (*optional*)
- Downhill skiing/snowboarding (*optional*)
- Snowshoeing
- Cross-country skiing (*optional*)
- Canoeing
- Boating (including speedboats)
- Watersports (water skiing/wakeboarding/kneeboarding/tubing/banana boat/water blob) (*optional*)

The above list is some of the types of outdoor recreational opportunities that may be available at Fountainview Academy.

Camping, hiking, and backpacking are an integral part of the recreational program. Sometimes these opportunities are optional, but other times they are activities for the entire student body. In such cases, all students will be expected to participate unless a physical impairment impedes them. If such a physical limitation exists, the student/parent should speak to the Student Life department.

Cycling: Fountainview Academy does not own any general-use pedal bikes, but students are permitted/recommended to bring their own bike if they wish. Even if a student doesn't have their own bike, they may still have opportunity to bike through borrowing, etc. Students are required to wear helmets while biking.

The Senior Survival Campout is part of Health 12 class credit. During this campout, students make natural debris shelters to sleep in, learn about wild edibles, etc. All grade 12 students will be expected to participate unless a physical impairment impedes them.

Water Activities: Each year one or two campouts are required where the entire student body is transported by floats and speed boats to a lake-front beach for camping. Students will be expected to wear life-jackets for canoeing, boating, and water sports.

## **DORMITORY**

- Infrared sauna (*optional*)

Each main dormitory is equipped with an infrared sauna. Saunas are known to relax the body, flush toxins, and help fight illness. When using the sauna, students will be required to follow the posted guidelines for time and temperature limits (which are in accordance with suggested infrared sauna use). Good hydration should also be maintained when using the sauna.

### **INHERENT RISKS OF PARTICIPATION**

The following description includes, but is not limited to, examples of the types of illness which could result from participating in using the infrared sauna:

- \* The effects of mobilized toxins or interference with the absorption and/or effects of certain medications.
- \* Adverse effects on certain medical conditions, for example: People with a history of or current heart problems should not use a sauna unless they have doctor's approval; Sweating caused by the infrared heat can cause itching and irritation for people who have some skin disorders; Infrared heat produces dry, hot air that can cause complications for people with respiratory illnesses.

## **DRIVING & VEHICLES**

- Operating cars/trucks/vans/SUVs (*optional*)
- Operating cube vans/box trucks (*optional*)
- Riding in vehicles with staff members/spouses
- Riding in vehicles with licensed student drivers (*optional*)
- Operating tractors (*optional*)
- Operating forklifts (*optional*)
- Operating heavy equipment (backhoe, etc.) (*optional*)
- **Operating and riding as a passenger on motorbikes during vocational training time or for pleasure use (*optional*)**

Students may have the opportunity to drive vehicles for recreational or vocational-training activities, as listed above. Students are personally responsible to operate vehicles only as outlined in the Fountainview Academy Student Driver's Policy (see below).

Some examples of how vehicles are used on campus are: Forklifts for moving pallets in the farm building; Cube vans for collecting trash around campus; Pickup trucks for transporting tools and equipment; Tractors for plowing fields, etc. Students may occasionally have opportunity to practice driving skills in a car/truck with a staff member.

Motorbikes: Students may not drive motorbikes on campus. The only exception would be for operating motorbikes for vocational training assignments with direct permission given by the farm/industry manager. The student must have endorsement by the farm or industry manager that they have the ability to safely operate the bike. Staff may occasionally invite a student to dirt bike with them off campus, such as on nearby dirt roads/trails. Students may do so as long as they are accompanied by a staff member and parents have not expressly prohibited it (on page 3). Students must always wear a helmet at DOT, ECE 22.05, or Snell motorcycle helmet standards, whether driving or as a passenger on a motorbike.

