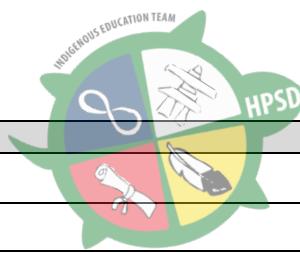


## SWEAT LODGE CONSENT



<b>Activity Information</b>	
<b>Activity Name:</b> Sweat Lodge	
<b>Date:</b>	
<b>Location:</b> This learning will take place in/at: _____ (Nation of Lodge Holder)	
<b>Time:</b> Students will be bused from the school at _____ and return to the school by _____.	

<b>Background</b>	
<p>We are grateful to have our students and staff be invited to learn about and participate in a traditional Sweat Lodge Ceremony.</p> <p>A sweat lodge is a spiritual ceremony/practice through which participants can seek healing, strength, or insight for themselves and/or others. Because this is a spiritual ceremony, <i>participation is voluntary and requires parental permission</i>.</p> <p>Only those students participating in the sweat lodge will receive the pre-teachings at the school from Knowledge Keepers, including the protocols of smudging and preparation for participating in the pipe ceremony, which are required to enter the lodge.</p> <p>The sweat lodge will consist of 4 rounds, of about 10-15 minutes, with a break between rounds. There will be drumming and singing during each round. Males can wear shorts and a T-shirt. Females must have their knees and shoulders covered; they may cover with a long skirt or blanket.</p> <p>Students should bring a water bottle, a change of clothes, and towels. There is no metal or phones allowed in the lodge. The school cannot be responsible for any student electronic devices. A divisional staff member on site will have the ability to communicate so students are encouraged to leave their phones safely at home or locked in school lockers.</p>	

<b>Risks</b>											
<p>Students need to be prepared to sit in a small, dark space and experience very warm temperatures. There will be breaks every 15 minutes. Students may leave the sweat at any time if they find the heat too intense.</p> <table border="0"> <tr> <td><b>RISKS</b></td> <td><b>CONTROLS</b></td> </tr> <tr> <td>Slips, trips, and falls</td> <td>Proper footwear/no running</td> </tr> <tr> <td>Bus accident</td> <td>Professional driver, route planning</td> </tr> <tr> <td>Weather - cold/hot</td> <td>Appropriate clothing: toque, mittens, ski pants/sunscreen and hat</td> </tr> <tr> <td>Allergic reaction</td> <td><a href="#">Administrative Procedure 195</a> – let the school know about any allergies</td> </tr> </table>		<b>RISKS</b>	<b>CONTROLS</b>	Slips, trips, and falls	Proper footwear/no running	Bus accident	Professional driver, route planning	Weather - cold/hot	Appropriate clothing: toque, mittens, ski pants/sunscreen and hat	Allergic reaction	<a href="#">Administrative Procedure 195</a> – let the school know about any allergies
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Sign below, keep top section, and return the bottom section to the school by \_\_\_\_\_

<b>Consent to Participate in Sweat Lodge</b>	
<p>I give permission for _____ to participate in the Sweat Lodge Ceremony at/on _____ on _____.</p> <p>(Location) (Date)</p>	
Name of Parent/Guardian: (Please print)	Signature:
<b>Consent to Smoke Peace Pipe</b>	
<p>Students are welcome to put the pipe to their head and heart if they do not smoke the peace pipe. Additional parental consent is required to allow your child to smoke the peace pipe.</p> <p>I give permission for _____ to smoke the Peace Pipe during the Sweat Lodge Ceremony.</p>	
Name of Parent/Guardian: (Please print)	Signature: