

# Lift Area Skiing and Snowboarding Standards

Suggested for Grades 4 – 12

Equipment	Instruction	Supervision
<ul style="list-style-type: none"> <li>• Parents must be informed (by letter) of their child’s involvement in skiing and be made aware of the importance of suitable clothing and equipment.</li> <li>• A consent form must be signed by the parent/guardian prior to engaging in lift area skiing and/or snowboarding.</li> <li>• A leader must ensure that students have appropriate cold-weather outdoor clothing, especially hand and head wear.</li> <li>• Long hair should be tied back or tucked in.</li> <li>• Wearing of wrist guards when snowboarding is recommended.</li> <li>• The wearing of helmets should be encouraged for both skiing and snowboarding activities.</li> <li>• All equipment must meet current industry standards.</li> <li>• Skis/snowboards must have a runaway device (i.e. ski brakes or snowboard leash).</li> </ul>	<p><b>Prior to the activity the teacher should:</b></p> <ul style="list-style-type: none"> <li>• discuss proper clothing</li> <li>• discuss how to recognize and treat frostbite and hypothermia, and</li> <li>• ensure that students are thoroughly familiar with:               <ul style="list-style-type: none"> <li>– alpine responsibility code,</li> <li>– slope ratings, and</li> <li>– the role of the ski patrol.</li> </ul> </li> </ul> <p><b>Alpine Responsibility Code</b></p> <ol style="list-style-type: none"> <li>1. Stay in control.</li> <li>2. People ahead have the right of way.</li> <li>3. Stop in a safe place for you and others.</li> <li>4. When starting downhill or merging, look uphill and yield.</li> <li>5. If you see an accident, stay close by and offer assistance.</li> <li>6. Use devices to prevent runaway equipment.</li> <li>7. If you have taken any drugs or alcohol, don't ski.</li> <li>8. Observe signs and warnings, and keep off closed trails.</li> </ol>	<ul style="list-style-type: none"> <li>• Where available, members of a recognized Ski Patrol must patrol the area.</li> <li>• Also, at least two leaders are required to provide on site supervision.</li> <li>• The following minimum leader/student ratios is recommended:               <ul style="list-style-type: none"> <li>• 1:10 (Gr. 4-7)</li> <li>• 1:20 (Gr. 8-12)</li> </ul> </li> <li>• Duties of the leaders should be clearly outlined by the teacher. Leaders should circulate to all areas that students are using for skiing and snowboarding as well as the lodge areas.</li> <li>• Designate a leader to accompany any injured student to hospital. This must not be the teacher in charge of the trip.</li> <li>• A buddy system must be used to ensure that students do not ski alone.</li> <li>• Group meeting times, for check in purposes, must be designated prior to commencing free skiing activities.</li> <li>• A vehicle for emergency purposes must be accessible.</li> <li>• Emergency phone must be accessible.</li> </ul>

<b>Equipment</b>	<b>Instruction</b>	<b>Supervision</b>
<ul style="list-style-type: none"> <li>• The teacher must inform parents of students supplying their own equipment that the equipment must be in good repair and should be checked and/or adjusted by a certified technician.</li> <li>• Only community or commercially operated ski facilities with suitable teaching areas (gentle slope) should be used.</li> </ul>	<ul style="list-style-type: none"> <li>• The ski area must be defined to the students so they are aware of the boundaries for the activity.</li> </ul> <p><b>As a first activity:</b></p> <ul style="list-style-type: none"> <li>• All students should be tested and grouped appropriately as determined by a certified ski/snowboard instructor.</li> <li>• Students must participate in at least one lesson for each activity plan, an activity plan could include several trips to the hill.</li> <li>• Only those students identified by the instructor may use snowboards.</li> <li>• Students should ski in areas identified as appropriate for them by the qualified ski instructor.</li> </ul>	