### **FOUNTAINVIEW ACADEMY STUDENT DRIVERS POLICY**

1. No insured vehicle shall be operated on or off campus by anyone who does not have a valid legal driver's license and parental/guardian permission.
2. No uninsured vehicle shall be operated by anyone who does not have a valid legal driver's license or a current Fountainview-issued driver's training certificate and parental/guardian permission (*as given on page 4*).
3. Unlicensed student drivers may not carry passengers unless a licensed staff member is present in the vehicle.
4. All license restrictions apply.
5. Seatbelts must be worn.
6. No passengers are to ride in a position that is not designed for passengers (i.e. trailers, truck beds). Certain farm operations may be exempt on the approval of the Administrative Committee.
7. Student drivers must demonstrate the ability to safely operate the vehicle they have been requested to drive.
8. No student is to drive any vehicle unless they are requested to do so by a staff member.
9. Any driving incidents will be assessed and reported. Fountainview Academy reserves the right to suspend student driving privileges.

## **OTHER ACTIVITIES/PROGRAMS**

- Vocational Training Program
- Choir/Orchestra/Singing groups
- Field trips
- Campus activities (e.g. games, dorm or classroom activities, etc.)
- Activities in the community of a humanitarian/spiritual nature

## **MEDICATIONS/REMEDIES**

- Non-Prescription – Over-the-Counter (OTC) Medications (*optional*)
- Vitamins and Minerals (e.g. Vitamin D3, Vitamin C, etc.) (*optional*)
- Natural Herbal Remedies (e.g. Charcoal, Oil of Oregano, Grapefruit Seed Extract, etc.) (*optional*)
- Hydrotherapy (*optional*)

No medications are to be kept in a student's personal possession. All medication, prescribed, or non-prescription over-the-counter (OTC) will be kept in a designated location in the office, first aid room, or dorm office, etc.

Students will not be allowed to share any personal/prescription medications with another student. Student will not be allowed to collect OTC medications on another student's behalf.

Prescription Medication

Students needing prescription medication for any length of time should have written parental permission and the doctor’s prescription information.

Non-Prescription – Over-the-Counter (OTC) Medications

Students occasionally have the need for OTC drugs for short-term relief from conditions like headaches, acute injuries/pain, cramps, etc. Usage will be monitored and these medications will only be given as per directions on the product label. A log of medication type, date given, and dosage amount will be kept for OTC medications given to students. If medication needs exceed the label recommendations, parents will be contacted and a physician consult will be arranged.

The school has some general OTC medication like Ibuprofen, Tylenol, Zantac, Zyrtec (for allergies), etc. but if your child has a need for more regular use of OTC medications or for specific OTC medications, you must provide a supply that will be kept for your child in a designated location.

Emergencies

Some students may require the administration of medication in life-threatening or extreme emergencies, such as an anaphylactic allergic reaction. Such situations are usually well-defined and result from a known pre-existing condition. Trained staff at Fountainview Academy will administer needed emergency care including administration of potentially life-saving medications (e.g. EpiPen).

**INHERENT RISKS OF USE**

All medications—prescription and over the counter—carry risk. To help minimize risk, users must be careful to only take medications according to the directions on the label or at the written instruction of a licensed medical professional. The following include, but are not limited to, examples of the types of risks that are inherent to any type of medication use:

- \* Allergic reactions; reactions/side effects due to pre-existing health problems/medical conditions (ex: high blood pressure, seizures, asthma, liver problems, etc.)
- \* Combining drugs can produce unpredictable or sometimes dangerous effects. Overuse or taking too much of a medication increases the danger/risk involved.
- \* Adverse long-term health effects, especially for medications taken long-term, even in small dosages.
- \* Associated risks, from minor side-effects (such as nausea, constipation, dizziness, decreased cognitive function, etc.) to major side-effects (such as change in heart rate and blood flow, seizures, psychosis, heart failure, coma, death).
- \* For users with a lower body weight, the same amount of drugs may affect them more than heavier individuals.

Natural herbal remedies, vitamins and minerals should be taken according to label directions or at the instruction of a health professional. The follow description includes, but is not limited to, examples of the types of risks that could result from use:

- \* Some herbs can cause serious side effects when mixed with prescription and OTC drugs, such as aspirin, blood thinners or blood pressure medications.
- \* Interference with the absorption and/or effects of certain medications.
- \* Associated risks could include the effects of mobilized toxins, decrease/increase in heart rate, raised blood pressure, interference with blood clotting, heart rhythm abnormalities.
- \* Some of the active compounds in supplements have inherent toxicity, and using them may cause adverse effects, especially if used over-zealously or for long periods of time.

