

## SKIING (Alpine) SNOWBOARDING

Alpine skiing and snow-boarding are high-risk activities. Schools are encouraged to consider alternative program options			
EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>ALL GRADES</b>			
<p>Use only rental equipment that is inspected and issued by a certified technician.</p> <p>Make students supplying their own equipment aware that the equipment must be in good repair.</p>	<p>Ski/snowboard only on appropriate areas as identified by a qualified ski instructor.</p> <p>Ski in a commercially operated ski facility.</p> <p>Ski in an area patrolled by members of a recognized ski patrol.</p>	<p>Test and group students appropriately as determined by a qualified ski instructor. Require those identified as needing instruction to participate in an instructional lesson.</p> <p>Teach students the importance of skiing in control at all times. Discourage hot-dogging and jumping.</p> <p>Ensure that students are thoroughly familiar with alpine skiing safety rules (including lift procedures) and the role of the ski patrol.</p> <p>Prior to the excursion, discuss the following:</p> <ul style="list-style-type: none"> <li>● proper clothing</li> <li>● frostbite and hypothermia</li> <li>● sunburn.</li> </ul> <p>Inform parents by letter of their child's involvement in skiing and make them aware of the importance of suitable clothing and equipment.</p>	<p>Have access to a vehicle for emergency.</p> <p>Provide on-site supervision.</p> <p>Clearly outline duties of the supervisors.</p> <p>Designate a supervisor (e.g., teacher or parent) who is not the "in-charge" person to transport an injured student to hospital.</p> <p>Supervisor to students ratio of 1:15.</p>

**Snowboarding:**

- The use of helmets is mandatory.
- Lessons are mandatory prior to participating for beginner/novice. (Beginner/Novice in snowboarding constitute students that have participated less than five times).
- Use of terrain park is strongly discouraged. \*No jumping or hotdogging.
- Snowboarding should be limited to grade 6, 7 and 8 students. Under grade 6 may participate in skiing but flexibility is allowed for diversity in the communities.
- Students should be familiar with and follow the Alpine Responsibility Code (attached).

**Alpine Skiing:**

- Lessons are mandatory prior to participating for beginner/novice. (Beginner/Novice in skiing constitutes participants that have skied less than three times).
- Students should be familiar with and follow the Alpine Responsibility Code (attached).

# 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.

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

**Know the Code - Be Safety Conscious  
It is Your Responsibility**



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