

**HORIZON SCHOOL DIVISION
Policy Code HICA
Attachment K**

**SAFETY PLAN REQUIREMENTS FOR DOWNHILL SKIING AND SNOWBOARDING
(Suitable for Grades 4-12)**

IN ADDITION TO THE SAFETY PLAN REQUIREMENTS SPECIFIC TO SKIING, THE SAFETY PLAN MUST CONSIDER GUIDELINES FOR THE FOLLOWING:

Supervision

A. Hill Bottom Supervisor(s):

There must be at least two supervisors who remain at the hill bottom for the purpose of:

- a) Supervising any students who may be taking a break or can no longer ski
- b) Responding to any emergent situation that may require phone calls or transportation

ONE OF THE BOTTOM HILL SUPERVISORS MUST HAVE EMERGENCY FIRST AID

B. On Hill Supervisors

All students must ski under the direct supervision of one of the adult supervisors on the hill. Students should be clustered in close-ability groups with a supervisor that can ski at that level. It is understood that there may be variance in time to complete a run, but the group must meet at the hill bottom after each run before proceeding to the lift for another run.

Suggested Guidelines for On-Hill Groups:

- 1:10 ratio (grades 4-6) of certified instructors/supervisors to students
- 1:10 ratio (grades 7-9) of certified instructors/supervisors to students
- 1:15 ratio (grades 10-12) of certified instructors/supervisors to students
- Supervisors' duties should be clearly outlined (e.g. skiing with the assigned group each run)
- Teacher/instructor must postpone activity if there is an indication of inclement weather severe enough to put student safety at risk

Instructional Considerations

PRIOR TO THE DAY OF THE EVENT:

- Students must become familiar with the Alpine Responsibility Code and "School Trip Safety Guidelines" (attached)
- Students must be informed of the ski area boundaries. Anyone caught skiing outside of the skiing/snowboarding boundaries will immediately have their lift ticket revoked by the ski patrol.
- Students must be taught the importance of skiing/snowboarding in control at all times
- Long hair must be tied back or tucked in. Loose articles of clothing such as scarves, long hats or toggles should be removed or tucked in
- Students are strictly prohibited from engaging in hot-dogging or jumping activities
- All students should be grouped appropriately (according to ability) and must participate in a lesson
- Students must ski in areas identified as appropriate by the qualified ski instructor
- Students will be informed that black diamond runs are strictly prohibited for school ski trips, regardless of ability.

Equipment/Facilities

- Bindings must meet with current approved guidelines (in working order and set to the proper tension according to ability)
- Students must use snowboards, skis and poles of the proper length and in good condition
- Boots and bindings must be thoroughly compatible
- Students must wear approved ski/snowboard helmets – No Exceptions!
- Only commercially operated ski facilities with professional instructors will be used

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**



SCHOOL TRIP SAFETY GUIDELINES



CONTENTS

Foreword	3
Introduction	5
What to Wear	6
Lids on Kids	7
What to Expect	8
Upon Arrival at the Ski Area	8
Lift Tickets	8
On the Hill	10
Alpine Responsibility Code	10
Using the Ski Lifts "Enjoy A Safe Ride"	14
Enjoy A Safe Ride ~ Chairlift	15
Enjoy A Safe T-Bar Ride	17
Enjoy A Safe T-Bar Ride ~ Skiers...	18
Enjoy A Safe T-Bar Ride ~ Snowboarders	20
Enjoy A Safe Conveyor Ride	22
Basic Guidelines for Riding the Lifts	25
Important Information Signs	25
Signage	29
Levels of Difficulty	29
Trail Markings	29
Freestyle Terrain	30
Warning Signs	34
What to Do if Someone Gets Hurt	36
Conclusion	37

FOREWORD

This School Trip Safety Guidelines booklet has been prepared by the Canada West Ski Areas Association as an information piece to be distributed to students prior to a school-organized ski trip.

The information contained here should be used as a tool for all students and teachers to prepare themselves for a visit to a ski area. They should study this material and be familiar with all ski area signage such as levels of difficulty for trails and terrain parks, caution and warning signs, as well as lift loading and unloading. Students should also be aware of expected skier/rider etiquette, proper clothing to wear and what to do if someone gets hurt.

It is our goal to inform all students of what to expect at a ski area and how to ski or ride as safely as possible.

Canada West Ski Areas Association Members recommend wearing helmets for skiing and riding. Skiers and snowboarders are encouraged to educate themselves on the benefits and limitations of helmet usage. The primary safety consideration, and obligation under the *Alpine Responsibility Code*, is to ski and ride in a controlled and responsible manner.

SUGGESTED GUIDELINES FOR SCHOOL SKI TRIP ARRANGEMENTS

Arrangements between the ski area and the individual school may vary according to local requirements. Some points of guidance are set out below:

- ❖ **School Safety Visits:** Safety Visits are an important part of the Schools Program. A ski area/resort representative will normally visit local schools in advance of their visit to the chosen ski area/resort and show the safety video *Respect!*, discuss questions like ability levels, clothing, lessons and other area visit issues.
- ❖ **School Group Arrival:** Once the school group arrives, everyone is requested to remain on the bus to allow a patroller to revisit safety topics, especially the *Alpine Responsibility Code*.

- ❖ **Helmet & Wrist Guard Option:** Many ski areas/resorts offer complimentary helmets/wrist guards to school groups in lesson programs. Others will have helmets/wrist guards available for rent or sale.
- ❖ **Teacher/Chaperone Lift Access:** Many ski areas/resorts are pleased to offer a complimentary chaperone lift ticket as an incentive for schools and groups over 20 participants. In many areas, for every five students attending, one complimentary lift ticket will be provided.
- ❖ **Equipment/Lesson Groups:** Ski area staff and chaperones will escort students to rental and lesson area to pick up their equipment and go to the lesson. It is recommended that the group organizer assigns five to ten students per chaperone and for the chaperone to keep a list of those assigned students. It is advised that your chaperones know how to ski or snowboard to the ability level of the students. They are responsible for knowing where the students are at all times.
- ❖ **Mandatory Lesson Attendance:** When the chaperone delivers their students to the lesson area, it is recommended that they pass their list on to the Groups Supervisor so that he/she can check that all of the students have arrived at the lesson meeting area. During the lesson period, chaperones are welcome to join of the lessons and benefit from the tips offered.
- ❖ **Students Returned to Chaperone:** When the chaperone picks up their assigned students after the lesson, the Group Supervisor will also check that all students have been collected and return the list of names to the chaperones.

INTRODUCTION

Skiing and snowboarding are two of the most popular winter sports for enthusiasts of all ages. Whether you are just a beginner or an expert, a skier or a rider (snowboarder), a day on the slopes is very exciting. It can also be intimidating for anyone who is just learning. This booklet will guide you through some of the key areas of preparing yourself for your trip to a ski area.

There are many things to remember when preparing for your school trip. While the day will be fun, there are also some rules that must be followed. The rules are in place for a reason, primarily safety of yourself and others. The ski area staff wants you to enjoy yourself, and also want you to be safe. Make sure you read this booklet to learn about mountain etiquette, safety tips, and important mountain signage.

Upon arrival, mountain staff will be on hand to assist you with all aspects of your ski trip including equipment rentals, lift tickets, lessons, and general instructions. If you require assistance, look for a staff member of the ski area, and follow the directions provided.

Once you are on the slopes, always be aware of fellow skiers and riders in order to avoid collisions. Know your limits. All runs, as well as the terrain park, are marked with the level of expertise required. Don't bow to peer pressure and attempt a run or jump that is beyond your ability. Make sure you know what expertise level the run is marked for and only go into the areas that are within your ability.

Remember that **respect** is key at the ski area - **for the mountain**, your teacher and fellow students, mountain staff and other skiers/riders.

We hope that you will have a safe and wonderful school ski trip!



WHAT TO WEAR

Skiers/Riders must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your ski trip, keep the following in mind:

- × Cold weather clothing should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- × Layering works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- × An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon jackets and pants, running suits, ski/ suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- × Jeans, sweat pants, cotton or wool worn as an outer layer will pick up snow and leave the skier/rider wet and cold. Sweat pants and long underwear can be layered under a water/wind proof outer layer.
- × Headgear is a must, whether in the form of a woolen hat or helmet, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the ski lift.
- × Neck tubes are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. If a scarf is worn, it should always be tucked inside clothing.
- × A warm pair of gloves or mittens is essential. In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from snow and abrasions.
- × Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the weather conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- × Ski/snowboard boots should be worn with a single pair of good fitting, comfortable wool or synthetic socks that are not too thick. Too many socks stuffed into boots can cut the circulation and increase the chance of cold feet.

LIDS ON KIDS

Helmet Safety Program

DID YOU KNOW?

A helmet is an important safety consideration.

Use your head.

Educate yourself about helmet use.



There is no substitute for responsible behavior on the slopes. Follow the "Alpine Responsibility Code," and consider wearing a helmet. It's a smart idea.

For more information, go to www.lidsonkids.org or visit a ski area's retail shop.



The National Ski Areas Association and Canada West Ski Areas Association recommends that parents, skiers and snowboarders educate themselves about the benefits and limitations of helmets and make informed choices for themselves and their children. Remember, each skier's or snowboarder's behavior has as much or more to do with their safety as does any piece of safety equipment. Always ski and ride responsibly.

KNOWLEDGE FOR YOUR NOGGIN

*** Will I be safer wearing a helmet?**

Snowsports helmets can make a difference in reducing or preventing head injuries and a lot of skiers and snowboarders today are choosing to wear them. However, helmets do have limits and users need to be aware of them.

*** Why are helmets becoming so popular?**

In addition to offering an added degree of protection, snowsports helmets are now designed to be lightweight, comfortable, warm and fashionable.

*** Are there helmets specifically designed for snowsports?**

Yes, snowsports helmets are insulated for cold weather and provide better coverage and impact protection than other sport helmets such as bicycle helmets. Be sure the helmet you choose meets the current snowsports helmet design standards.

*** What are some tips to assist me if I decide to buy a helmet?**

The most important consideration is fit. A properly fitted helmet should be snug and not obscure vision or hearing. Your local ski shop can help you identify the best brand for your head shape and confirm a proper fit.

*** Where can I get more information about helmets?**

Call or visit your local ski and snowboard shop or visit a helmet manufacturer's website or go to www.lidsonkids.org

WHAT TO EXPECT

Upon Arrival at the Ski Area

Ski area staff are on-site to assist with all aspects of a school group. They will provide details of how the school trip will progress. Each ski area has a designed system, which will process school groups as efficiently as possible. This includes ensuring that students receive appropriate rental equipment, proper lift tickets, and ski/ride lessons. It is important that everyone listen carefully to the information the mountain staff provides and follows their directions.

Lift Tickets:

All skiers/riders require a lift ticket prior to getting onto the ski lift. A lift ticket allows access to the ski area runs, however there is a responsibility, which comes with it. By wearing a lift ticket the skier/rider is agreeing to the restrictions of the mountain and takes on the responsibility of respecting the rights of all other skiers and riders

A lift ticket will be issued for the day or days you are skiing/riding. These dates will be printed on the front of the ticket. On the reverse of the ticket is the Exclusion of Liability. The ski area requests that everyone accepting a lift ticket with the intent to use it read this information.

The Exclusion of Liability conditions are also found on a sign at the Lift Ticket window at the ski area. Everyone who purchases a lift ticket should be aware of these conditions and realize that they are accepting responsibility for their own safety.

Samples of the Exclusion of Liability Ticket Window Sign and the Lift Ticket itself are found on the following page. Please read the terms carefully and make sure you understand the responsibility that comes with the purchase and wearing of the lift ticket.

Lift Ticket Window Sign - Exclusion of Liability

This sign is posted at the Lift Ticket Window and is to be read prior to purchasing a lift ticket.



