

# Ancaster High School

PROUD SCHOOL OF HAMILTON-WENTWORTH DISTRICT SCHOOL BOARD

Jerseyville Road West  
Ancaster, Ontario L9G 3K8  
Phone: 905.648.4468  
Fax: 905.648.8228

EMAIL: [ancasterhigh@hwdsb.on.ca](mailto:ancasterhigh@hwdsb.on.ca)  
PRINCIPAL: Mr. J. Monteith  
VICE-PRINCIPALS: Ms. K. Davy & Ms. C. Mills  
[www.hwdsb.on.ca/ancasterhigh](http://www.hwdsb.on.ca/ancasterhigh)

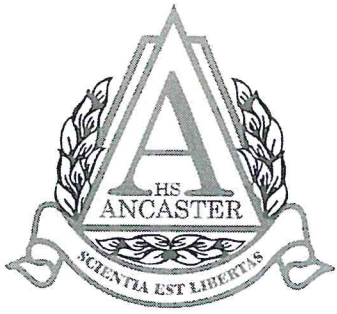
Dear Parents / Guardians & Teacher Reps

On Friday May 24, 2024, Ancaster High School's PLF4M1 Class will be hosting the 24<sup>th</sup> Annual Dared-To-Tri Triathlon / Duathlon ("event").

All important details are found below:

1. **All Permission Forms & Pledge funds are due to your student(s)/child's school by their set deadline.** (We'd love to have all participants entered in Ancaster's database as fully registered by Fri. May 3<sup>rd</sup> If these registrations are done on RACE DAY, this will slow the check in process significantly. Please plan to deliver the Registration packages and Pledge funds to your school's Teacher Rep ASAP. If your child is not an HWDSB student, then please deliver the Registration package and Pledge Funds to Ancaster High School by 3 pm Friday May 3<sup>rd</sup>).
2. Teacher REPS will collect funds and MANDATORY TRIATHLON/DUATHLON FORMS and will **submit them to Ancaster High School ON or BEFORE 3pm Fri. May 3<sup>rd</sup>, 2024.** FORMS include: Pledge Sheet, Information Letter and Consent Form (Ancaster HS requires these documents to register your son/daughter in the Triathlon / Duathlon).
3. **The ENTRY FEE is \$40 per person.** We encourage participants to raise **MORE than \$40 through gathering PLEDGES** from family, friends, neighbors, etc. To date, the Dared-To-Tri Triathlon has donated over \$47 500 to Bennetto Elementary School in downtown Hamilton. To keep adding to this amazing amount of money, we NEED participants to raise more than the \$40 entry fee. If a participant raises more than \$50, we will add their name to a draw for some fabulous prizes. Every \$20 over \$50 will allow for another entry into the draw.
4. **Each participant will receive: A DARED-TO-TRI T shirt, BBQ'd item, fruit , water, snack, chiptimer complete with all race specifics and final placings after the event. (Found at : [www.chiptimeresults.com](http://www.chiptimeresults.com) )**
5. Ancaster's Planning Team asks that each Elementary School to complete the registration process together with the Teacher REP and the participants. TEAM information needs to be inputted by ONE person on the team (or by the Teacher REP) – so many details to provide : section of race completed, size and colour of T shirt, students' email addresses & Teacher REP email address. Working together on this registration process will reduce the number of errors and issues with registrations. It will also provide the Teacher REP some time to discuss the details of the Triathlon / Duathlon with the participants (hints on what to do, how to do it, where to start, etc).
6. **TRIATHLON participants MUST CHECK-IN at Registration AT LEAST 1 HOUR before scheduled start time.** Please arrive early to make sure you are fully registered (long lines will form and the start times may be pushed back- not our goal). **ALL DUATHLETES, please plan to arrive at 9:00am. Register and be at the DUATHLON START LINE in your wave start group by 9:30am. NO EXCEPTIONS.**
7. **TRIATHLON- PRIOR to every wave start in the pool, the lifeguards will conduct a swim test for each participant.** When the lane is clear, swimmers will demonstrate to the lifeguards that they can swim.