**RISKS OF PARTICIPATION FOR ALL ACTIVITIES AND PROGRAMS AS LISTED ON THE ABOVE PAGES MAY INCLUDE, BUT ARE NOT LIMITED TO:**

- \* Accident/illness could take place in areas without nearby medical facilities.
- \* Risks associated with the inherent hazards of travel (vehicle, boat, air), including winter travel.
- \* Damage to, or loss of, personal property.
- \* Accident/injury caused by equipment malfunction, defect, and/or failure.
- \* Accident/injury caused by the physical condition of the participant; negligence of the participant and/or others.
- \* Minor and major physical injuries or illness; catastrophic injuries, including paralysis and death; mental anguish / trauma.
- \* Risk involved due to potential encounters with poisonous plants, wildlife, animals, and insects; terrain; inclement weather conditions; sun overexposure; infected stream/lake water; exposure to potentially hazardous environmental conditions.

**HORSES:** *Please note that although some staff on campus own horses, any activities involving the horses should be arranged personally between parents and horse owners. FOUNTAINVIEW ACADEMY IS NOT LIABLE.*

**ACTIVITIES NOT ALLOWED**

Students will be allowed to participate in all the above described programs / activities / medication use. A parent/guardian may request non-participation on areas marked as optional (contingent to school’s approval).

You may use the space below to do so. Attach another sheet if needed.

Not allowed: \_\_\_\_\_ Reason: \_\_\_\_\_

## **PARENT/GUARDIAN CONSENT & TREATMENT AUTHORIZATION**

Fountainview Academy will do its best to minimize risk and maximize safety in all areas. The chance of injury/accident occurring can be reduced by using good judgment and carefully following instructions at all times while engaging in activities.

Fountainview Academy does not personally provide accidental death, dismemberment or medical expense insurance on behalf of the students participating in any activities, although the Academy does require all students to hold valid, adequate medical insurance coverage.

Fountainview Academy has done its best to provide a comprehensive description of known and inherent risks of participation in the listed activities and programs. Parents/guardians/students must understand that there are also unforeseeable accidents or injuries which may occur, and assume all associated risks.

I/We have read the above descriptions of activities and inherent risks of participation. I/We understand that in participating in the activities described above, I/we are assuming all the risks associated with doing so. I/We do hereby give our child permission to participate in all the activities/programs except those as denied in the "Activities Not Allowed" section on page 3.

I/We knowingly and freely assure all such risks, both known and unknown, including paralysis and death, and assume full responsibility for my child's participation; and willingly agree to comply with the stated and customary terms and conditions for my child's participation.

This is to certify that I/we, as the parents/guardians with legal responsibility for this participant, and for the successors and assigns, do hereby release and hold harmless Fountainview Academy and its affiliates, members, directors, officers, employees, other participants, insurer, sponsors, agents, and if applicable, owners and lessors of premises used to conduct the activity/program, with respect to any and all injury, disability, death, or loss or damage to person or property and any and all claims, demands or causes of action, which are in any way connected with recommended use of non-prescription over-the-counter medications, natural herbal remedies, vitamins and minerals, participation in activities or use of Fountainview Academy's equipment and/or facilities, including any such claims which allege negligent acts or omissions of Fountainview Academy arising out of use of medications or herbal remedies or vitamins or participation in these stated activities, including, but not limited to, those resulting from any pre-existing medical condition.

I/We have read the Fountainview Academy Student Handbook, understand the educational philosophy of Fountainview Academy, and agree to support the policies outlined therein.

I/We hereby appoint Fountainview Academy as my guardian for the purpose of obtaining, and consenting to, medical (including surgical) care or treatment recommended by medical personnel for our child while enrolled at Fountainview Academy. I/we understand that their medical costs will be my responsibility, and I/we hereby covenant and agree to ratify and confirm the actions of my guardian and save my guardian harmless. Since the above named student has applied to be a student of Fountainview Academy, parental/guardian consent is hereby granted for medical treatment.

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

### **Parents/Guardians:**

1. Parent/Guardian Name \_\_\_\_\_

Relationship to Student \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

2. Parent/Guardian Name \_\_\_\_\_

Relationship to Student \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

If BOTH parents/guardians have not signed, please explain the legal reason: