Planning Ski and Snowboarding Education Programs
A Reference Guide for Schools
Acknowledgments

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MAST does not endorse any ski resorts in Manitoba or elsewhere. Holiday Mountain Resort and Asessippi have both contributed safety material for this manual and shared risk management information on their operations. I believe both resorts strive to provide a good environment for schools where safety is a guiding principle. There may be other resorts in Manitoba that provide similar experiences but have not provided such information. It is up to teachers and administrators to assess resorts and determine their ability to meet the needs of the school and school board.

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How to Use This Manual

This manual is designed to provide safe and responsible participation in a schools' outdoor ski and snowboard education program. The safety of all participants must be the most important consideration. Proper planning, experience and common sense should result in a beneficial learning experience.

In this manual, we describe the basic steps to providing supervision that actively encourages all participants to ski and snowboard safely while at the same time supporting and enhancing your education program. These steps are guidelines designed to apply to all Manitoba School Boards participating in the Manitoba Schools Insurance Program. Representatives of ski and snowboard instructors, resorts, insurance personnel and school trustees have endorsed these guidelines.

It is intended that the guidelines be followed by all principals and teachers involved in the planning of outdoor ski and snowboard education programs.

Since skiing and snowboarding are sports with physical demands and inherent risks, it is also important for participants to have adequate health care coverage in the event of injury. All Canadians are covered by Canada's health care system for necessary medical attention or hospitalization. Students may also be covered under extended health programs provided by their parent's employers. Further, voluntary student accident insurance plans can be purchased throughout the year. These plans provide additional benefits for injury by accident, including coverage for supplementary hospital, ambulance, paramedical practitioners, and other benefits.

Perhaps most importantly, all participants should ensure that they are covered for out of Province medical and hospital care (above that which would be provided by Canada's Medicare System) for the increased charges that apply for example in the United States. Group out of province medical care coverage is available in conjunction with the Manitoba Schools Insurance Program, from broker Hayhurst Elias Dudek Inc. (telephone 943-0331). This coverage provides $ 1,000,000 of additional protection in the event of required medical care or hospitalization (due to accident or illness) that would not be insured under Medicare.
Skiing and snowboarding can be intimidating for first-timers and even for those re-entering the sport after a few years absence. With all the new equipment and technology, where do you start? Before you go out and purchase new gear, try renting out the equipment. Holiday Mountain Resort has a massive fleet of rentals, of all types and sizes. You advise the rental technician your size and ability level and our experts will set you up with the appropriate gear. Don’t hesitate to tell us if you are a beginner, the technician is there to make your experience enjoyable, not to judge you. We were all beginners once! Improperly fit equipment can sabotage your best efforts to learn a new sport. The wrong gear can make you frustrated and may not provide the results you were expecting. When filling out the rental forms, be truthful about your height, weight and ability level. This information is vital to providing you with the best possible equipment.

Skis: Shaped skis are the wave of the future and are now sold by all the shops. Holiday Mountain Resort’s entire rental fleet is shaped skis (known as side-cuts). They have an hourglass shape - narrow in the center, wider at the tip and tail. Shaped skis are designed to be used in shorter lengths than the old straight skis. Ask a technician what size your skis should be, according to your height and ability level. If you have skied in the past and have never tried these new skis, you are in for a treat. The technique for using these skis is slightly different (easier) and you will be skiing down the hill in no time, with little or no effort. Ask your instructor how to take advantage of the technology.

Snowblades: Now available for rent at Holiday Mountain Resort, these are basically very short shaped skis. They use regular ski bindings and regular ski boots. They are primarily used without poles, for trick skiing, jumps and rails. If you have never skied before it is tough to learn the basics on snowblades. They tend to be a little harder to snowplow. We recommend that you take a beginner ski lesson prior to trying snowblades.

Ski Boots: The most important thing to know about boots is that they are comfortable and fit YOUR feet. Nothing else matters if they are not comfortable. Wear only one pair of socks in your boots. Do not tuck your pants inside the boot; the only thing inside your ski boots should be your feet and a pair of socks. Fit should be snug and your heel should remain in place when you bend your knee and ankle. Remember the boots will stiffen in the cold. Tell the technician your shoe size and try them on. Do NOT hesitate to send them back and ask for a larger/smaller pair. Your comfort is essential.

Ski Bindings: Bindings hold your boots to the skis and are designed to release during a fall. Bindings have a “DIN” setting on them (Deutsche Industries Norm). This number is determined by a technician according to your height, weight and ability level. Do not attempt to change the DIN setting on your own
skis without the help of a professional. These settings are essential to the safe use of your bindings.

**Poles:** When holding the poles in your hands, your elbow should be bent at a 90-degree angle. The C.S.I.A. feels that the use of ski poles is relevant to the development of skills. When used correctly, poles will help with your stance and balance, as well as creating rhythm to your turns. They also help you get to the bottom of the lift! Ask your instructor to show you how to pole plant and get the most out of your poles.

**Helmets:** Holiday Mountain Resort adheres to the position of the C.W.S.A.A. (Canada West Ski Areas Association) and recommends that parents and children educate themselves about the benefits and limitations of helmet use when making a decision. We recommend personal choice. Should you CHOOSE to wear a helmet, we do have them available. Fit is essential with a helmet, it must fit correctly to be of any help. Improperly fitted helmets can actually cause injuries. When being fitted for your helmet, be sure to tell the technician if you will be wearing a toque under your helmet, so that the size can be adjusted accordingly. We do not allow the use of non-snow sport helmets such as bicycle or hockey helmets. When purchasing or renting a helmet, be sure that it is a multiple impact helmet that meets either the C.E.N 1077 (Common European Norm,) Snell, or A.S.T.M. (American Society of Testing & Materials) standard. There is currently no CSA approved ski/snowboard helmet.

