

Lift Area Skiing and Snowboarding Standards

Suggested for Grades 4 – 12

Only community or commercially operated ski facilities with suitable teaching areas (gentle slope) should be used.

Equipment

- Parents/guardians must be informed, by letter, of their child's involvement in skiing and be made aware of the importance of suitable clothing and equipment.
- A consent form must be signed by a parents/guardians before engaging in lift area skiing and/or snowboarding.
- A staff member in charge, must make sure that students have appropriate cold-weather outdoor clothing; especially hand and head wear.
- Long hair should be tied back or tucked in.
- Use of wrist guards when snowboarding is recommended.
- Wearing a helmet is required for both skiing and snowboarding activities.
- All equipment must meet current industry standards.
- Skis/snowboards must have a runaway device (i.e. ski brakes or snowboard leash).
- Educators must inform the parents/guardians 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.

Instruction

Before the activity the leader should:

- Discuss proper clothing.
- Discuss how to recognize and treat frostbite and hypothermia.
- Ensure that students are thoroughly familiar with:
 - alpine responsibility code,
 - slope ratings, and
 - the role of the ski patrol.

Alpine Responsibility Code

1. Stay in control.



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2. People ahead have the right of way.
3. Stop in a safe place for you and others.
4. When starting downhill or merging, look uphill and yield.
5. If you see an accident, stay close by and offer assistance.
6. Use devices to prevent runaway equipment.
7. If you have taken any drugs or alcohol, don't ski.
8. Observe signs and warnings, and keep off closed trails.

The ski area must be outlined to the students so they are aware of the boundaries for the activity.

As a first activity:

- All students should be tested and grouped appropriately as determined by a certified ski/snowboard instructor.
- Students must participate in at least one lesson for each activity plan; an activity plan could include several trips to the hill.
- Only those students identified by the instructor may use snowboards.
- Students should ski in areas identified as appropriate for them by the qualified ski instructor.

Supervision

- Where available, members of a recognized Ski Patrol must patrol the area.
- At least two leaders are required to provide on site supervision.
 - The following minimum leader/student ratios is recommended:
 - 1:10 (Grades 4-7)
 - 1:20 (Grades 8-12)
- Duties of the leaders should be clearly outlined by the staff member in charge. Leaders should circulate to all areas that students are using for skiing and snowboarding as well as the lodge areas.
- Designate a leader to accompany any injured student to hospital. This must not be the staff member in charge of the trip.
- A buddy system must be used to ensure that students do not ski alone.



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- Group meeting times, for check in purposes, must be set before prior students begin skiing/snowboarding.
- A vehicle for emergency purposes must be accessible.
- Emergency phone must be accessible.