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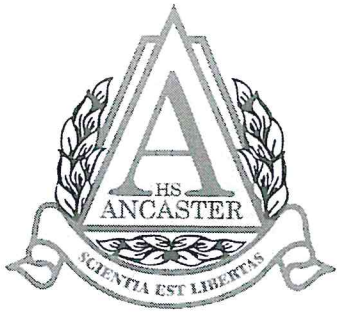
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Teacher REP - PLEASE MAKE SURE THOSE COMPLETING THE SWIM PORTION are capable swimmers prior to registering them.

We will also accept proof of a successful swim test from a qualified facility should participants wish to complete this on their own and at their own cost. Please bring the certificate with you, otherwise you will be required to complete the swim test on the day of the event to participate.

8. **\*\*CHIPTIMER BAND MUST BE WORN on the ankle BY SWIMMER or RUNNER 1 or an INDIVIDUAL PARTICIPANT** immediately following CHECK-IN. DO NOT STEP ON ANY TIMING MATS; they will be blocked off, but please do not step on any.
9. **ONLY participants will be allowed in the TRANSITION AREA.**
10. **T shirt, chiptimer band and BIB # will be provided at the registration table near the pool at CHECK-IN.**
11. **Bikes MUST BE RACKED** efficiently (alternating handlebars, appropriate space between bikes and all gear stored directly under the bike). GIANT CYCLE is available to help with bikes, but WILL not maintain them.
12. **ALL chiptimer exchanges between team members MUST OCCUR AT THE SPECIFIC BIKE RACK LOCATION.**  
Make sure each team member knows where the cyclist's BIKE is located. THERE WILL NOT BE CHIPTIMER EXCHANGES NEAR EXIT GATES as this will impede the flow of traffic through a major pathway. Please inform your athletes of this important exchange area. **NO EXCEPTIONS.**
13. **Cyclist must remain in the TRANSITION AREA at their bike rack location while swimmer or runner 1 starts and completes their portion.** Runner 2 may watch Runner 1 and the bike transition. They MUST be at the cyclist's bike rack location for the exchange for the second run. **NO EXCEPTIONS.**
14. **AUDIO DEVICES AND ANY OTHER EQUIPMENT WHICH IMPEDES HEARING IS NOT PERMITTED WHILE PARTICIPATING IN ANY PORTION OF THE EVENT.**
15. **DUATHLON - All RUN 1 athletes MUST be in the staging area at the DUATHLON START LINE before 9:30am.** There will be staging areas to prepare the runners for their wave start time. We will start WAVES ON TIME!
16. **CYCLIST – MOUNT LINE** (where the cyclist may start to ride or must get off their bike is the road at the entrance to the pool/school). All cyclists will RUN/WALK their bike to the road out of the TRANSITION AREA. All CYCLISTS will SLOW DOWN at the turn-around pylon at the end of Jerseyville Rd and proceed with caution (there might be multiple riders trying to navigate this turn –EXTREME CAUTION is expected of all cyclists – LOOK before turning).
17. Participants shall always observe and follow all instructions at all times. Failure to do so will result in disqualification and removal from the event.
18. **CYCLIST MUST BE IN FULL CONTROL OF THEIR EQUIPMENT AND FOLLOW ALL RULES OF THE ROAD:** Stay on the right-hand side of the road. Pass on the left (while providing a call to rider being passed – ie “passing on the left”). NEVER CROSS THE CENTRE LINE. SLOW DOWN fully for turn-around and





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entering the school parking lot. DO NOT RIDE RECKLESSLY. Failure to adhere to this will result on disqualification and removal from the event.

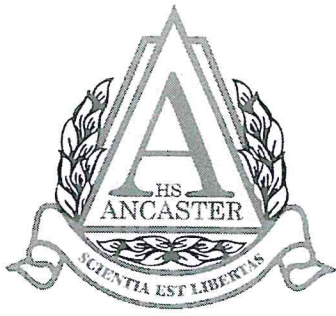
19. CSA helmets must be worn and securely fastened at all times while on the bike route. DO NOT RIDE IN PACKS. Stay single file, unless passing. If you have any issues with your bike (chain, tires, etc) please stop and move to the furthest right part of the shoulder off the road. Police will be patrolling the route and can aid if needed.

**GIANT CYCLE TIP** – Inspect bike prior to riding it. Inflate tires and check for pressure. Check chain, gears and brakes prior to riding your bike. GIANT Cycle will be on site to help with any adjustments needed to your bike.