**NOTICE TO ALL SKIERS, SNOWBOARDERS & LIFT PASSENGERS
EXCLUSION OF LIABILITY - ASSUMPTION OF RISK - JURISDICTION
THESE CONDITIONS WILL AFFECT YOUR LEGAL RIGHTS
PLEASE READ CAREFULLY**

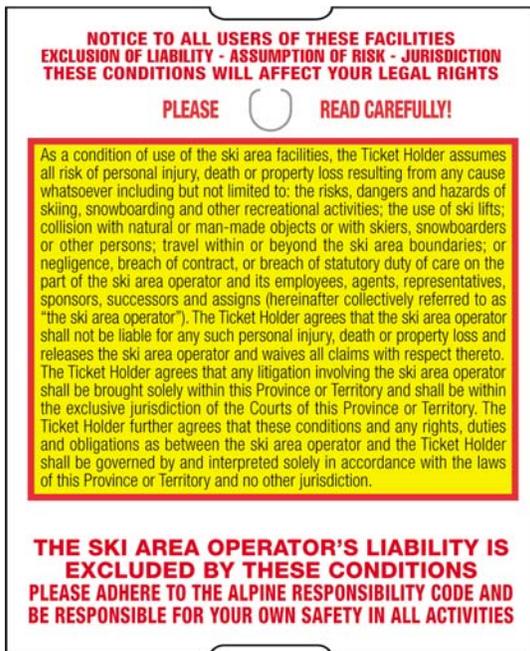
As a condition of use of the ski area facilities, the Ticket Holder assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to: the risks, dangers and hazards of skiing, snowboarding and other recreational activities; the use of ski lifts; collision with natural or man-made objects or with skiers, snowboarders or other persons; travel within or beyond the ski area

boundaries; or negligence, breach of contract, or breach of statutory duty of care on the part of the ski area operator and its employees, agents, representatives, sponsors, successors and assigns (hereinafter collectively referred to as "the ski area operator"). The Ticket Holder agrees that the ski area operator shall not be liable for any such personal injury, death or property loss and releases the ski area operator and waives all claims with respect thereto. The Ticket Holder agrees that any litigation involving the ski area operator shall be brought solely within this Province or Territory and shall be within the exclusive jurisdiction of the Courts of this Province or Territory. The Ticket Holder further agrees that these conditions and any rights, duties and obligations as between the ski area operator and the Ticket Holder shall be governed by and interpreted solely in accordance with the laws of this Province or Territory and no other jurisdiction.

**THE SKI AREA OPERATOR'S LIABILITY IS EXCLUDED BY THESE CONDITIONS
PLEASE ADHERE TO THE ALPINE RESPONSIBILITY CODE AND BE
RESPONSIBLE FOR YOUR OWN SAFETY IN ALL ACTIVITIES**

REVERSE OF A LIFT TICKET - EXCLUSION OF LIABILITY

This is a sample of the reverse of a lift ticket. By wearing this ticket you are agreeing to the conditions as listed.



**NOTICE TO USERS OF THESE FACILITIES
EXCLUSION OF LIABILITY - ASSUMPTION OF RISK -
JURISDICTION
THESE CONDITIONS WILL AFFECT YOUR LEGAL RIGHTS
PLEASE READ CAREFULLY**

As a condition of use of the ski area facilities, the Ticket Holder assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to: the risks, dangers and hazards of skiing, snowboarding and other recreational activities; the use of ski lifts; collision with natural or man-made objects or with skiers, snowboarders or other persons; travel within or beyond the ski

area boundaries; or negligence, breach of contract, or breach of statutory duty of care on the part of the ski area operator and its employees, agents, representatives, sponsors, successors and assigns (hereinafter collectively referred to as "the ski area operator"). The Ticket Holder agrees that the ski area operator shall not be liable for any such personal injury, death or property loss and releases the ski area operator and waives all claims with respect thereto. The Ticket Holder agrees that any litigation involving the ski area operator shall be brought solely within this Province or Territory and shall be within the exclusive jurisdiction of the Courts of this Province or Territory. The Ticket Holder further agrees that these conditions and any rights, duties and obligations as between the ski area operator and the Ticket Holder shall be governed by and interpreted solely in accordance with the laws of this Province or Territory and no other jurisdiction.

**THE SKI AREA OPERATOR'S LIABILITY IS EXCLUDED BY THESE
CONDITIONS
PLEASE ADHERE TO THE ALPINE RESPONSIBILITY CODE AND
BE RESPONSIBLE FOR YOUR OWN SAFETY IN ALL ACTIVITIES**

On the Hill

A school trip to a ski area is exciting and fun, however, there are certain rules that must be followed. These rules are detailed in the Alpine Responsibility Code. This code of conduct for skiers/riders has been widely publicized and accepted in both Canada and the United States for a number of years. The goal of the Alpine Responsibility Code is to assist in the prevention of accidents and in the creation of a safer and more pleasant skiing environment.

The Alpine Responsibility Code contains very important information, and all participants should review it closely. It is detailed on the following page:

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.	6 Always use proper devices to help prevent runaway equipment.
2 People ahead of you have the right-of-way. It is your responsibility to avoid them.	7 Observe and obey all posted signs and warnings.
3 Do not stop where you obstruct a trail or are not visible from above.	8 Keep off closed trails and closed areas.
4 Before starting downhill or merging onto a trail, look uphill and yield to others.	9 You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
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.	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**



Alpine Responsibility Code:

1. Always stay in control. You must be able to stop, or avoid other people or objects.

The number of skiers/riders on the slopes is increasing as a result of the sports' growing popularity and higher lift capacities. As a result, control is more important than ever. Control means being able to avoid a collision or accident, as well as being safe if another skier/rider falls close to you, or if there is a sudden change in the terrain. Ski or ride defensively. Always be prepared for the unexpected. Be aware of where others are on the run and ski/ride under control so that stopping and/or avoiding collisions can be easily done.

2. People ahead of you have the right-of-way. It is your responsibility to avoid them.

A skier/rider's path or line is determined by watching others movements and anticipating their direction changes. Uphill skiers/riders must avoid the person downhill and never ski or ride close enough to that person to scare them or make them lose their concentration and control. Many riders experience a "blind side", so it is important to always be aware of what the skier/rider in front or alongside of you is doing.

Novice skiers/riders tend to make wider, less predictable turns and will sometimes traverse from one side of the run to the other. Downhill skiers/riders have the right of way, however they should not shoot across the hill without warning, or cut off other skiers/riders. Always be in control. If you have stopped on a slope, always check uphill before starting again to avoid interfering with others.

3. Do not stop where you obstruct a trail or are not visible from above.

When stopping on a slope, skiers/riders should take a quick glance to consider the general pattern of skier/rider traffic. It is usually best to stop at the side of the trail, in view, but out of the way of oncoming skiers/riders. Keep in mind that you will want to be seen by others coming down the slope, but not in a spot that will cause the oncoming skier/rider difficulty in stopping or changing direction to avoid you.

Alpine Responsibility Code (cont'd):

4. Before starting downhill or merging onto a trail, look uphill and yield to others.

It is the responsibility of the skier/boarder who is starting downhill or merging onto a trail to yield to those who are already on the trail. If you have stopped on a trail and are about to resume, always look uphill to make sure that you do not move out in front of another skier or boarder. When entering a trail, check for other skiers/boarders in order to avoid colliding with someone who is already on the trail.

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.

As with all collisions or accidents, it is important to know the details and to establish the cause of the accident. Once the Ski Patrol arrives, they will take control at the accident scene. Witnesses will be asked to provide any information they may have to the patrollers, and may be asked to help control the public. Offer to help in any way possible, however if your assistance is not required, please leave the area so that the Ski Patrol can do their job.

6. Always use proper devices to help control runaway equipment.

A skier/rider must use a braking or retention system at all times. Ski brakes are recommended as the best and safest method of ski retention. Skis with broken or missing ski brakes are not allowed on a hill and must be replaced with a pair with functioning brakes. It is also mandatory that snowboards have a brake or retention device. Runaway skis or snowboards without proper braking systems can cause injury, even death. They can pick up enough speed and force to pierce car doors and injure passengers, hit people standing on a lodge balcony, or injure bystanders on the ground. Needless to say, they can do severe damage to anyone whether they are on the slope or not.

7. Observe and obey all posted signs and warnings.

Signs are posted for important reasons. There are directional signs, level of expertise signs, as well as warning signs. These signs must be obeyed at all times. Warning signs may be advising of a potential safety hazard. For everyone's safety and enjoyment, it is imperative that these signs are acknowledged and obeyed.

Alpine Responsibility Code (cont'd):

8. Keep off closed trails and closed areas.

Ski trails and areas are closed for reasons. Runs are usually closed because of snow cover. Snow cover, which is too thin, presents danger from rocks or shrubs. If the snow is too deep, there is risk of an avalanche. Another reason for a run to be closed is if a race is taking place. In any case, a posted "closed" sign means "Do not enter!"

9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.

Judgment, coordination, and reaction times may all be impaired by the use of alcohol or drugs. This impairment can result in serious injury when on a ski slope. Remember to ski or ride responsibly at all times.

10. You must have sufficient physical dexterity, ability, and knowledge to safely load, ride, and unload lifts. If in doubt, ask a lift attendant.

There are a number of types of lifts ranging from rope tows, t-bars, and platter-pulls to multi-person chairlifts and gondolas. If you are unfamiliar with a particular style of lift, ask the attendant for assistance. Chairlifts are equipped with restraining devices that should always be pulled into position as soon as possible after sitting down.

Tucking and jumping are the two activities that cause the most injuries. Speeding down a run in a tuck position or "catching air" in a jump can result in the skier/rider being out of control. Always ski or ride safely.

USING THE SKI LIFTS

Enjoy A Safe Ride ~ Chairlift



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



07/04

USING THE SKI LIFTS

Enjoy A Safe Ride ~ Chairlift

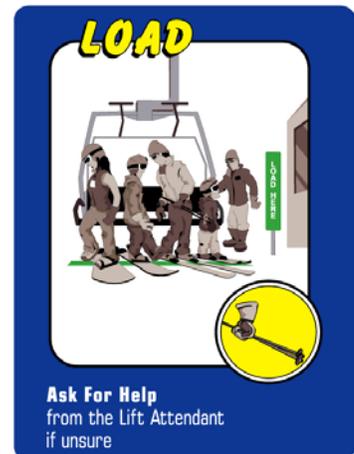
LOOK

Observe your surroundings and watch for any potential trouble-spots. Move in an orderly fashion through the lift line making sure to obey instructions from the lift attendants and all information signs. Do not cross the **Wait Here** line until it is your turn to load. Secure loose hair and clothes, remove backpacks and headsets.



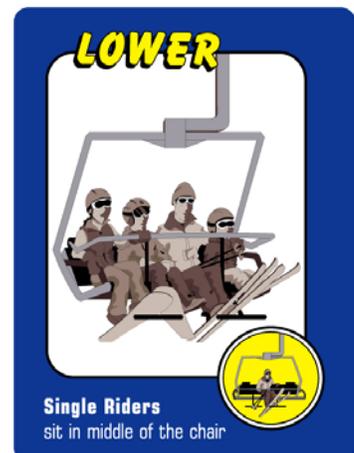
LOAD

Once the skiers/riders in front of you are safely on the lift move into loading position at the **Load Here** sign. Ask for help from the lift attendant if you are unsure about the proper loading procedure. Remove pole straps from wrists and hold ski poles with pole tips facing forward. Small children should not ride the lift alone until they can properly do so.



LOWER

Always lower the restraining device as soon as possible after sitting down. Make sure that all persons on the lift are aware that the safety bar is being lowered so that they may adjust the position of their ski poles if necessary. Remember to keep ski tips up and **never** swing or bounce the chairs. Single riders should sit in the middle of the chair.



Enjoy A Safe Ride ~ Chairlift (cont'd)

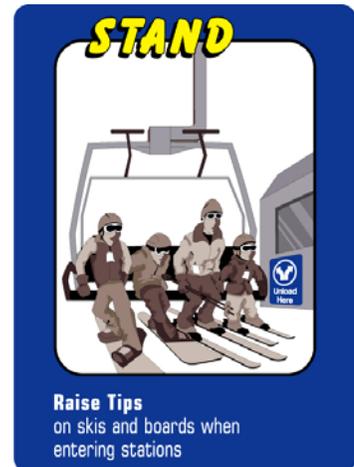
LIFT

Near the top of the lift there will be information signs indicating that it is time to prepare to unload. At the "Raise the Restraining Device" sign the safety bar must be lifted. **Remain seated until the lift has reached the unloading area.** Make sure that no clothing or equipment is caught on the lift. Take note of the arrows on the Unload Here directional signs. These arrows indicate which way to go once unloading has taken place.



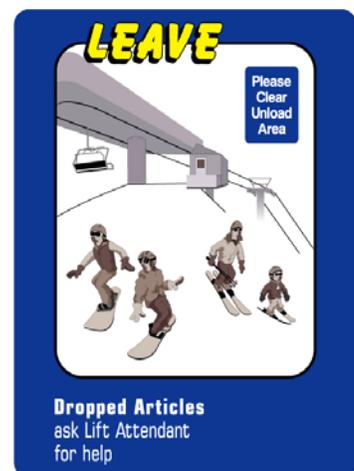
STAND

Upon entering the unloading area make sure that ski and board tips are up. At the **Unload Here** sign stand up and move forward out of the path of the chair. Maintaining balance and control of equipment at this point is very important. Be careful not to collide with the person next to you. Remember that small children may require assistance with unloading.



