



WAS - Snowboard/Ski Course

Welcome to the Westwind Alternate School Snowboard/ Ski Course! You will participate in 5 trips to Pass Powder Keg Resort! Each trip will include a lift ticket, equipment rentals, and a snowboard or ski lesson. Lessons are required and skipping lessons will result in removal from the course with fees refunded at a prorated basis. That being said, Pass Powder Keg (PPK) has some of the best instructors in the province! Participation in this cohort will also require enrollment into two, one credit courses.

Courses include:

- Rec 1040 - Foundations for training
- HSS 2010 - Nutrition and Wellness

Cost (cash or etransfer to wasfees@westwind.ab.ca):

- Basic fee = \$200
 - Includes 5 trips (transportation, lift tickets, rentals and lesson)
- Upgrade to seasons pass (have own equipment) = Additional \$150 (\$350 total)
 - Allows you to go to PPK any time throughout the season.
- Upgrade to seasons pass with seasons rental pass = Additional \$250 (\$450 total)
 - Allows you to go to PPK any time throughout the season with access to rental gear for each visit (at no additional cost beyond the \$450)

Schedule - May be subject to change

	Stirling	Raymond	Magrath	Cardston
Pick up time	11:15 AM	11:30 AM	11:45 AM	12:30 PM
Drop off time	8:30 PM	8:15 PM	8:00 PM	7:30 PM

Trip Dates

- Jan. 7, 2022, Feb. 4, 2022, Feb. 11, 2022, Feb. 18, 2022, Mar. 4 2022

Student Name:	Student Email:
Guardian Name:	Guardian Email: Phone:
Emergency Name:	Emergency Email: Phone:

Ski and Snowboard Lift Use Guidelines

To ensure that all students enjoy a good day of snow sports also means that they use both chairlifts and surface lifts safely.

1. Where applicable, only those students who receive approval from the snow school staff may use lifts other than those designated as beginner lifts.
2. All students must be aware of and obey signs posted around the lift loading and unloading areas and along the towpath.
3. While waiting their turn in a lift line, students must refrain from horseplay and prepare themselves for loading.
4. When approaching a loading area, students must obey instructions given by a lift operator and make sure the lift ticket is properly displayed.
5. When riding a chairlift:
 - a) Students must always use a restraining bar.
 - b) Students must never bounce or rock the chair in any way, and must remain seated facing uphill at all times.
 - c) Students must never, under any circumstances, jump from chairs.
 - d) If a chairlift stops, students are to remain calm and wait until restart. In case of an emergency evacuation, students are to remain calm and follow all instructions given by resort employees.
 - e) When approaching an unloading area, students must not lift restraining bar until instructed to do so by posted signs.
 - f) When students clear the ramp, they must move away from the area adjacent to unloading ramp immediately.
6. When riding a surface lift:
 - a) Students must always remain in the designated towpath and never attempt to slalom or to zig-zag on the way to the top.
 - b) To unload anywhere outside of a designated unloading area must be avoided unless the lift stops and students are instructed to do so by the patrol or resort employees. In such an event, everyone is to leave the towpath as quickly as possible.
 - c) Any student who falls while riding a surface lift must clear the path immediately, so as not to interfere with others.
 - d) To ski/snowboard down a lift towpath is dangerous and strictly prohibited.
7. Students must always:
 - a) Display their lift ticket.
 - b) Follow all instruction given by resort staff.
 - c) Behave in a responsible manner.
 - d) Be courteous to other students, other skiers, snowboarders and resort personnel.
 - e) Be aware of and abide by posted Responsibility Code.
 - f) Use only trails identified by the snow school instructor as appropriate for your ability. Know your group and the teacher/or volunteer supervisor assigned to your group.

8. Behaviour contrary to above instruction will endanger offenders or others and may result in a serious injury. With no exception, any and all offenders will lose their lift and trail privileges.

I have read and acknowledged these guidelines

Ski and Snowboard Classification System

All participants must be classified according to the following plan. These stages are consistent with the operations of member resorts of the Alberta Ski Resorts Association and Resorts of the Canadian Rockies. The classifications must appear on the Parent Consent Form and be checked off by the parents (Appendix #1).

		Skiing Ability Ratings	Snowboarding Ability Ratings
Non Skier/ Snowboarder	Level 1	<ul style="list-style-type: none"> Has never skied / snow bladed before Little experience Unable to ride lifts alone 	<ul style="list-style-type: none"> Has never snowboarded before Little experience Unable to ride lifts alone
Beginner	Level 2	<ul style="list-style-type: none"> Experience on gentle green slopes Experience with surface lifts / tow ropes Able to perform braking, snowplow and basic turns 	<ul style="list-style-type: none"> Experience on gentle green slopes Experience with surface lifts / tow ropes Some experience with chair lift Able to side slip on at least one edge Balance is shaky, concerned about speed and falling Hesitant on linking turns
Intermediate (1)	Level 3	<ul style="list-style-type: none"> Experience on steeper green slopes Able to straight run with skis parallel Able to link wedge turns with confidence 	<ul style="list-style-type: none"> Comfortable with any lift Able to side slip on toe and heel edge Links turns with ease and engages some edging Most green slopes are considered 'too easy' Beginning to ride switch Less concern with falling
Intermediate (2)	Level 4	<ul style="list-style-type: none"> Experience with chair lifts Experience on gentler blue slopes Able to link turns with skis in parallel position 	<ul style="list-style-type: none"> Experience with chair lifts Linking turns with edge control Comfortable on most blue runs Strong balance Not concerned with falling Comfortable riding switch Eager to try varied snow conditions and terrain
Advanced	Level 5	<ul style="list-style-type: none"> Experience with all types of lifts Experience on steeper blue and moderate black slopes Able to consistently link turns with parallel skis at all times 	<ul style="list-style-type: none"> Experience with all types of lifts Experience on steeper blue and moderate black slopes Can link turns with edge control in both regular and switch Able to carve at will Excellent speed control Able to move freely in all planes of balance Enjoy varied snow and terrain conditions

Ski and Snowboard Acknowledgement of Risk and Informed Consent Form

Trip Name: WAS Snowboard/ Ski Course 2022

Location: Pass Powder Keg Resort

Date(s): Jan. 7, Feb. 4, Feb. 11, Feb. 18, Mar. 4

I, _____ the parent/guardian of
_____ (student's name), recognize that my child will
participate in alpine skiing/snowboarding to **Pass Powder Keg Resort**, sanctioned by
Westwind Alternate School.

Acknowledgement of Risk

This trip involves certain risks, dangers and hazards to participants. The list that follows is intended to assist participants and their parents/legal guardians in evaluating the risk of participation and assumption of those risks through voluntary participation.

Skiing and snowboarding are sports with physical demands and inherent risks which are beyond the control of the **Pass Powder Keg Resort and Westwind Alternate School**. Falls, collisions and other incidents may occur which result in serious injury or death. Participants must assume the inherent risks of the sport. Potential risks include, but are not limited to:

1. Collisions with trees, objects or other skiers or snowboarders.
2. The skier overestimating his/her ability and skiing on runs or trails that are too difficult for his/her ability.
3. Ski hill or personal equipment failure. Bindings on equipment are designed to reduce the risk of injury when falling. They may not release under all circumstances and they do not guarantee safety in all cases.
4. Sunburn, hypothermia, frostbite or other weather-induced injury.
5. Losing the trail, getting separated from the group or getting lost.
6. Hazards encountered by skiing out of bounds such as ungroomed runs, avalanches, tree wells and other natural hazards.
7. The risks will also include the usual risks that can occur while driving in a vehicle. Transportation to and from the site will be conducted by **Westwind School Division Transportation Department and Westwind Alternate School**.

Additional risks, foreseen or unforeseen, common or uncommon, may also exist and are assumed through voluntary participation in this activity. The potential consequences of the risks associated with this trip include, but are not limited to: personal injury, death, property damage, expense and other losses, delay or inconvenience, and trip or activity cancellation or curtailment.

I am aware of the risks involved in this trip, have reviewed them with my child, and permit him/her to participate in it and all associated activities.

Helmet Required

I am aware that all participants must wear an appropriate snow sport helmet for school excursions to ski hill facilities and I will ensure that my child wears an appropriate helmet at all times while skiing or snowboarding.

Skier and Snowboarder Responsibility Code

I am aware that the Canada West Ski Areas Association has produced a Responsibility Code which the ski hill and school require that all students know and obey. I am aware that the ski hill or the school may revoke my child's participation in the activity for violation of the Responsibility Code or other unacceptable conduct.

Acknowledgement

I HAVE READ AND UNDERSTAND THESE WARNINGS AND HAVE IDENTIFIED AND COMPLETED MY CHILD'S ABILITY CLASSIFICATION.

Level 1: Non-Skier		Level 4: Intermediate (2)	
Level 2: Beginner		Level 5: Advanced	
Level 3: Intermediate (1)			

Informed Consent

I hereby also give my consent and acknowledge by my signature that:

1. I have read and understood the Parent Information Package provided by the school about this activity and I have discussed the risks and expectations of the activity with my child and have confidence that my child has understood them.
2. I understand that my child will be expected to uphold the behavioural expectations of the school outlined in the school's Code of Conduct as in any other school endeavor and in the skier and snowboarder Responsibility Code.
3. I understand that this is a school-sponsored trip, and if my child breaches the school rules while on this trip, and this should result in either directly or indirectly, any costs and/or liabilities for the school, that I will be liable to pay such costs and liabilities.
4. Furthermore, my child will also be expected to adhere to any rule, instructions, directions or requests given by trip supervisors or ski hill staff, with the understanding that his or her compliance is in the best interests of all participants. My child will also be expected to act responsibly, showing respect and care for himself or herself and others at all times during the trip. If my child misbehaves, in addition to any other consequences, he or she may be sent home immediately, and I agree to be solely responsible for the cost of such travel, together with the cost of the travel for any adults that accompany my child.
5. As parent/legal guardian, I will ensure that my child is prepared and has the necessary items as advised by the school on the trip Equipment List.
6. I also understand that although the trip organizers have undertaken precautions to provide proper organization, supervision, instruction and equipment for all activities, circumstances may arise which are not foreseeable or which are beyond their control. I acknowledge that the trip organizers cannot guarantee safety.

Medical Information Form

Please provide the following information in order for school supervisors to properly plan and care for your child's needs.

Student Name:

Date:

Medical History:

1. Is the student on any medications? If so, which ones?

2. Does the student have any allergies? If so, what is he/she allergic to? How severe is the reaction? What medications make it better? Please describe when and details concerning last allergic reaction.

3. Does the student possess any dietary restrictions? i.e. vegetarianism, lactose intolerant, gluten/wheat free, etc.

4. Does the student have any of the following conditions:

<input type="checkbox"/> Asthma? If so, how badly? Does he/she carry an inhaler?	<input type="checkbox"/> Stomach ulcers?
<input type="checkbox"/> Other respiratory problems?	<input type="checkbox"/> Epilepsy or other neurological disorders?
<input type="checkbox"/> Diabetes? How is it cared for?	<input type="checkbox"/> Obesity?
<input type="checkbox"/> Hyper or hypoglycemia?	<input type="checkbox"/> Iron deficiency?
<input type="checkbox"/> Heart conditions? e.g., murmurs	<input type="checkbox"/> Low immune system?
<input type="checkbox"/> Intestinal problems? e.g., colitis or Crohnes Disease?	<input type="checkbox"/> Mono or chronic fatigue?

5. Does the student possess any behavioural issues such as ADHD or OCD?

6. Does the student possess any psychological or emotional problems?

7. Are there any recent injuries to be concerned about? If yes, please describe.

8. Is there any other physical, psychological, emotional, behavioural or situational issue that may affect the student's ability to complete the proposed activity?

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date (dd/mm/yy)

7. I have read and understood the terms and conditions of this Acknowledgement of Risk and Informed Consent Form and the nature of its contents. I further agree that it is binding upon me.

I release and agree to indemnify and hold harmless the School, the School Board, teachers, employees, volunteers, and agents, from any personal injury, death, property damage or loss sustained as a result of my child's involvement or participation in the skiing or snowboarding activity arising out of any cause whatsoever, including the negligence of the School or its officers, directors, employees, volunteers, or agents.

Parent/Guardian Signature

Date

Ski and Snowboard Equipment Rental Agreement

Trip Name: WAS Snowboard/ Ski Course Trip Dates: Jan 7, Feb 4, Feb 11, Feb 18, Mar 4

Student name: _____

This form is used for a parent to indicate the ski or snowboard equipment required to be rented for their child.

INDICATE THE EQUIPMENT TO BE RENTED:

Item Required	Yes	No
Ski, boot & pole package		
Snowboard & boot package		
Ski boots		
Ski poles		
Helmet		
My child does not need equipment rental and will provide all equipment required		
My child will bring an appropriate snow sport helmet		
Other equipment needed (please indicate)		

Note: All participants must wear an appropriate snow sport helmet for school excursions to ski hill facilities. This is mandatory.

THE UNDERSIGNED AGREES to accept full responsibility for the care of the equipment listed in this form 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: _____