**Wrist guards:** At this time there is no medically accepted study that demonstrates the effectiveness of wrist guards. In many cases, they actually exacerbate the injury because the stiffener simply transfers the energy down the arm. The good news is that the incidence of this particular injury drops dramatically as snowboarders advance their skill levels. When the industry develops a medically proven wristguard, Holiday Mountain Resort will offer them for rent. Until such time, we do not advocate their use.

**Snowboards:** Holiday Mountain Resort offers recreational snowboards for rent. They are versatile and have a tip of either side of the board for use in either direction. If you are trying to determine which direction you snowboard, imagine this: Tom Cruise sliding across the kitchen floor in his socks, Risky Business style...when you do it, which direction are you facing? That is most likely the way you should snowboard. Left foot forward is regular (or Mickey, as in the old Mickey Mouse cartoons). Right foot forward is called Goofy (yes, for the cartoon character!). Tell your technician which way you would like your board set. If you are still unsure, ask an instructor for assistance. Don't worry; we get this question all the time!

**Snowboard Boots:** Snowboard boots have laces, and are soft boots made of leather and nylon. Tying the laces tightly will aid in board performance. The rentals at Holiday Mountain Resort are this type and do not have plastic shells. The most important thing to know about boots is that they are comfortable
and fit YOUR feet. Nothing else matters if they are not comfortable. Tell the technician your shoe size and try them on. Do NOT hesitate to send them back and ask for a larger/smaller pair. Your comfort is essential.

Snowboard Bindings: Unlike ski bindings, these are not designed to release when you fall. Because snowboard bindings do not have a brake system built in, all resorts within the C.W.S.A.A. recommend the use of a leash to attach the board to your boot to prevent a runaway board. The angle of your stance on a snowboard can be adjusted. Unless you request it, all boards will be set at a relatively low angle towards the middle of the board. As you gain experience, experiment with the angle setting to find what suits you best. Check with your Instructor and Technician for advice.

Clothing: The best way to prepare for your day of skiing or snowboarding is to wear layers. You then have the option to add or remove clothing depending on the weather. Up to 60% of the body’s heat can escape through your head, so wear a toque. If you wear a helmet, be sure to get an appropriate toque that fits under your helmet. If necessary, get a larger helmet to ensure that it fits correctly. Sunglasses and goggles protect your eyes. Suncreen is highly recommended. Gloves or mittens are essential. Try to avoid those made of cotton because once they are wet, they will not provide much protection from the cold. Above all, wear outdoor pants, not just jeans! Denim does not provide adequate protection and you will be very cold. Don’t forget your coat and a good, warm pair of socks. Backpacks are not allowed on the chairlifts; please leave yours in a locker. Backpacks can become caught on the lift and cause problems in case of an evacuation. Please do not put your child in a pouch on your back. It is very dangerous for you and the child, and it is not allowed on our hills. Now that you are dressed up, you are set for your snow day.

You can rent equipment at Holiday Mountain Resort. Many of the shops in Winnipeg and Brandon will also allow you to try some demos. Avoid purchasing used gear from a friend or a sale until you know what you want and what works for you. Once you are comfortable with the equipment, then make your purchase. When purchasing used gear, be sure to have the bindings set by a professional. Owning your own gear will save you money in the long run and help you improve your abilities. Just make sure you buy what you need! Ask a professional. Don’t forget to stop by the Snow School and book your lesson with one of our Nationally Certified Ski and Snowboard Instructors.
LEARNING YOUR SPORT

The quickest way to improve is through mileage and instruction. Ideally, you learn the right techniques and build on them. New skiers or snowboarders should definitely take a lesson with a professional. At Holiday Mountain Resort in 2004-05, 77% of our accidents were skiers/boarders who had never in their lives taken a lesson from a professional. There are a few national governing bodies within Canada that certify instructors: the Canadian Ski Instructors Alliance (C.S.I.A.), the Canadian Association of Snowboard Instructors and the Canadian Ski Coaches Federation (C.S.C.F.). Be sure to request a Nationally Certified Instructor when purchasing a ski or snowboard lesson. These people take extensive courses in levels 1-4 and recertify every 2 years to ensure that they are keeping up with the current industry standards.

Holiday Mountain Resort Parental Info

Within our School Program we teach ALL DAY! There are Beginner lessons in the morning and we offer intermediate and advanced lessons all afternoon – included in the price. The National Ski Areas Association (N.S.A.A.) in the USA and the Canada West Ski Areas Association (C.W.S.A.A.) recommend that parents educate themselves about the benefits and limitations of helmet use and make informed choices for themselves and their children. The American Medical Association supports the voluntary use of helmets for children and adolescents during recreational skiing and snowboarding. We follow these industry standards and recommend individual consideration regarding helmet use.

Should you choose to wear a helmet, Holiday Mountain Resort has multiple impact helmets available for rent. We do not allow the use of non-snow sports helmets, i.e. bicycle or hockey helmets. They do not provide adequate coverage for snow sports, and can in fact be the cause of other injuries. Inverted aerial maneuvers are strictly prohibited.

Helmet Facts:

- Helmets are effective at speeds of less than 22.6 km/hr. The average snowboarder travels at 43 km/hr with over 84% of all snowboarders traveling in excess of 31/7 km/hr.

- Helmet use can create a false sense of security for the wearer and cause them to take more risks. The average snowboarder wearing a helmet travels 4.8 km/hr faster than a snowboarder NOT wearing a helmet.

- Helmets will help prevent mild injuries such as cuts & scrapes, in fact there is a 29% reduction in these types of minor injuries when wearing a helmet.
• Head injuries account for less than 2.6% of all skiing/boarding injuries.

• Studies show that of head injuries occurring in those not wearing helmets; 70% are minor and 30% are major, while those injuries sustained in athletes wearing helmets showed the complete reverse with 30% minor injuries and 70% major injuries.

These statistics come from Dr. Jasper Shealy and his studies were done at Sugarbush, Vermont. He is a Professor Emeritus at the Rochester Institute of Technology. He has studied ski injuries for over 30 years and snowboard injuries for more than 15 years. Dr. Shealy is currently the chair of the ASTM F27 Committee for Snow Skiing and is a US technical delegate for the International Standards Organization (ISO) as related to Snow Skiing.

The material presented here is not intended to promote OR discourage the use of helmets. It is merely intended to provide all the facts to enable parents, skiers and snowboarders to make an informed decision as to what is best for themselves and their children. An individual’s behavior has as much or more to do with their safety as does any piece of equipment. There is an inherent risk to snow sports, as there is in any sport. Helmets can reduce injury, but should be viewed as a secondary precaution. Skiing/riding safely and in control is the first line of defense. Be Aware, Ski & Ride with Care.

**Typical School Trip to Asessippi**

Information submitted by Asessippi Ski Area

**Arrival:**
When you school bus arrives at Asessippi, one of our friendly reps will be there awaiting your arrival at the drop off zone. Our staff member will then escort your group into our Sugar Shacks for a brief welcome.

**Process:**
The group will watch the “Respect” video, approx. 7 minutes. Our staff will discuss the skier’s responsibility code, local rules and behavior expectations. Lift tickets are distributed at this time. From the Sugar shack, the group will be escorted downstairs to an area where they can drop off their excess baggage.

If the school viewed the “Respect” video and reviewed the ‘School Safety Guidelines Booklet’ prior to arrival, there will be a short presentation on local rules and behavior expectations, approx. 5 minutes and ticket distribution prior to heading downstairs.
**Rental:**
Then it’s off to the rental shop to pick up your helmets and equipment (if required). Equipment is labeled and laid out alphabetically by individual’s first name and last initial.

**Lessons:**
Once equipped and ready to go, our qualified instructors will meet the group outside and commence lessons and evaluations.

**Safety & Terrain Variety:**
Beginners: Skiers and Boarders that are first or second timers will have been given a ticket with a Red Stripe that gives them access to the Bunny Hill only where their beginner lessons will commence immediately. Once they can turn in both directions and stop, students will be given a Green Stripe which will give them access to the Quad Chair and notice/intermediate terrain.

Skiers and Boarders that are beyond the beginner level will be evaluated and assigned to either a Novice (demonstrate the ability to link turns and stop, but travel slowly and cautiously on green and easy blue terrain), Intermediate (travel with more speed and confidence and can demonstrate rhythm and fluidity in turns on blue and easy black terrain) or Advance (can vary turns and adapt to different conditions on any terrain with control and confidence and increased speed) lesson group which may go out immediately or at a later time. Intermediate and Advanced lessons may contain elements of carving freestyle or racing in them.

Students that demonstrate the ability to ski/board in a safe manner on Advanced terrain will be given an additional mark on their lift ticket giving them access to this terrain including the Terrain Park.

Under no circumstances will a student be given an upgrade to the next level without an evaluation and approval by one of our qualified instructors.

**Departure:**
Following your visit, an Asessippi representative will touch base with you and provide you with our quick and easy evaluation form.

Your comments and suggestions are crucial to the continued success of this facility. We appreciate any feedback you can provide.
Planning For Outdoor Snow Education Programs

There is no substitute for careful planning. It is imperative that parents and students be informed of all details of the trip or program. Teachers and parents must be aware of the situation in which the students will participate and be able to show that realistic supervision will be provided. Methods of supervision shall include:

- supervising activities through staff, volunteers or others enforcing rules of fair conduct
- warning people about risks or hazards actively motivating people to participate safely and responsibly
- improving or maintaining the qualifications and training of supervising staff or volunteers
- communicating standards of responsible participation through rules of conduct, by positive example and through disciplinary action.

If you feel that you cannot provide appropriate supervision for skiing or snowboarding, your responsibility is to work with ski/snowboard instructors and resort personnel to find alternative supervisors. Should this prove impossible, consideration should be given to canceling the event. You should ensure that the SKI PATROL, SKI/BOARD INSTRUCTORS, and RESORT are members of their respective national certifying body (Canadian or American - e.g. Canadian Ski Patrol System, Canadian Ski Instructors Alliance, Canadian Association of Snowboard Instructors, Canada West Ski Area Association).

The principal and staff are responsible for the students’ safety and direction. Resorts may have classroom orientation material available for this purpose. The person coordinating the endeavor needs to ensure that all applicable recommendations are adhered to. The principal and staff must be certain that important aspects such as pupil/teacher ratios, telephone contacts and emergency procedures are provided for and in place prior to the trip. Teachers are responsible for student supervision and control at all times. The resort reserves the right to revoke the lift ticket of any skier/snowboarder for infractions of rules, policy regulations or unacceptable conduct.
Ski/Snowboard Excursion Forms

Use the School Board Approved outdoor education excursion form to request permission for the excursion.

Obtain written parental permission for all out of school trips. This form must clearly indicate the purpose of the trip and provide a place for signature of parent and student. The form should be in duplicate with one copy for the school and the other for the resort.

Ski/Snowboard Trip Preparation

- Receive conceptual approval for ski/snowboard excursion from administration.
- Book date and numbers with resort.
- Arrange transportation.
- Complete required School Board excursion forms and submit to Principal for Superintendent.
- Complete parental letter and information package, which should include student classification information.
- Send package home for parental permission and signature.
- Collect signed parental permission forms for each student.
- Establish classification groups and inform resort of group sizes and number of rentals required, specifically how many students will participate in each sport to ensure that the resort has an adequate instructor base.
- Authorized school representative signs resort Group Rental Agreement, if required by the resort.
AFTER above details have been completed, meet with the students to discuss and establish:

- Teacher/Student/Volunteer Supervision
- Behavioral Expectations
- Groupings
- Skiing/Boarding Regulations
- Seating Plans
- Student I.D.
- Organizational Plans for Each Day

**Skier/Snowboarder Classification**

All students must be classified according to the following plan. These stages are consistent with the operations of all C.W.S.A.A. and N.S.A.A. Resorts in North America. The classifications must appear on the Parent Consent Form and be checked off by the parents. Parents should understand that these classifications will be verified by a professional skier/snowboarder prior to the student skiing/boarding.

**NOVICE:** The student has never skied/boarded before.

**BEGINNER:** The student has skied/boarded a few times before and has experienced and maintained control on a number of novice hills. He/she can stop and turn with some success. This classification is indicated by a green circle.

**INTERMEDIATE:** The student has skied/boarded on many occasions and has experienced a variety of hills and different ski/board areas. He/she can turn and stop under control using recognized formal techniques. This classification is indicated by a blue square.

**ADVANCED:** The student is an experienced and competent skier/boarder. He/she has received formal instruction, knows and understands the Alpine Responsibility Code and can demonstrate ability at an advanced level. Such students can be called upon to assist in the program. This classification is indicated by a black diamond. Only student’s with an advanced rating will be allowed to use Terrain Parks or Halfpipes. This classification is shown by an orange oval, which indicates “Varied Freestyle Terrain.”
Ski & Snowboard Day Controls
Alpine Skiing & Snowboarding

The teacher in charge must make contact with the resort operator prior to the trip in order to arrange student identification and controls procedure.

All students must prove their ability by having a ski-off on the novice hill at the start of the day. Classification must be based on visual assessment of performance upon arrival, prior to leaving the beginner area. This may also be compared to the parent’s signed classification on the permission form, but ultimately the decision belongs to the instructor who is watching the student ski/board. The instructor, by rating the student’s ability, is taking responsibility for the student. The instructor is saying that in his/her professional opinion the student is at this ability level, be it beginner, intermediate, or advanced. Any teacher who wishes to change a student’s classification, must be willing to accept responsibility for that student.

The teacher in charge will, along with the resort staff, emphasize to the students that once they receive permission to use specified slopes or trails, they must not go on those slopes or trails beyond their ability. Where possible the resort personnel with the assistance of the teacher, and the Ski Patrol will control access to the slopes.

All students will be issued a distinctive identification by the resort staff, which will identify the students by classification. Beginner/novice is identified with a green mark. A BEGINNER/NOVICE slopes will immediately take a beginner
lesson prior to leaving the beginner area or attempting to navigate any slope without direct supervision.

Students who have been identified by an instructor as an intermediate or advanced skier or boarder, and who will be taking a separate lesson, must be given a special marking, blue for intermediate, and black for advanced. Most resorts offer intermediate and advanced lessons all day to ensure skill progression. Students may be reassessed to a more advanced classification later in the day as they improve.

It is mandatory that the teacher in charge have an emergency plan procedure prepared in advance. This should ensure that local medical authorities are available if a serious injury situation should arise. The teacher in charge shall follow all School Board procedures.

**Ski Day Controls**

**Cross Country Skiing**

The teacher in charge must make contact with the ski resort operator prior to the trip in order to confirm final number of students participating in the ski program and all other details about the group's visit. Many trails are in Provincial Parks and the park officials should be consulted prior to the trip.

Students are to be divided by the supervising teachers into levels of ability as determined by assessment and by parent's written classification. The teacher in charge must emphasize to the students that once they receive permission to use specified trails, that they must not go on those trails above their ability.

After their lessons, the students will be informed whether skiing ability will permit them to ski more advanced trails. The resort staff, in consultation with the teacher will identify the trail(s) the students are permitted to use. Students may be reassessed to a more advanced trail later in the day as they improve.

It is recommended that if a serious injury should occur, the teacher should follow the EMERGENCY PLAN established in advance. The phone number of local medical authorities shall be known and all School Board procedures followed.

The teacher in charge of the students is responsible for the students at all times during the trip.
Arrival Procedures

The following guidelines pertain to cross country, downhill skiing, and snowboarding.

Teacher advises Reception/Information desk of arrival. Students remain on the bus or follow previously arranged procedures.

Resort staff board bus or assemble students in lodge to welcome and explain in detail area procedure, organize groups for rental equipment, lessons and ability, snow conditions for the day, lifts in operation, number of trails open, trail maps, equipment locker storage, snow school assembly area, and departure instructions.