LEAVE

It is important that the unloading area is kept clear to avoid collisions with others who are getting off of the next chair. Immediately after unloading, move out of the Unload Area. Go in the direction that the arrows on the Unload Here signs indicate. Adjustments to snowboards and skis may be made only after moving out of the Unload Area. Ask the Lift Attendant for help with any articles that have been dropped from the lift.



Enjoy A Safe T-Bar Ride

ENJOY A SAFE T-BAR RIDE

SKIERS

1 LOOK 	2 LOAD 	3 STAND
4 RIDE 	5 UNLOAD 	6 LEAVE

SNOWBOARDERS

1 LOOK 	2 LOAD 	3 STAND
4 RIDE 	5 UNLOAD 	6 LEAVE



Enjoy A Safe T-Bar Ride ~ Skiers

LOOK

Observe your surroundings and watch for any potential trouble-spots. Secure loose hair and clothes, remove backpacks and headsets. Remove pole straps from wrists. Move in an orderly fashion through the lift line making sure to obey instructions from the lift attendants and all information signs. Do not cross the **Wait Here** line until it is your turn to load. Ask for help from the lift attendant if you are unsure about the proper loading procedure.

LOAD

Once the skiers/riders in front of you are safely on the t-bar, move into loading position at the **Load Here** sign. Hold ski poles with pole tips facing forward.

Turn to face the lift attendant as he/she will be holding the t-bar and handing it to you. The t-bar should be placed high on the back of your thighs. Each skier should have their inside hand on the pole of the t-bar. A single skier should ride on one side of the t-bar. **A skier must never straddle the t-bar** as there is potential to be dragged in case of a fall. Small children should not ride the t-bar alone until they can properly do so.

STAND

It is important to remain in a standing position for the entire time on the t-bar. **DO NOT SIT DOWN ON THE BAR!** The t-bar is not a chair and will not support your weight. The bar will apply continual pressure on the back of your thighs. This steady motion will pull you up the hill.

1 LOOK



2 LOAD



3 STAND



Enjoy A Safe T-Bar Ride ~ Skiers (cont'd)

RIDE

As the t-bar pulls you up the hill, keep skis parallel and facing forward. Remember to always keep one hand on the t-bar pole. Make sure you stay in the track as veering off may cause you to fall or the cable to derail and the lift to stop. If you fall, move off of the track immediately to avoid collision with the skiers behind.

4 RIDE



UNLOAD

It is important when unloading that one skier remains in control of the t-bar. As you approach the Unloading area decide which skier will be responsible for the t-bar. This skier must hold onto the t-bar while the other skier exits. During the unloading, the skier who is not holding the t-bar must ski sideways away from the t-bar and track as quickly as possible. The skier holding the t-bar must make sure that the first skier is safely away from the bar prior to unloading himself.

5 UNLOAD



LEAVE

Once the first skier is safely off of the t-bar and has skied away, the skier holding the bar removes it from behind his/her thighs and **gently** releases it. The t-bar should never be thrown as it may swing wildly causing an injury or a derailment. Skiers should make sure that they leave the unloading area as quickly as possible to make room for the next t-bar unload.

6 LEAVE



Enjoy A Safe T-Bar Ride ~ Snowboarders

LOOK

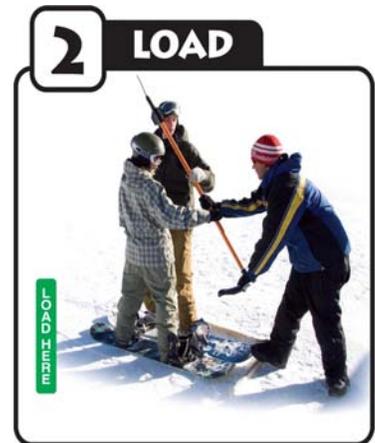
Observe your surroundings and watch for any potential trouble-spots. Secure loose hair and clothes, remove backpacks and headsets. Move in an orderly fashion through the lift line making sure to obey instructions from the lift attendants and all information signs. Do not cross the **Wait Here** line until it is your turn to load. Ask for help from the lift attendant if you are unsure about



LOAD

Once the skiers/riders in front of you are safely on the t-bar move into loading position at the **Load Here** sign. Make sure that your back foot is out of the snowboard binding and placed on the back of your board.

Boarders should be facing each other as the t-bar pole will be placed between them. Turn towards the lift attendant as he/she will be holding the t-bar and handing it to you. The t-bar should be placed high on the thigh of your back leg. Each boarder should have their inside hand on the bar and their outside hand on the pole of the t-bar and should be facing in towards the t-bar pole. A single boarder should ride on one side of the t-bar. **A boarder must never straddle the t-bar** as there is potential to be dragged in case of a fall. Small children should not ride the t-bar alone until they can properly do so.



STAND

It is important to remain in a standing position for the entire time on the t-bar. **DO NOT SIT DOWN ON THE BAR!** The t-bar is not a chair and will not support your weight. The bar will apply continual pressure on the back of your thigh. This steady motion will pull you up the hill.



Enjoy A Safe T-Bar Ride ~ Snowboarders (cont'd)

RIDE

As the t-bar pulls you up the hill, keep your board straight and facing forward. Remember to always have one hand on the t-bar pole and the other on the bar. Make sure you stay in the track as veering off may cause you to fall or the cable to derail and the lift to stop. If you fall, move off of the track immediately to avoid collision with the boarders/skiers behind.



UNLOAD

It is important when unloading that one boarder remains in control of the t-bar. As you approach the Unloading area decide which boarder will be responsible for the t-bar. This boarder must hold onto the t-bar while the other boarder exits. During the unloading, the boarder who is not holding the t-bar must move sideways away from the t-bar and track as quickly as possible. The boarder holding the t-bar must make sure that the first boarder is safely away from the bar prior to unloading himself.



LEAVE

Once the first boarder is safely off of the t-bar and has moved away, the boarder holding the bar removes it from behind his/her thigh and **gently** releases it. The t-bar should never be thrown as it may swing wildly causing an injury or a derailment. Boarders should make sure that they leave the unloading area as quickly as possible to make room for the next t-bar unload.



Enjoy a Safe Conveyor Ride

ENJOY A SAFE CONVEYOR RIDE

1 LOOK

2 WAIT

3 LOAD

4 STAND

5 UNLOAD

6 LEAVE

CWSAACSAQ.A

Enjoy A Safe Conveyor Ride

LOOK

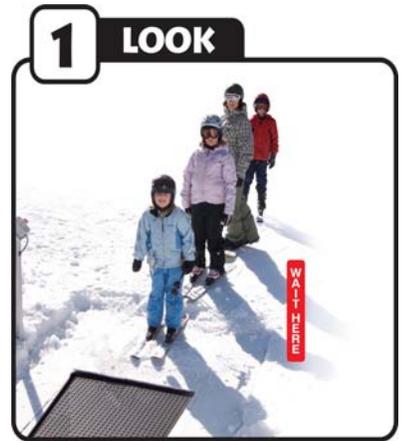
Observe your surroundings and watch for any potential trouble-spots. Secure loose hair and clothes, remove backpacks and headsets. Skiers must remove pole straps from wrists and boarders must take back foot out of the binding. Move in an orderly fashion through the lift line making sure to obey instructions from the lift attendants and all information signs. Do not cross the **Wait Here** line until it is your turn to load. Ask for help from the lift attendant if you are unsure about the proper loading procedure.

WAIT

It is important to leave enough space between each skier/rider on the conveyor, so everyone must wait until the skier/rider in front of them on the conveyor is 5 metres ahead.

LOAD

Once the skiers/riders in front of you are safely on the conveyor, move into loading position at the **Load Here** sign. Hold ski poles with pole tips facing forward. Carefully step onto the conveyor with both skis or move your snowboard onto the conveyor and place your back foot onto the conveyor. Adults can lift small children onto the conveyor and ride with them by straddling the child with their skis.



Enjoy A Safe Conveyor Ride (cont'd)

STAND

It is important to remain in a standing position for the entire time on the conveyor. **DO NOT SIT DOWN OR WALK WHILE ON THE CONVEYOR!** The conveyor will move you up the hill. Remember that there must always be about 5 metres between you and the others on the conveyor. If you fall, stay on the conveyor until a lift attendant comes to assist you.



UNLOAD

As you get close to the end of the conveyor, you will see the spot where the snow meets the conveyor. This is the place that you will unload. Let the conveyor take you to the end and get ready to slide onto the snow. Remember to keep ski poles facing forward. Snowboarders should make sure their back foot is placed onto the board. As the conveyor ends, let your skis or board glide forward onto the snow.



LEAVE

Once you are back on the snow it is important to move away quickly from the conveyor before putting on wrist straps or bindings. Once you are away from the conveyor, take a few moments to stop and make sure your equipment is properly in place before you start down the slope.



Basic Guidelines for Riding the Lifts

There are common courtesies and basic guidelines for riding the various surface and aerial ski lifts with which, for your safety and the safety of others, you should be familiar.

- × Obey all posted instructions.
- × Do not use a lift until you are familiar with its operation. Watch and learn or ask for assistance.
- × Slow down before approaching the entrance to a lift.
- × Load and unload only at designated area.
- × Be polite and courteous at the loading area.
- × Do not bounce or otherwise abuse lift equipment.
- × Make sure no loose clothing is caught in lift before unloading.
- × Move quickly away from unloading areas.
- × If a lift stops, do not attempt to get off. Remember, if there is a mechanical problem, area personnel will provide assistance.
- × When riding a lift with small children, help them load and unload. Do not allow them to ride a lift alone until they can do so properly. You are responsible for your children and their actions.

Always respect other people and their equipment. Don't ski or ride over someone else's skis or board.

Important Information Signs

If Unfamiliar With Use of Lift Ask Attendant For Instructions

It is important that you learn how to get on and off a lift properly. A Lift Attendant will be more than happy to provide assistance if you have any questions.



Remove Pole Straps From Wrists, Hold Poles firmly in each hand

Be extremely careful with poles when loading to avoid injury of yourself or other.



Important Information Signs (cont'd)

Chair Lifts:

Lower Restraining Device

Always lower the restraining device as soon as possible after sitting down.



Do Not Swing Or Bounce Chairs

Swinging or bouncing could cause mechanical failure or dislodging of the cable that may result in injury to yourself or others.



Keep Tips Up

Remember to keep your ski tips or board up to avoid them catching on a platform or snow surface



Prepare to Unload

Distance to unloading area will be indicated in metres at the bottom of the sign. The arrows indicate the direction to take once you unload from the chair.



Important Information Signs (cont'd)

Raise Restraining Device

Lift the restraining device when you see this sign and prepare to unload making sure that your clothing is not caught and your ski/board and pole tips are raised. Be careful not to unload too soon.



Unload Here

It is time to unload. The arrows indicate the direction to take once you unload from the chair. When you have unloaded, move clear of the off-loading area as quickly as possible to allow room for those coming behind.



Safety Gate Emergency Stopping Device

This is for the attendant's use in case an emergency stop is required.



Important Information Signs (cont'd)

Surface Lifts:

Stay in Track

When using a t-bar, rope tow or platter- pull always stay in the track. Veering off the track may cause the cable to derail and the lift to stop.



Fallen Skiers Clear Track Immediately

If you fall when going up the tow, move immediately off of the track in the direction of the arrows.



Do Not Straddle T-Bar

T-bars should never be placed between a skier's legs. In case of a fall, the skier could be dragged.



Secure Loose Items

Make sure that scarves, hats, or any other clothing articles are secured to avoid catching on the lift.

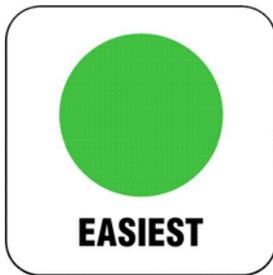


SIGNAGE

Levels of Difficulty

Each run on the mountain has a level of difficulty assigned to it. This is to let you know what ability level is required in order to enjoy the run safely. Always become familiar with the trails and respect their posted level of difficulty. If you are a novice, choose runs designed for your capability. A beginner on an advanced slope may find himself in a precarious situation where his safety or that of others is in jeopardy. Do not be pressured to go down a run that is above your ability. The same applies to intermediate and expert skier/riders. On the other hand, an expert skier or rider in a beginner's area may be intimidating and potentially dangerous.

Trail Markings:



Green Circle - Easiest

Runs marked with this symbol are the easiest at the ski area. These runs are designed for the Beginner/Novice skier or rider.



Blue Square - More Difficult

Runs marked with this symbol are designed for the Intermediate skier/rider. They will usually have a steeper grade, or can be narrower than the "Easiest" runs.



Black Diamond - Most Difficult

Runs marked with this symbol are designed for the Advanced skier/rider. These runs will be steeper and narrower than the "More Difficult" runs, and will have challenging terrain. Runs marked as **Double Black Diamonds** will be the most difficult on the mountain and are for "expert" skiers/riders only.

Trail Markings (cont'd):



CAUTION!

A sign with this symbol is placed in a spot that requires a skier/rider to proceed with caution. It may be flagging a rock or stump protruding through the snow, or is a caution that the run is narrowing or the slope is changing at that point. Always **slow down** when you see this sign!

Expect the Unexpected

Trail and slope conditions vary constantly with weather changes and skier/rider use. Be aware of changing conditions - natural or man-made. Obey all advisory signs. Ski/ride with care through a snowmaking area, stay out of the way of snow vehicles, and be prepared to avoid other man-made or natural obstacles.

Freestyle Terrain:

FREESTYLE TERRAIN

 **READ THIS!!!**

FREESTYLE SKILLS REQUIRED

Freestyle Terrain may contain jumps, hits, ramps, embankments, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, 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.
- 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 MANOEUVRES INCREASE THE RISK
INVERTED AERIALS SUBSTANTIALLY INCREASE THE RISK OF SERIOUS INJURY AND ARE NOT RECOMMENDED

When using the freestyle terrain, you assume the risk of any injury that may occur. The ski area operator's liability for all injury or loss is excluded by the terms and conditions on your ticket or season pass release of liability.

STOP! READ THIS!!

This sign is one of the most important on the mountain. It is imperative that every rider read this and understand it completely, prior to entering the Freestyle Terrain. The rules of the Terrain and the risks involved are clearly stated.

Snowboarding and skiing involve the risk of injury, and airborne maneuvers increase this risk. **Inverted aerials substantially increase the risk of serious injury and are not permitted.** Please note that anyone using the Freestyle Terrain assumes the risk of any injury that may occur. **NEVER** allow yourself to be pressured into entering the Freestyle Terrain, or trying a jump that is above your riding ability. Stay safe!

Freestyle Terrain – Freestyle Skills Required

Freestyle Terrain is also marked for levels of difficulty and size. It is important to know that only riders with **Freestyle Skills** should enter into the terrain and attempt any of the jumps. **DO NOT** follow your friends into this area if you are not able to ride or ski on all trails and can successfully jump and land using features outside the terrain park! Jumps and rails in the Freestyle Terrain are marked for degree of size and difficulty from **S** (small features/less difficult) to **XL** (largest sized features/most difficult).

This Park contains the following features

LOOK BEFORE YOU LEAP!

Freestyle Terrain has four levels of progression and designation for size. Start small and work your way up. It is your responsibility to familiarize yourself with the terrain before attempting any of the features.

Designations Are Relative To This Resort



- Introductory freestyle terrain
- Small features, surface-level rails & boxes
- Less Difficult features



- Small to medium size features
- Ride-on rails & small to medium half pipe
- Difficult features



- Medium to large size features
- Introduction to jump-on rails
- Rails with gaps & narrow surfaces
- Large half pipe
- More Difficult features



- Largest size features & jumps
- Jump-on rails with gaps & narrow surfaces
- Advanced and Experts only
- Most Difficult features

Freestyle Terrain - LOOK BEFORE YOU LEAP!

Freestyle Terrain has four levels of progression and designation for size. Start small and work your way up. It is your responsibility to familiarize yourself with the terrain before attempting any features. The grading/designation is relative to the resort at which the signs are posted. **Under no circumstances should a skier or rider enter or use freestyle terrain that is above his/her skill level!**

Freestyle Terrain

S

Freestyle Terrain marked with **S** has small features and jumps. There are surface level rails and boxes. These features are introductory and less difficult in the freestyle terrain rating. Skiers and riders should be competent on all trails and able to successfully use features outside the terrain park before attempting **S** Freestyle Terrain.

Freestyle Terrain

M

Freestyle Terrain marked with **M** has small to medium size features and jumps. There are ride-on rails and possibly a small to medium half-pipe. These features are difficult in the freestyle terrain rating. Skiers and riders should be able to use **S** rated features before attempting **M** Freestyle Terrain.

Freestyle Terrain

L

Freestyle Terrain marked with **L** has medium to large size features and jumps. The rails have gaps, narrow surfaces, jump-on rails and possibly a large half-pipe. These features are more difficult in the freestyle terrain rating. Skiers and riders should be able to use **M** rated features before attempting **L** Freestyle Terrain.

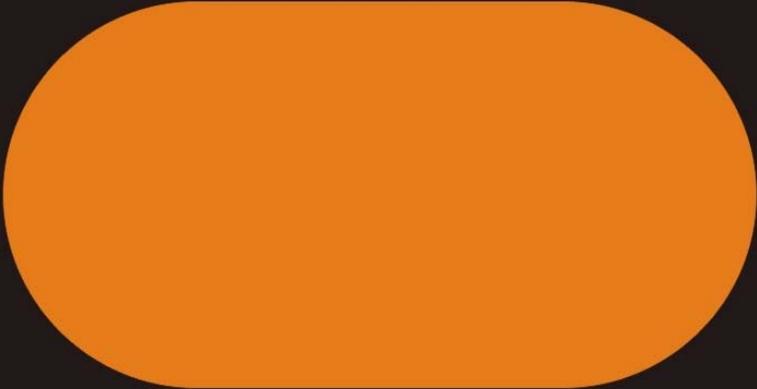
Freestyle Terrain

XL

Freestyle Terrain marked with **XL** has the largest features and jumps. There are jump-on rails with gaps and narrow surfaces. These features are the most difficult and require **Advanced or Expert skill level only**. Skiers and riders should be able to use **L** rated features before attempting **XL** Freestyle Terrain.

 **FREESTYLE SKILLS REQUIRED**

Freestyle Terrain



Know it. Respect it. Ride it.

WARNING SIGNS



This sign/badge serves as a constant reminder to always "BE AWARE - SKI & RIDE WITH CARE".



CAUTION - Marginal Skiing/Riding Conditions

**Skiing/Riding Not Recommended
Use Extreme Caution**

This sign means exactly what it says, that skiing or riding down the run that the sign is posted on is not recommended due to snow conditions that are marginal.

