



PARENTS TIPS

Success for a school visit to a ski area is in the preparation. Please ensure that student information is filled out completely and accurately and submitted to the trip organiser as soon as possible. Take some time to review the Mountain Code of Conduct with your child. Also included are some Dressing Tips, additional hints and links to other helpful information.

MOUNTAIN CODE OF CONDUCT

Code adopted under the Act respecting safety in sports.

This Code applies to all persons practicing snow sports.

1. Remain in control of your speed and direction. Make sure you can stop and avoid any person or obstacle.
2. Yield the right of way to persons downhill and choose a course that ensures their safety.
3. Stop on a trail only if you are visible from above and if you are not obstructing the trail.
4. Yield the right of way to persons uphill when entering a trail and at intersections.
5. If you are involved in or witness an accident, remain at the scene and identify yourself to a first-aider.
6. Use and wear at all times a proper device to prevent runaway equipment.
7. Keep out of the lifts and trails if your ability is impaired through use of alcohol or drugs.
8. Obey all signs and warnings and never venture off the trails or onto a closed trail.

There are elements of risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the slopes, always show courtesy to others. Observe the code listed above and share with others the responsibility for a great outdoor experience.

You must obey all other rules and signs pertaining to any particular activity as marked out by the resort.

Know the code. Be safety conscious. It is your responsibility!

ABILITY LEVELS

You should determine with your child, their ability level, which you will be required to provide when registering for the school trip.

Please take a moment to review the following:

Snowboard levels

- A) **Beginner:** I have never snowboarded before.
- B) **Novice:** I am capable of standing and slip sliding but I cannot turn.
- C) **Intermediate:** I can turn but sometimes have trouble. I am comfortable on easy (green) slopes.
- D) **Advanced:** I can turn comfortably and I am comfortable on intermediate (blue) slopes.

Ski levels

- A) **Beginner:** I have never downhill skied (Cross-country experience does not apply).
- B) **Novice:** I have learned to snow plow and take the chairlift.
- C) **Intermediate:** I can snow plow and sometimes parallel ski. I am comfortable on beginner slopes.
- D) **Advanced:** I can parallel ski and am comfortable on intermediate (blue) slopes.

DRESSING TIPS

Layer Up

The best way to dress for winter is to follow the 3-layer guideline of layering. Layering gives you the flexibility to add or remove layers, depending on the weather conditions and your activity level.

1. Wicking Layer

This layer is worn next to your skin, usually consisting of long underwear. Look for thermal underwear made of a synthetic -- usually polyester --- fibre that wicks or moves the moisture away from your body.

2. Insulating Layer

This middle layer includes sweaters, sweatshirts, vests and pullovers. The purpose of this layer is to keep heat in and cold out, which is accomplished by trapping air between the fibres. Popular insulation materials include fleece or wool.

3. Protection Layer

The exterior layer, generally a shell and pants, serves as your guard against the elements of winter. It should repel water from snow and block the wind, while also letting perspiration evaporate. Jeans alone are not recommended as they will quickly absorb moisture from one fall. Most genuine winter shells and pants are made waterproof and breathable to some extent by using tightly woven fabrics teamed with a coating or laminate.

Headwear

Although toques are warm, they should not be worn for skiing/ riding. School Boards require that helmet use is mandatory for their students. Snow sport helmets are warm on their own; however a thin covering such as a balaclava may be worn underneath. DO NOT wear a bulky toque under the helmet as it will affect the proper fit - essential to your safety. A neck warmer is the best bet to keep the heat in and cover any exposed skin. Scarves are dangerous around ski lifts and even tucked in the jacket can become loose over time.

Gloves or Mitts

Either is good as long as they are properly insulated for winter. Mitts are better for those susceptible to cold hands. Wool is not good as an exterior surface for gloves or mitts, since it tends to stick to metal lift components when wet.

Socks

Happy feet are a skier or riders best friend. One pair of light or medium weight socks is the best. Two pairs or a very thick pair could limit circulation and cause cold feet. Throw an extra pair in the packsack - damp socks become cold and uncomfortable.

Eyewear

Although not necessary, protecting your eyes is a wise thing to do when skiing or riding. Sunglasses or goggles can protect from harmful UV rays. Goggles will keep the wind and snow out of your eyes - after all, it's a lot more fun when you can see where you are going.

Equipment

Do not send your child with old, unsafe or borrowed equipment as binding may not be fitted properly. If you are bringing your own ski equipment or have decided to borrow some, please remember that the bindings must be properly adjusted for height, weight, boot size, age and ability. Schools receive a very favourable price when it comes to equipment rental and Vorlage's certified technicians adjust each pair to the individual's requirements.

DRESSING TIPS



Helmets

Not only is wearing a ski/snowboard helmet mandatory for most school boards, it is just good common sense. It should be fitted properly and be specific to these sports - a hockey or bicycle helmet is not designed for skiing or snowboarding. More information can be found at <http://myhelmet.ca>

Proper Nutrition

Start off the day with a nutritious breakfast to supply the needed energy for a day on the slopes. Just as important is the need to stay hydrated throughout the day. Our cafeteria has a wide variety of food and beverage choices, from soups, salads and freshly made sandwiches to burgers, fries and luncheon specials. Water, juices, hot chocolate and pop are just a few thirst quenching choices.

The student should also take the time to rest when they are feeling tired. Each person has a different energy level and it is important not to overdo it.

Please check out the Safety on the Slopes section for more informative items.