Resort staff and teacher take students renting equipment to rental shop. Teacher will assist in recording students’ equipment numbers on rental form. If required by the resort, the Teacher in charge assumes responsibility for breakage or damage and signs group equipment rental agreement.

Students are tested to determine and verify classification at the snow school area. All snow school programs must have this component along with a built-in instructional period. No school program should be organized unless this important aspect is included.

Access to the lifts is provided only after the classification program is complete. Teachers and/or resort staff should control distribution of lift tags. Tickets should always be attached in a visible place on the student’s jacket, preferably on the right hand side to ensure that the Resort lift attendant can easily verify the student’s ability to ride the lift.
ALPINE
RESPONSIBILITY CODE

Know the Code - Be Safety Conscious
It is Your Responsibility
CROSS COUNTRY RESPONSIBILITY CODE

There are elements of Risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the trails, always show courtesy to others. Please adhere to the Code listed below and share with others the responsibility for a safe outdoor experience.

1. Always, always practice trail conditions.

2. Be in control. Do everything within your ability. Never take risks which could put others at risk.

3. Always give on right when meeting on narrow trail and when going on double trail.

4. Yield the back to faster skiers and allow adjusting back.

5. Do not stop where you obstruct a trail, or in areas where others have the right of way.

6. Do not stop where you obstruct a trail or in areas where others have the right of way.

7. Do not stop where you obstruct a trail or in areas where others have the right of way.

8. Report all incidents.

Know the Code - Be Safety Conscious
It is Your Responsibility
Emergency Action Plan

The teacher in charge has the responsibility to ensure that in the event of an accident, your staff are prepared to care for the injured and act quickly to prevent further injuries. With emergency management, you are planning for situations where something has gone wrong.

**Step one: Identify potential emergencies**
Personal injuries, transportation difficulties and sudden storms should be at the top of the list when determining what could go wrong.

**Step two: Review your facility and equipment**
Review your equipment and training to determine its limitations and advantages. Look at how you would evacuate people and how you would bring in outside help.

**Step three: Formalize your emergency action plan**
The action plan covers what needs to be done before an emergency such as developing procedures and training the appropriate people; what needs to be done during an emergency such as bringing in equipment; and what must be done after an emergency in regards to reporting and communication.

Your emergency action plans are never complete and neither is the training of staff and volunteers. Ongoing testing of the plans through drills, incident reports, and evaluations will lead to refinements. This will ensure that your plans continue to meet the needs of your staff and students and the safe operation of your programs should continue.
In Case of Injury

Although our goal is to promote safe skiing/snowboarding, occasionally accidents do occur. Here are some important safety tips in case you witness or are involved in an accident:

- Act quickly. If you witness an accident, time is precious.

- Your first action is to prevent further injury to yourself and others. The international signal for an accident is a pair of crossed skis approximately 10 meters uphill from the accident site. This tells others to avoid the area and signals the patrol. If the injured person is lying in an area that is not easily seen from above (such as the landing of a jump) send someone at least 10 meters uphill from the accident scene to divert traffic.

- Send someone to notify patrol or any employee.

- While waiting for assistance, clear the area. Do not move the injured person. Do not give the person anything to eat or drink, even if they ask for something. If people stop to help, indicate that you have notified the patrol and ask them to move on down the hill. Do not remove skis, snowboards or boots.

- Once the patrol arrives, they are in charge. Spectators are NOT welcome at an accident scene, so, ask the patrol if you can be of any more assistance, if not, please leave the patrol to do their job. In case of a collision, or if you witnessed the accident, wait at the bottom of the hill to give a statement to the patrol once they are finished with the injured person.

- Do not speculate on the potential injuries. That is for the professionals.

- Remember the most important thing you can do to prevent injuries is ski and ride responsibly. Follow the Alpine Responsibility Code, and take a lesson.
Parent Consent Form

(School Name) is arranging a trip for students to go to (Name of Resort) to ski & snowboard. This signed form is required for all students who wish to participate in this outdoor recreation and ski/board education program.

Inherit Risk
Skiing and Snowboarding are sports with physical demands and inherent risks which are beyond the control of (Name of Resort), and (name of School Board) falls, collisions and other incidents may occur and cause injury. Skiers and snowboarders must assume the risks and dangers.

Equipment
(Name of Resort) provides rental equipment. Bindings on ski equipment reduce the risk of injury when falling. Ski bindings will not release under all circumstances and they do not guarantee safety in all cases. Snowboard bindings are not designed to release.

Alpine Responsibility Code
The Alpine Responsibility Code was developed by the Canada West Ski Areas Association and the National Ski Areas Association and is used at all Ski & Snowboard Resorts in North America. The Alpine Responsibility Code is being followed by (Name of School) and it is a requirement that you know it and obey it. Skiers/boarders must always be in control. (Name of Resort) may revoke a lift ticket for violation of the code or other unacceptable conduct.

ACKNOWLEDGMENT
We have read and understand these warnings and have identified my child’s ski/snowboard classification as: (see form 2)

DATED: __________________________

SIGNATURE OF STUDENT: __________________________

SIGNATURE OF PARENT/GUARDIAN: __________________________

(Circle one only) Non-Skier  Beginner  Intermediate  Advanced

PERMISSION
I give permission for my son or daughter_____________________ to participate in the Snow Education Program to be held at (Name of Resort).