20. **CYCLIST – DISMOUNT LINE** – All cyclists will slow down significantly along Meadowbrook Drive leading back to the school. There will be “slow down” signs and road marshals & POLICE to help navigate this entrance to the TRANSITION AREA. **Cyclists MUST BE UNDER FULL CONTROL OF THEIR BIKE AT ALL TIMES.** They MUST DISMOUNT their bike before entering the parking lot. RUN/WALK bike to bike rack location to meet RUNNER 2 for the chiptimer band exchange. **MUST HAPPEN AT THE CYCLIST BIKE RACK LOCATION!**

21. **FOOD TENT Social to follow the Triathlon / Duathlon.** Each participant will be provided Food Items (wraps, fruit & water). There will be vegetarian options at the food table/tent. In order to meet our fundraising targets for Bennetto Elementary School, we are only able to offer a limited menu.
22. **All race results will be found at :** [www.chiptimeresults.com](http://www.chiptimeresults.com) (Name, placing & finishing times ONLY)
23. By participating in the event, all participants acknowledge and understand that HWDSB does not maintain the trails, roadways, or any other topography along the course. Participants shall use at their own risk.
24. The event and its course are designed and intended to challenge participants, and certain sections may pose more challenges than others. Participants shall factor this consideration into their decision to participate.
25. Should the run course pose too much of a challenge, participants shall ensure that they move to a safe area and seek help. Someone will respond and escort the participant back to the staging area at Ancaster High School. This is to ensure that any participant receives any necessary treatment and to avoid any injuries while exiting the course.
26. HWDSB does not provide insurance for any participants.
27. Students participating understand that HWDSB does NOT provide accidental death, disability, dismemberment, or medical expense insurance. If students do not have private insurance coverage, Student Accident Insurance coverage is available, at their own cost, and may be purchased through Reliable Life at 1-800-463-KIDS (5473) or online at [www.insuremykids.com](http://www.insuremykids.com). Any non-student participants are encouraged to consider purchasing such coverage through a private insurer at their own cost.





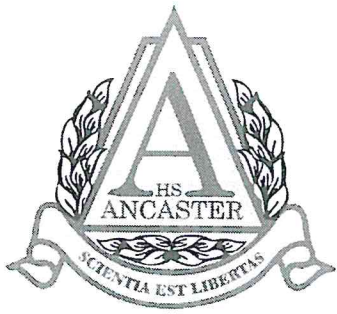
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28. **ASSUMPTION OF RISKS:** Participants and their parent(s)/guardian(s) acknowledge that the event contains elements of risk and accidents may occur resulting in injuries and/or loss without fault of either the participant, or the school board, its employees or where the activity is taking place. Participants acknowledge and understand that by choosing to participate in this event, they bear the responsibility for any injury or property damage which might occur. The chance of an injury can be reduced by carefully following instructions at all times. Risks may include but are not limited to fractures, concussions/brain injury, loss of consciousness, soft tissue injuries, sprains, strains, severe injury requiring surgical intervention, serious or permanent impairment of bodily functions and loss of life. HWDSB shall not be responsible for any form of property damage including but not limited to theft, attempted theft, property damage, total loss of use of equipment or mysterious disappearance.
29. The participant grants permission to obtain medical treatment in the event of an immediate medical emergency.
30. **EMERGENCY RESPONSE PLAN** – In the event of an emergency (requiring hospitalization)  
**Communication will be shared with the following AHS Staff:**  
Mike Schurer -Race Director (289)-439-0653  
Jason Monteith – Ancaster High School Principal (289) 237-1557  
Kelly Davy – Ancaster High School VP (  
Cherie Mills – Ancaster High School VP (  
**McMaster Children’s Hospital** 1200 Main St. Hamilton, ON (L8N3Z5) (905)521-2100  
**Route #1** - Ancaster High School to Meadowbrook Drive. Meadowbrook Dr. to Wilson St. Turn right. Wilson St. to 403 on ramp (on right). Take 403 to Aberdeen (exit ramp on the right). Turn Left on to Longwood Rd. Take Longwood Rd to Main St (turn left). Take Main St. to **McMaster Children’s Hospital EMERGENCY** on the right)  
**Route #2** – Ancaster High School Turn right on Meadowbrook Dr. Turn right on Jerseyville Rd W. Take Jerseyville Rd W to Wilson St. Turn Left at the stoplights). Take Wilson St. down the escarpment to Main St. Turn right. Take Main St. to **McMaster Children’s Hospital EMERGENCY** on the left)
31. Participants are encouraged to carry any and all health insurance information, including but not limited to private health care cards, private health care policy numbers and Ontario Health Insurance Plan (OHIP) cards. HWDSB does not pay for any costs of healthcare should participants require medical attention and receive invoices for failing to provide this information.
32. HWDSB may cancel the event for any reason at anytime.
33. **HWDSB provides the following in terms of personnel:**  
**Certified Physical Education Teachers (7 teachers)**  
**Certified Lifeguards (minimum 4 Lifeguards on deck for the duration of the Triathlon)**  
**EMS (2 certified EMS personnel will be stationed in the Transition area. In the past, there has been one EMS person that was able to have a bike ready to move to areas around the Triathlon run course)**



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**First Aid Stations (2 stations – one in the Transition Area, Police Officers have First Aid with them at each entry point to the bike and run course and one at the turn-around point of the run route – furthest point away from AHS)**

**Water Stations (8 stations along the entire run route)**

**FULL ROAD CLOSURE** -Police will be stationed at each entry point to the Race Course. A Motorcycle Police Officer will patrol the bike route for the entire day providing any necessary aid or communication to Mike Schurer (Race Director), EMS or ambulance if required. Communication will be set up with the City of Hamilton's Police Department when the PAID DUTY OFFICER Contract is filled out.

**Chiptimer Personnel** (Chiptime Results) (specific details about the company are included)

**No personal details are posted other than Participants' name and race finish information. No other details are collected by the Chiptimer company. Mike Schurer sends a file with the Participant names & Wave Start times to Chiptime Results. Nothing is posted prior to the Triathlon / Duathlon. All finishing times are posted to the Website AFTER the Triathlon / Duathlon is over.**

**Ancaster High School personally emails Wave Start times via a Microsoft Mail Merge. A personalized email is sent with the specific participants' start time and DETAILED INFORMATION LETTER to the participant only (so each participant knows exactly what to do on the day of the Triathlon / Duathlon). Each TEACHER REP for their school will receive an email with their student's Wave Start details.**

**Road Closure Services – Race Kit** (road closure barricades) (specific details about the company are included)





PARENT/GUARDIAN INFORMATION LETTER

Ancaster High

School Phone: (905) 648-4468

Date 02-Apr-2024

**Please keep this form at home for your information**

Dear Parent/Guardian:

As an extension of the curricular program, the PLF4M1 Leadership Class is/are planning an excursion.

Location: Ancaster HS 374 Jerseyville Rd W. Ancaster Activity: Dared-To-Tri Tri/Duathlon

Date(s)/Time(s) Leaving the School: 8:00am (Duathlon starts at 9:45am - Triathlon - 10:15am)

Date(s)/Time(s) Returning to School: 3:00pm (or depends on finish time)

Transportation Method: Own method of transportation.

Non-Staff Volunteers/Drivers will not be participating in this activity.

The cost per pupil for the excursion is \$ 40.00

We encourage you to pay online, cash/cheque also accepted.

Students are required to bring: Bike, Helmet, running shoes, bathing suit, towel, H2O bottle

The excursion is part of the regular school program. It is intended the students will learn:

The Triathlon experience (training, participating and completing a triathlon/duathlon). Engage in a LIFELONG ACTIVITY that is important to positive well-being. Inclusivity.

Expectations regarding student behaviour are the same as those for the regular school day. While we do not anticipate any problems, any serious breach of the School Code of Conduct on the part of the student may result in the student being sent home at the expense of the parent/guardian and further disciplinary action may be imposed.

Student information contained in your child's school records will be taken along on the excursion and will be used only in the case of an emergency. Please ensure the following elements in your child's student information record is up-to-date. **Notify the school office immediately of any changes:**

- *Parents/Guardians and Home Address/Phone Numbers*
- *Emergency Contact Names/Phone Numbers*
- *Medical/Health Concerns*

We are looking forward to an exciting and educationally enriching excursion. Please indicate your acceptance of the conditions outlined above by completing and returning to the school the attached consent form by **03-May-2024**

Volunteers  Volunteer Drivers are needed. Please contact your child's teacher if interested.

