



Grades 5 – 12 SKI / SNOWBOARDING TRIP
to WAPITI Valley Regional Park
WEDNESDAY, MARCH 25, 2020

The bus will leave @ 7:30 a.m. We will return at 5:30 p.m. Please make sure arrangements are made ahead of time to pick up your child at this time.

In order to receive the school rate, students **MUST** ride on the bus!!

Students are welcome to bring their own lunches and snacks or purchase food and drinks at the hill.

All students must have proper winter clothing (toques, mitts, ski pants, jacket, extra dry clothing, etc.) for the day.

Please **READ, COMPLETE IN FULL, and RETURN** the attached ***Parent/Guardian Consent Form***, the ***Student Info form*** (one form **per** student), and **payment** (made payable to Three Lakes School) to Ms. Krentz at the office **NO LATER THAN 9 A.M. on FRIDAY, MARCH 13, 2020**. At this time, a decision will be made whether or not the trip will go ahead depending on the number of paid students. Late registrations **WILL NOT** be accepted!!

Downhill skiing and snowboarding are approved activities in the Saskatchewan curriculum under Physical and Outdoor Education. It is expected that all students participate and take advantage of this educational opportunity.

If there is any misbehavior from your child, you may have to come and get them at the hill that day.

If you have any questions, please contact the school.

I'm looking forward to a great trip!!

- **Trevor Otsig**

STUDENT INFORMATION FORM

STUDENT NAME: _____

GRADE: _____ HEALTH CARD #: _____

EMERGENCY CONTACT NAME & CELL # for the day of the trip:

ABILITY LEVEL # (please see the attached sheet): _____

Helmets & lessons are MANDATORY for ALL students!!

SKI PACKAGE:



LIFT 17.00
RENTAL 10.00
LESSON 7.00
\$34.00

Skis, boots, poles & helmet included.

SNOWBOARD PACKAGE:



LIFT 17.00
RENTAL 17.00
LESSON 7.00
\$41.00

Board, boots & helmet included.

OWN EQUIPMENT:



LIFT 17.00
LESSON 7.00
\$24.00

I, _____, give my son/daughter,
_____, permission to participate in the Three Lakes
School Ski/Snowboarding Trip on Wednesday, March 25, 2020, to Wapiti Valley.

Date

Parent/Guardian Signature



PARENT/GUARDIAN CONSENT FORM

THREE LAKES SCHOOL (School) has arranged a trip for the students to visit Wapiti Valley Ski & Board Resort on **WEDNESDAY, MARCH 25, 2020** (date). This signed form is required for all students who plan to participate in either the ski or snowboard school program. It should be understood that this outdoor program is educational and that skiing and snowboarding provide many physical and mental benefits to the participating youth. **LESSONS AND HELMETS ARE MANDATORY.**

ASSUMPTION OF RISK

The use of the ski area premises and facilities and participation in skiing and snowboarding at Wapiti Valley involves various risks, dangers, and hazards. These risks include, but not limited to the following:

- Boarding, riding, and disembarking lifts, both surface and aerial
- Changing weather conditions
- Exposed rock, earth, ice, and other natural objects
- Trees, tree wells, tree stumps, and forest deadfall
- The condition of snow and ice on or beneath the surface
- Variations in the terrain which may create blind spots or areas of reduced visibility
- Variations in the surface or sub-surface, including changes due to man-made or artificial snow
- Collision with lift towers, fences, snow making equipment, snow grooming equipment, snowmobiles, or other vehicles, equipment or structures
- Collision with other persons
- Loss of balance or control, slips, trips, and falls
- Accidents during snow school lessons
- Failure to act safely or within one's own ability or to stay within designated areas

EQUIPMENT

The ski boot/binding system for alpine skiing may not release during every fall or may release unexpectedly. The ski boot/binding system is no guarantee that the skier will not be injured.

The snowboard boot/binding system is not designed or intended to release and will not release under normal circumstances. Given the snowboard boot binding system is a non-system, the system will not reduce the risk of injury during a fall.

All students must be classified according to the following guidelines:

SKI CLASSIFICATION

LEVEL 1-FIRST TIME SKIER (GREEN) Never skied before, or is not able to stop with confidence on a gentle slope.

LEVEL 2-NOVICE (GREEN) Learning to turn on gentle slopes. Rides magic carpet lift comfortably. Mastering snowplow and starting to link snowplow turns. May progress to chairlift and other easy green runs.

LEVEL 3-COMFORTABLE NOVICE (BLUE) Can link strong snowplow turns or wide stance parallel turns on green runs. Occasionally skis blue runs, but cautiously. Has experience riding the chairlift.