DATED: __________________________ SIGNATURE __________________________

To be completed in duplicated δ1 copy for school and 1 copy for resort.
Skill Classification

All students must be classified according to the following plan. These stages are consistent with the operations of member resorts of the Ontario Ski Resorts Association. The classifications must appear on the Parent Consent Form and be checked off by the parents.

Non-skier/ Snowboarder/ Snowblader/ Tuber
The student has never skied/snowboarded/snowbladed/etc. (Name of sport)______________________________

Beginner
The student has skied/snowboarded/snowbladed/other once or twice or a few times per year and has experienced and maintained control on a number of novice hills of varying difficulty. He/she is able to stop and turn with some success.

Intermediate
The student has skied/snowboarded/snowbladed/other (Name of sport)______________________________ on many occasions and has experienced a variety of hills and different ski areas. He/she can turn and stop under control using recognized formal techniques.

Advanced
The student is an experienced and competent skier/snowboarder/snowblader/other (Name of sport)______________________________ He/she has received formal instruction, knows and understands the Responsibility Code and can demonstrate ability to an advanced level. Such students can be called upon to assist in the program.

Ski Helmets May Prevent Head Injuries
Wear a ski helmet for safety
Be cool! Be safe! Use a helmet!!
Lift Use Guidelines   School Board Manual

To ensure that all school students enjoy a good day of skiing/snowboarding also means that they use both chairlifts and surface lifts safely.

- Where applicable only those students who received an approval from the Resort staff, use lifts other than those designated as beginner lifts.

- All riders must be aware and obey signs posted around the lift loading and unloading areas and along the tow path.

- While waiting for their turn in a lift line, skiers/boarders must refrain from horseplay and prepare themselves for loading.

- When approaching a loading area, obey instructions given by a lift operator.

- Always use the restraining bar on chairlifts that are so equipped.

- Do not rock the chairlift. Remain seated with skis pointed straight ahead.

- Skiers/boarders are never allowed to jump from chairs. In most cases this will result in immediate expulsion from the area by resort staff.

- If a chairlift stops, remain calm and wait until it restarts. In case of an emergency evacuation, remain calm and follow all instructions given by the patrol.

- Do not lift the restraining bar until instructed to do so and then leave the unloading area promptly.


**Surface Lifts**

- When riding a surface lift, always remain in the designated tow path and never zigzag.

- Unload only at designated area unless lift stops and ski patrol instructs you to unload.

- If a rider falls, clear the path immediately, remove skis/board and exit the tow path.

- It is prohibited to ski/board down or through a moving lift line.

- When riding a rope tow, the student must wear appropriate gloves. Long hair must be covered, scarves are prohibited, and all loose clothing should be tucked in.

- When riding a T-Bar, do not straddle the bar, or attempt to sit down.

- When riding a Carpet lift, always stand facing the top of the hill and refrain from jumping on the belt or interacting with other riders.

- Never sit or lay down on a surface lift.

**All skiers/snowboards must**

- display their lift ticket

- follow all instructions given by the area personnel

- behave in a responsible manner

- be courteous to other skiers/boarders

- abide by Alpine Responsibility Code

Behavior contrary to the above endangers offenders as well as other users and may result in serious injury. All offenders will lose their ski/snowboard privileges.
ENJOY A SAFE RIDE

LOOK
- Secure loose hair & clothes, remove backpacks & headsets

LOAD
- Ask for Help from the Lift Attendant if unsure

LOWER
- Single Riders sit in middle of the chair

LIFT
- Remain Seated do not bounce or swing chair

STAND
- Raise Tips on skis and boards when entering stations

LEAVE
- Dropped Articles ask Lift Attendant for help
Resort Evaluation of Participating School

Date of trip ___________________________ Was the outing well organized? ________________

If not, what could be done to improve future outings? ________________________________

Was the level of supervision adequate? __________ If not, what were the apparent problems?

______________________________________________________________________________

Did the resort have to reprimand any students or revoke lift tickets? ________________

______________________________________________________________________________

Were there any complaints by other skiers/boarders over student's conduct or violations of the Alpine Responsibility Code? ________________________________

______________________________________________________________________________

Would the resort welcome another outing from our school? ____________________

General comments ________________________________

______________________________________________________________________________

______________________________________________________________________________

Signature __________________________ Title ________________________________
Release and Indemnity Agreement for School

Ski/Snowboard Competitions
Racing-Training-Competitive Programs and Outings

Read very carefully before signing

I, (Name of Participant), in consideration of being allowed to participate in the (Name of Competition or Program) at (Resort Name) and any preparatory training therefore, do hereby release and agree to hold harmless and indemnify the directors, officers, shareholders, agents, servants, employees of, (Name of Resort), and (Name of School Board) from all claims, actions, or damages without any limitations whatsoever, whether consisting of loss, personal injury, property damage, or death, that does or may result in any way from my participation in these competitive sporting events or programs, assuming myself any and all responsibility and liability for same. I further agree to indemnify and hold harmless all of those above names from any damages or costs or expenses whatsoever which they or any of them may sustain as a result of my preparation for and/or participation in these competitive sporting events or programs.

I specifically agree that before any given competition takes place I will if I so desire, inspect all areas involved in the competition, fully realizing, accepting and understanding that competitive skiing in general and of this type in particular is inherently risky and dangerous, as are preparations, practice, or training for such events.

I, as a participant, completely understand that the above paragraphs constitute a covenant and a promise on my part to fully discharge all of the above named parties from any and all liability of any kind for any injuries, loss, damage, or death which may result from my participation in these competitive sporting events or programs.

