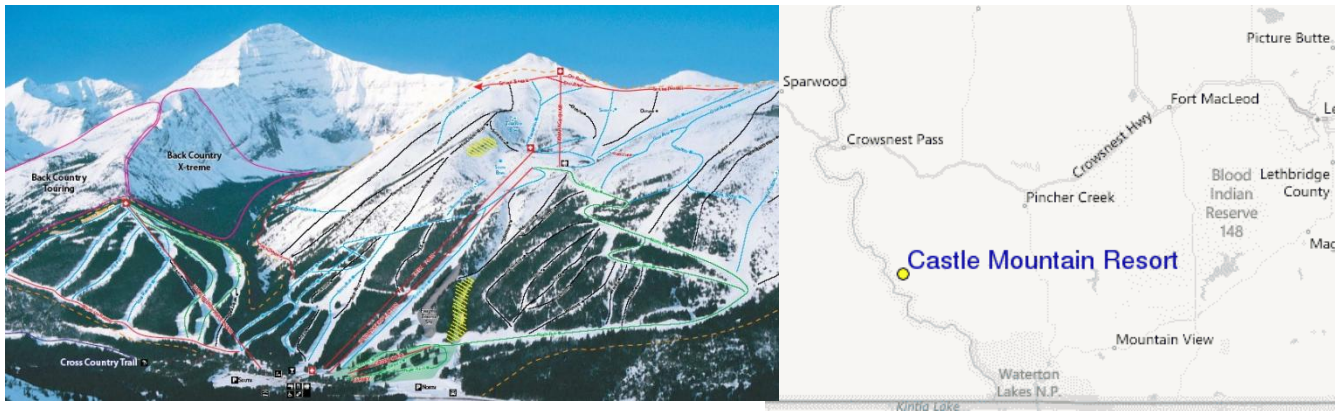


Castle Mountain Resort School Program

Parent Information Package

The aim of Physical Activity Programs in Alberta Schools is to provide students with the opportunity to participate in a variety of sports and activities which will foster physical wellbeing and will enable students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle.

This year, your school has chosen to participate in the School Program at Castle Mountain Resort (CMR). This School Program has been designed in accordance with the ASBIE guidelines for Off-Site trips and the Safety Guidelines for Physical Activity in Alberta Schools. Field trips such as this are a wonderful opportunity for students to experience a new sport and/or to further develop their skills in a controlled environment.



Date of Visit: MARCH 2, 2017

2.25hrs SOUTH of Calgary

Departure from School: 7:00 AM

1.5hrs WEST of Lethbridge

Return to School: 5:00 PM

1.5hrs NORTH of US border

Transportation: SCHOOL BUS

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While every effort is made to reduce the risk of injury, it is important to be aware that there are hazards associated with all sports including skiing and snowboarding. Your school, the Safety Guidelines for Physical Activity in Alberta Schools, and CMR Snow School strive to mitigate these risks by requiring all students to participate in a lesson appropriate for their skill level. All the teaching staff at CMR are Canadian Ski Instructors Alliance (CSIA) and Canadian Association of Snowboard Instructors (CASI) certified and experienced instructors. Helmets are required by the ASBIE guidelines and are available to rent. If your student is involved in an accident while on CMR property, qualified staff at CMR will respond accordingly and you will be notified according to school policy.

If the trip must be cancelled, you will be notified by the school and alternative arrangements will be made.

If you have any questions, please contact:

Supervising Teacher: Sharleen Albrecht

Phone: 403-381-3330

Email: sharleen.albrecht@pallisersd.ab.ca

Forms

The following forms must be completed and returned to your school by (date) _____

- Acknowledgement of Risk and Informed Consent
- Ski & Snowboard Day Registration Form
- Medical Information Form and accompanying Medication Administration & Release Form
- Student Code of Conduct

Terrain Park

The Terrain Park is OFF LIMITS for all students visiting with a school group.

Equipment

Proper attire is important for the safety of your child and to ensure they have a good experience outside all day. Check our website [www.skicastle.ca] for current snow and weather conditions.