LEVEL 4-INTERMEDIATE (BLUE) Able to ski parallel with pole plants. Can ski most blue runs. Looking to ski more varied terrain.

LEVEL 5-STRONG INTERMEDIATE/ADVANCED (BLACK) Strong parallel turns with pole plants on blue and black runs.

SNOWBOARDING CLASSIFICATION

LEVEL 1-FIRST TIME SNOWBOARDER (GREEN) Never snowboarded before, or requires instructor assistance to stop.

LEVEL 2-NOVICE (GREEN) Able to stop safely. Mobile on toe-side and heel-side edges (pendulum/falling leaf skills). Uses magic carpet and may progress to chairlift.

LEVEL 3-COMFORTABLE NOVICE (BLUE) Can complete heel-side and toe-side turns on green terrain. Learning to link turns.

LEVEL 4-INTERMEDIATE (BLUE) Can link turns and control speed on green runs. Learning to turn with confidence on all green runs and easier blue runs. Uses chairlift comfortably.

LEVEL 5-STRONG INTERMEDIATE/ADVANCED (BLACK) Can link turns on blue runs, learning short turns and carving.

PERMISSION

I HAVE IDENTIFIED MY CHILD'S ABILITY CLASSIFICATION AS:

SKI _____ or SNOWBOARD _____ LEVEL _____ (1-5)

I give *(Enter Students name)* _____

permission to participate in the snow school program at Wapiti Valley Ski & Board Resort. I have read and understand the risks associated with skiing and snowboarding.

Parent/Guardian signature: _____ **Date:** _____

PREPARING FOR YOUR SKI/SNOWBOARD TRIP

The most important thing is to get a good sleep the night before and eat a healthy breakfast.

What to Wear:

It is best to dress in layers. You can always remove a layer if you get hot.

Wear a base layer next to your skin. This could include an undershirt, T-shirt, or turtleneck.

Wear long underwear, fleece leggings, or pajama bottoms to help keep your legs warm. Please avoid wearing jeans.

The second layer should be a sweater or fleece.

The last layer is a warm winter jacket. Snow pants are a must.

Wear only one pair of warm socks that come up high on your legs. Do not wear multiple pairs of socks as they will be uncomfortable in the ski or snowboard boots and will make your feet colder and/or cause blisters.

Wear warm mittens or gloves. Knit mittens are not suitable as they get wet quickly and lose their warmth.

If you plan to wear a hat or toque under your helmet, ensure it is thin and does not have a pom-pom or a brim. Pom-poms and brims will prevent the helmet from fitting properly. This also applies to barrettes and headbands. Please ensure that ponytails are worn low so it does not get in the way of the helmet.

Goggles or sunglasses are recommended.

Bring something to cover your face. The wind can get quite cold. Neck tubes are recommended but if you choose to wear a scarf, the ends must be tucked into your jacket so that it does not get caught on the lifts.


What to Bring:

- Extra mittens or gloves, just in case your original pair get wet.
- An extra pair of socks. Your socks may get wet during the return of your rental equipment. On a colder day, it is nice to put on a fresh, clean pair of socks halfway through the day to keep your feet warm.
- A bag lunch or money. We recommend that money be put in a Ziploc bag with your name on it.
- A water bottle. It is important to stay hydrated!

ALPINE RESPONSIBILITY CODE

Wapiti Valley Ski & Board Resort adheres to the Alpine Responsibility Code outlined by the Canada West Ski Areas Association. Skiers/Snowboarders must always be in control, must be able to stop, and must be able to change direction to avoid collisions with people or objects. Wapiti Valley Ski & Board Resort may revoke a lift ticket or season pass for any violation of the Alpine Responsibility Code or other unacceptable conduct.


ALPINE RESPONSIBILITY CODE



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. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.


<p>1 <i>Always stay in control. You must be able to stop, or avoid other people or objects.</i></p> <p>2 <i>People ahead of you have the right-of-way. It is your responsibility to avoid them.</i></p> <p>3 <i>Do not stop where you obstruct a trail or are not visible from above.</i></p> <p>4 <i>Before starting downhill or merging onto a trail, look uphill and yield to others.</i></p> <p>5 <i>If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.</i></p>	<p>6 <i>Always use proper devices to help prevent runaway equipment.</i></p> <p>7 <i>Observe and obey all posted signs and warnings.</i></p> <p>8 <i>Keep off closed trails and closed areas.</i></p> <p>9 <i>You must not use lifts or remain if your ability is impaired through use of alcohol or drugs.</i></p> <p>10 <i>You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.</i></p>
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**Know the Code - Be Safety Conscious
It is Your Responsibility**



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