WARNING SIGNS

**FOR YOUR PERSONAL SAFETY
READ & UNDERSTAND THESE SIGNS**

Indicates that you have reached the ski area boundary. The area beyond the boundary is not patrolled or controlled.

CLOSED MEANS CLOSED

Indicates an area is closed for safety reasons including cliffs, cornice danger, grooming, snowmaking, lift lines, lift closed, races, events etc. Passes or tickets will be revoked for breach.

Indicates an area is closed while avalanche hazard exists or while avalanche control is underway.

Indicates an area is temporarily open. Proceed with caution.

©2009
© CWSAA

**For Your Personal Safety
Read & Understand These Signs.**

Sign #1 - Orange Rectangle - **Ski Area Boundary**
Indicates the skier has reached the ski area boundary. The area beyond the boundary is not patrolled or controlled.

Sign #2 - Indicates an area is **closed** for safety reasons including cliffs, cornice danger, grooming, snowmaking, lift lines, lift closed, races, events etc. **Passes or tickets will be revoked for breach.**

Sign #3 - Stop Sign - **Closed Avalanche Danger**
Indicates an area is closed while avalanche hazard exists or while avalanche control is underway. **Passes or tickets will be revoked for breach.**

Sign #4 - Indicates a trail/area is **temporarily open**, Proceed with caution.

VIOLATIONS OF ANY OF THE ABOVE CLOSURES WILL RESULT IN PASSES OR TICKETS BEING REVOKED FOR BREACH.

ANY PERSON REQUIRING EVACUATION FROM A CLOSED AREA OR OUTSIDE THE SKI AREA BOUNDARY WILL BE REQUIRED TO PAY ALL RESCUE COSTS.

SKI AREA BOUNDARY

Indicates that you have reached the ski area boundary. The area beyond this boundary is hazardous back country terrain. The area is uncontrolled, unmarked, not inspected, not patrolled and involves many risks, dangers and hazards including avalanche.

AREA BOUNDARY

The area beyond this boundary is hazardous back country terrain. The area is uncontrolled, unmarked, not inspected, not patrolled and involves many risks, dangers and hazards including avalanche. Be prepared for possible rescue, weather changes and terrain hazards.

Persons proceeding beyond this point should be trained and properly equipped for self-rescue. If you require assistance or rescue beyond the boundary you will be required to pay all costs.

BACK COUNTRY CHECKLIST

- 1. Do you have a valid permit and rescue plan?
- 2. Do you have a current weather forecast?
- 3. Do you have an updated map? (printed)
- 4. Have you read the backcountry code of conduct?
- 5. Have you checked the avalanche forecast? (avalanche danger)
- 6. Do you have a rescue plan?
- 7. Do you have a first aid kit?
- 8. Do you have a communication plan?
- 9. Do you have a rescue plan?
- 10. Do you have a rescue plan?

NO ONE SHOULD EVER BE LEFT BEHIND IN THE BACKCOUNTRY. PLEASE STAY TO THE SIDE OF THE BOUNDARY.

Persons proceeding beyond this point should be trained and properly equipped for self-rescue.

**CLOSED SKI AREA BOUNDARY
CLOSED MEANS CLOSED**

Due to hazardous conditions, some sections of the ski area boundary are closed. For your safety, travel beyond the ski area boundary is not permitted. Please respect the boundary closure. Passes or tickets will be revoked for breach.

©2009
© CWSAA

Ski Area Boundary

Signs #1 and 2 - These Signs indicate the **Ski Area Boundary**. The area beyond the boundary is hazardous backcountry terrain. The area is uncontrolled, unmarked, not inspected, not patrolled and involves many risks, dangers and hazards including avalanche.

Persons proceeding beyond this point should be trained and properly equipped for self-rescue.

Sign #3 - Due to hazardous conditions, some sections of the ski area boundary are **closed**. For your safety, travel beyond the ski area boundary is not permitted. Please respect the boundary closure. Passes or tickets will be revoked for breach.

If you see this sign, do not proceed - Closed means Closed.

WHAT TO DO IF SOMEONE GETS HURT

Although our goal is to help reduce injuries and promote safe skiing/riding, there is still a chance that an accident may occur. If it does, follow these steps:

1. **Recognizing the Situation** - Recognize that an accident has occurred. Acting quickly will help the victim.
2. **Personal Safety** - Prevent further injuries to yourself, the victim, and other skiers/riders. The international signal for a skiing accident is a pair of crossed skis approximately 10 metres uphill from the accident site. This tells oncoming skiers to avoid the area, as well as alerts the Ski Patrol that assistance is needed.
3. **Getting Help** - Advise area employees or the Ski Patrol as soon as possible. Always ask a fallen skier/rider if they require help, or make that decision yourself if they are unable to. Send someone for the Ski Patrol immediately, making sure that they know the exact location of the accident such as the run that you are on, distance from the top or bottom (i.e. halfway down on the right side).
4. **While Waiting** - Help by clearing the accident site and keeping it safe. Keep in mind that the Ski Patrol may take some time to arrive, as they will have to ride the lift and ski down to the accident scene.
 - × The victim should be kept warm and if it does not disturb the injury, an extra jacket should be placed on the victim's shoulders or underneath for the victim to sit on. Replacing the victim's toque or glove may be appreciated if it does not cause any disturbance.
 - × A victim should never be given anything to eat or drink, even if they ask for something. If people stop to see the accident, politely ask that they keep on going so that they will not create a hazard by blocking the hill.
 - × Never remove a victim's skis or board, or unfasten their boots. However, other equipment that is not attached to the victim, such as ski poles or loose skis, should be set aside to avoid someone running into it. This also clears the area for the Ski Patrol.
 - × If a major accident has occurred, ask around to see if there were any witnesses. Perhaps someone can provide details of how the accident happened. It may be necessary to obtain names and addresses of witnesses.
5. **The Ski Patrol Arrives** - Once the Ski Patrol arrives, they will be in charge. They may ask for assistance or details of the accident. Offer to help in any way possible. Spectators are not welcome at an accident scene, however, so if your assistance is not required, please leave the Ski Patrol to do their job.

CONCLUSION

Now that you have read the *School Trip Safety Guidelines*, we would like you to keep in mind that winter sports are a healthy and fun way to stay active. Ski areas welcome school groups to come and learn how to ski and snowboard, however the safety of every member of your group is most important. Make sure you understand the guidelines in this booklet so that as you head to the mountain you are confident of your knowledge of the rules and regulations of the ski area and can recognize the safety signage.

Remember to always:



and have fun!