The following equipment is recommended:

- **Layered clothing is best for all outdoor recreation**
- **Sunscreen and lip protection are important even on overcast days**
- Knee-high socks are preferable over ankle socks which will slide off and get bunched up in boots
- Pants go outside the boots – only long-johns and socks should be inside your boots
- Jeans are not appropriate, instead wear waterproof pants or snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm
- An extra pair of socks and mitts are always a good idea
- A light touque, balaclava, or kerchief will fit under your helmet to keep you warm
- Goggles or sunglasses
- Change of warm, dry clothes for the drive home
- Enough food and snacks for the whole day and the drive home

The cafeteria will be open and a variety of items can be purchased there or you can pre-order a food voucher which can be used for a hot dog, hamburger, or cheeseburger with fries and a small beverage. If you decide to bring your own lunch and snacks, try to bring items of good nutritional value such as fruit, granola bars, nuts, raisins, and veggies. Skiing and snowboarding require a lot of energy and you will be hungry!

Lessons

Following the measures laid out in the Safety Guidelines for Physical Activity in Alberta Schools (June 2013) “All students should be grouped appropriately and must participate in a lesson”. Lessons will be skill specific for all ability levels from first-time beginners to expert skiers/snowboarders. Please use the following guide to estimate ability level. This estimation will be verified by certified instructors at CMR on the day of the trip.

SKIING

- Level 1 Never skied before OR skied once or twice (unable to stop)
- Level 2 Able to stop and can complete basic turns on gentle terrain; beginning to link turns
- Level 3 Able to link wedge turns on beginner terrain; beginning to ski parallel from middle to the end of the turn
- Level 4 Able to ski consistently on parallel edges on all green and blue terrain
- Level 5 Able to ski parallel on black diamond terrain in all snow conditions (Expert Terrain skier)

SNOWBOARDING

- Level 1 Never ridden before OR ridden once or twice with little success
- Level 2 Able to side slip (on both toe and heel edge) across green terrain in both directions; beginning to link turns
- Level 3 Able to confidently link skidded turns on green and blue terrain
- Level 4 Edging or carving becoming more predominant. Linked turns are using lower body with less upper body rotation. Able to ride all expert terrain confidently

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 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**

Ski & Snowboard Day Registration Form

To be returned to the school

Where: Castle Mountain Resort

When: March 2, 2017

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Please complete the following information:

Student Name: _____ Grade: _____

Parent/Guardian Name(s): _____ Phone: _____

Please circle NO or YES for each option and the associated cost

	NO	YES	COST	Amount Owing
Grade K – 6 Lift Ticket	No- I have a season's pass or Snow Kids Next Door Pass	YES	\$16	
Grade 3 – 12 Lesson (required for ALL students)	-----	Required		\$22.00
Lunch Voucher	NO	Yes- Voucher for hotdog, hamburger, or cheeseburger with fries and a small beverage	\$14	
Grade K – 6 Rentals (includes helmet)	No – I have all my own gear	YES – complete rental information below	\$17.85	
Helmet Only (all students must wear an appropriate snow sports helmet)	NO- I have a helmet or I am renting equipment	YES- I have all my own equipment other than a helmet	\$3	
Bus/Transportation	-----	Required		\$15.00
TOTAL COST – payment options a) cheque for exact amount payable to Coalhurst Elementary School b) cash c) visit our website to use SchoolCash Online				

Rental Agreement and Information

To be returned to the school

Students will not be able to switch between skiing and snowboarding on the day of the school trip so, please be comfortable with your decision!

All participants must wear an appropriate snow sport helmet. This is mandatory.

Helmets ARE INCLUDED with every rental package. You can also rent JUST a helmet if you have all your own equipment otherwise.

Student Name:

Type of Equipment: SKI or SNOWBOARD

Grade	Height (cm)	Weight (kgs)	Foot Length (cm) <i>From big toe to heel</i>	Skier/Snb Type

THE UNDERSIGNED AGREES to accept full responsibility for the care of this equipment while it is in the possession of _____ . (Student Name)

THE UNDERSIGNED AGREES to reimburse the resort for any loss or damage to the equipment other than reasonable wear resulting from its use by _____ . (Student Name)

SIGNATURE OF PARENT: _____

SIGNATURE OF STUDENT: _____

Lessons

My student will be: SKIING / SNOWBOARDING (circle one)

Ability Level (Choose one): 1 2 3 4 5 (Skiing Only)