Please contact your child's teacher or the School Principal if you have any concerns or if your child requires any special accommodations for this activity.

Sincerely,

Mike Schurer

(Teacher in Charge)

Jason Monteith

(Principal)



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## Ancaster's "Dared-To-Tri" TRIATHLON /DUATHLON Ancaster's "Dared-To-Tri" Pledge Form

Participant Name: \_\_\_\_\_ School: \_\_\_\_\_

TEAM NAME (if applicable) : \_\_\_\_\_ (hand all forms TOGETHER AS A TEAM)

TEACHER REP's Name : \_\_\_\_\_

1 <sup>st</sup> Prize: Running Shoes (\$150 value) PLF 4M1 Class of 2023	2 <sup>nd</sup> Prize: SportChek Shopping Spree AAC (Ancaster Athletic Council)
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Name & Address	Amt. Pledged	Cash/Chq
<b>TOTAL</b>		

**\$40 per person ENTRY FEE, *cheques made payable to ANCASTER HIGH SCHOOL.***  
 We ask that you collect pledges to help raise money for **BENNETTO ELEMENTARY SCHOOL** are supporting this year. **If you raise \$50 or more, your name will be entered into 2 draws for Running Shoes & a Sportchek Gift Card.** For every \$20 over \$50, you will receive another entry to the draws. Thank-you to our sponsors for these amazing \$50 pledge draw prizes!





PARENT/GUARDIAN CONSENT FORM

Please return this form to the school

THIS FORM MUST BE READ AND SIGNED BY A PARENT/GUARDIAN OF ANY STUDENT PARTICIPATING IN THE EXCURSION AND/OR BY ANY PARTICIPATING STUDENT OVER 18 YEARS OF AGE. PLEASE COMPLETE THIS FORM, ARRANGE FOR PAYMENT, AND RETURN TO THE SCHOOL BY

School: Ancaster High School

Date of Excursion: Fri. May 24, 2024

Location: 374 Jerseyville Rd W Ancas

Activity: Dared-To-Tri Triathlon/Duathlon

Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in this activity:

- 1. Concussions
- 2. Broken bones
- 3. Scrapes, bumps, bruises
- 4. Heat stroke/dehydration

- I/We acknowledge receipt of the letter dated April 2, 2024 from the school with respect to the upcoming student excursion. We authorize transportation by On own.
- I/We understand that excursions contain an element of risk and accidents may occur that may result in injury and/or loss without fault of either the student, or the school board, its employees or the facility where the activity is taking place.
- I/We understand that by choosing to allow the student to participate in this activity, I/we bear the responsibility of for any injury that might occur. The chance of an injury occurring can be reduced by students carefully following instructions at all times while engaged in the activity.
- I/We understand that Hamilton-Wentworth District School Board does NOT provide accidental death, disability, dismemberment or medical expense insurance on behalf of students participating in this activity. If you do not have private insurance coverage, Student Accident Insurance coverage is available and may be purchased through Reliable Life at 1-800-463-KIDS (5437) or online at [www.insuremykids.com](http://www.insuremykids.com).
- I/We grant permission to obtain medical treatment in the event of a medical emergency where attempts to make contact using the information provided to the school are not successful.
- I/We understand that the School Code of Conduct as well as the Board's Code of Conduct on School Related Vehicles are in effect and will apply to all students at all times during this activity.
- I/We understand that that neither Hamilton-Wentworth District School Board or the School will accept responsibility for any money not refunded by the service provider, nor for transportation costs incurred, should you subsequently decide not to permit the student to attend.
- I/We understand Hamilton-Wentworth District School Board nor the School, will not be responsible for financial loss resulting from the cancellation of any school excursion by a Tour Company, Transportation Carrier or cancellation by the board.

I/WE HAVE READ THE ABOVE AND WE UNDERSTAND IN PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

I/WE GIVE PERMISSION FOR THE STUDENT TO PARTICIPATE IN THE ACTIVITY NOTED ABOVE.

Names of Student: \_\_\_\_\_

Teacher: \_\_\_\_\_

Signature of Student (if over 18): \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

PLEASE CHECK BOX FOR METHOD OF PAYMENT:  ONLINE  CASH  CHEQUE

I am interested in volunteering. Please contact me to initiate the volunteer screening process.