This release is binding, and I so understand, not only upon myself but upon my heirs, administrators, executors, and assigns, and I herewith again reaffirm my free and willing intent to exercise it, acknowledging a complete understanding of its terms and conditions and the totality of its effect, and the totalness of the waiver of any rights that would otherwise have had, had this agreement not been executed.

For skiers/boarders: I acknowledge and acceptance is hereby made of the waiver printed on the lift ticket.

Dated at ______________ this ________ day of __________, 20___

Witness ________________________________ Participant ________________________________

Parent (Guardian) ______________________
Note to Parents and Students

The (name of school board) is arranging (description of activity and dates)

This form must be read and signed by every student who wishes to participate and by a parent or guardian of a participating student.

Elements of Risk

Educational activity programs, such as (type of activity), which is being offered, involve certain elements of risk. Accidents may occur while participating in these activities. These accidents may cause injury. A few examples of the type of accident which one is at risk of having occur while (describe activity) are:

1.
2.
3.

These accidents result from the nature of the activity and can occur without any fault on either the part of the student, or the School Board or its employees or agents, or the facility where the event is taking place. By choosing to participate in the activity, you are assuming the risk of an accident occurring. The chance of an accident occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in ________________________ on________________________ , you must understand that you will bear the responsibility for any accident that might occur. The (name of school board) does not provide any accidental death, disability, dismemberment or medical expenses insurance on behalf of the students participating in this activity.

ACKNOWLEDGMENT

We have read the above; we understand that in participating in the_________________ activity, we are assuming the risks associated with doing so.

Signature of Student:____________________________________________
Date: _______________________________________________________
Signature of Parent/Guardian:_____________________________________
Date: ________________________________________________________

PERMISSION

I give (name of student) permission to participate in the (description of activity) to be held on or about ________________________

Signature of parent/guardian_____________________________________
Date: _________________________________________________________
Snowboarding Safety

Just because you may be able to ski or skateboard, does not mean you can be a good snowboarder. Take some lessons from a certified snowboard instructor and learn how to balance, stop, fall and get back up.

Beginner snowboarders are more prone to injury than advanced snowboarders because they have not learned how to maintain a stable stance on the snowboard and are likely to lose balance and fall. Statistics show nearly 25% of injuries occur during a snowboarder’s first experience. However, the percentage of injuries rapidly declines and the rider’s skill progresses.

- Take a lesson with a professional instructor. Snowboarding is a challenging sport that is tough to learn on your own.
- Practice on smaller hills before heading to a steeper run and pay particular attention to turning and controlling your speed.
- Boards must have steel edges and industry approved attached binding. Plastic edged boards will not be allowed at any CWSAA resort.
- Attach your board leash securely. This strap between your leg and the board will keep the board from flying away which could injure you or someone else.
- Leave sufficient space between you and others on the hill.
- No hot dogging. You can get hurt by attempting reckless stunts.
- If you are using lifts, take your back foot out of the binding and push the board along the snow. When getting off the lift, put your back foot onto the board and glide down the ramp. Refrain from loading the lift with both feet attached to the board.
- If you would prefer to carry your board while riding the chairlift, ask a resort representative what their policy is on foot passengers.
- Factor in the conditions of the snow, steepness of the hill, rocks and trees, etc. Know your environment.
- Wear appropriate clothes to prevent frostbite.
- Above all, follow the Alpine Responsibility Code and enjoy responsibly.
FREESTYLE SKILLS REQUIRED

Freestyle Terrain may contain jumps, hits, ramps, embankments, fun boxes, jibs, rails, half pipes, quarter pipes, snow cross, freestyle bump terrain and other constructed or natural terrain features. Freestyle skill involves maintaining control on the ground and in the air. Prior to using Freestyle Terrain, it is your responsibility to familiarize yourself with all instructions and warnings and to follow the Alpine Responsibility Code.

- The features vary in size and difficulty and change constantly due to snow conditions, weather, usage, modifications, grooming and time of day. It is your responsibility to inspect these features before use and throughout the day.

- You control the degree of risk you will encounter in using these features both on the ground and in the air. Do not attempt these features unless you have sufficient ability and experience to do so safely.

- Helmets are recommended within the Park.

- Only one person should use a feature at a time. Wait your turn and call your start. Do not jump blindly and use a spotter when necessary. LOOK BEFORE YOU LEAP!! Always clear the landing area quickly.

- Always ride or ski in control and within your ability level.

- Individual features are closed for a reason. Do not enter the Freestyle Terrain or use features when closed.

Freestyle Terrain use, like all skiing and snowboarding, exposes you to the risk of serious injury.

AIRBORNE MANEUVERS INCREASED THE RISK
Freestyle Terrain Parks & Half-Pipes

Advanced skills are required to maneuver safely within a Terrain Park. In addition to features designed in the snow, there are also those made out of steel, among other things. Freestyle Terrain may contain jumps, hits, ramps, banks, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, bump terrain and other constructed or natural terrain features. **PRIOR to using Freestyle Terrain, you are responsible for familiarizing yourself with Freestyle Terrain and obeying all instructions, warnings and signs.** Freestyle skills require maintaining control on the ground, and in the air.

- Call your Drop In: Announce your intentions to the other snowboarders & skiers in the area. Let them know you are taking a turn hitting the feature to avoid mid-air collisions.
- ONE rider at a time on features

- Check Yourself: Ensure that you have the ability to attempt a feature. If uncertain, attempt an easier feature.
- Scope around the features first.
- No Inverts!

- Start Small & work up to more difficult features
- Know your limits
- Clear the Landing area quickly
- Use a Spotter

It is easy to hit a jump — it is not easy to balance and land safely. Once a student has taken an advanced lesson the certified instructor will determine if the skier/boarder has sufficient varied freestyle to navigate safely within the park. Only at that time will the student be given an orange classification. **Students will not be allowed with a park or half-pipe without authorization from a certified instructor.** Half-Pipes are extremely difficult to ski & ride in. They require an enormous amount of skill to use safely. A novice or beginner should not expect to be able to use a park or pipe by the end of their first day on skis or a board.
Learn to Snowboard in 10 Steps
So you’ve decided to try snowboarding. You’ve bought the gear; you’ve mounted the board…now it’s time to learn to snowboard.

This article will take you through learning to snowboard in ten steps. Each step is listed in order so that you may progress logically from one step to the next. You may even want to print this article and take it with you to the slopes as you learn to snowboard.

Step 1: Preparation
Dress in comfortable, loose-fitting snow clothing. Don’t forget gloves, goggles and a hat. Wrists are very vulnerable, especially for beginners. Consider wearing a pair of wrist guards and a helmet.

Step 2: Get into the bindings
In a flat area with the snowboard in front of you, place your front foot in the front binding. If you have strap bindings, strap both the toe and ankle strap until they are snug. If you have step-in bindings, step in and roll your foot around to make sure it is properly secured. Repeat with your back foot. Bounce around a little bit to see what it feels like to be strapped into a snowboard. Now, take out just your back foot (leave your front foot in its binding).

Step 3: Baby Steps
Take a few steps up a slight incline with your front foot in the snowboard binding and your back foot out. For this to work you need to start by facing your shoulders and toes directly up the incline with your snowboard going perpendicular to the incline. Take one step with your foot that is not attached to the snowboard, then lift your foot with the snowboard attached to it and take a step with the entire snowboard (keep it perpendicular to the slope). Keep taking steps until you are a little ways up an incline.

Step 4: The Heelside Slide
Sit down and strap both feet into the snowboard. With your snowboard perpendicular to a small slope, stand up so you are looking down the slope. Your weight will be mostly on your heels. Now point your toes on both feet just a little bit and you will start to slide down the hill. Pull back up on your
toes to stop. Repeat this until you get the hang of pulling up on your toes to come to a stop.

**Step 5: Skating**
“Skating” is an essential skill to have for maneuvering through flat area and getting on the chairlift. It refers to the way snowboarders push themselves along using their back foot while the front foot is in the binding. Practice skating around for 10 or 15 minutes before you go near the chairlift! Push off the snow with your back foot and slide your front foot forward with the snowboard. Your back foot can push from either side of the board, so try it first on one side and then on the other to see if one is more comfortable for you.

**Step 6: Simulate Getting off the Chair**
Go to an area with a slight incline and secure only your front foot in its binding. Point your snowboard down the incline, put your weight on your front foot and start to glide down toward the flat area. Just as you start sliding, place your back foot on the stomp pad alongside the rear binding. Glide to a stop.

**Step 7: Get On and Off the Chairlift**
Once you feel comfortable skating around in a flat area and gliding to a stop from a slight incline, you are ready to head for the chairlift. Every resort has a beginner lift – find it. From a safe distance, watch how other snowboarders get on the chairlift until you understand the basic technique.

**Step 8: The Falling Leaf Pattern**
Now that you are at the top of a beginner slope, you are going to slowly slide back and forth across the hill like a “falling leaf,” staying on your heelside edge the entire time. To begin sliding, press down with the toes of your front foot. To stop sliding, pull back up with the same foot. (Treat it like a gas pedal). When you reach the edge of the run, stop and press down with the toes of the other foot to start sliding in the other direction. Again, pull up to stop. Continue to the other side of the run. Repeat this back and forth “falling leaf” pattern all the way to the bottom of the run.

On the next run, try this same thing but on your toeside edge. To begin sliding from your toeside edge, push down with the heel of your leading foot. Pull it up to stop.

**Step 9: The J-Turn**
Once you are comfortable with the falling leaf on both your heelside and toeside edges, you are ready for the J-turn. The J-turn uses the same technique as the falling leaf, but your goal is to point the snowboard directly down the
slope for a moment before turning and coming to a stop. Again, start on your heelside edge. Looking down the slope, press on the toes of your leading foot to begin sliding. Keep pressing on your toes until you are going directly down the slope, then pull up on your toes to go into a heelside turn and come to a stop. Repeat. Continue doing J-turns on your heelside edge all the way across the run.

Now try a toeside J-turn. Flip over so you are standing on your toeside edge. Press on the heel of your leading foot to begin sliding. Keep pressing on your heel until you are going directly down the slope, then press on your toes to go into a toeside turn and come to a stop.

**Step 10: Linked Turns**

Got the J-turns down? You are just moments away from linking turns. All you have to do is put your heelside and toeside J-turns together. As soon as you finish a heelside turn, press down on the toes of your front foot to start heading downhill again and continue pressing on your toes right into a toe press down with your heel to start heading downhill and continue pressing with your heel until you can heelside turn.

This information is not intended to replace Lessons, but to provide background information prior to taking a lesson with a Certified Instructor. There are essential skills taught by members of the Canadian Association of Snowboard Instructors, which can and will dramatically lower the injury rate among novices, and provide the basics for skill development. Follow the Alpine Responsibility Code and take a lesson.