



DRESSING FOR THE WEATHER

Students should be advised to dress warmly; denim is strongly discouraged.

Dressing in layers is the best way to achieve warmth. There are 3 layers to consider.

1. The first layer (closest to your body) is called the base layer. This is the “keep you dry” layer. Silk or fast-drying synthetic fibers are best for this layer.
2. The second layer is called the insulating layer. This is the “keep you warm” layer. This layer should be loose fitting and comfortable. Fleece is excellent choice for an insulating layer.
3. The third and final layer is called the outer shell layer. This layer should be windproof and waterproof. Snow pants are strongly recommended.

As the temperature rises throughout the day, the under layers can be removed to prevent sweating. Alternately, if the temperature falls more layers can be added.




Please ensure that all students have toques and mittens/gloves.

Make sure the student’s socks are not low cut “ankle socks” or excessively thick/heavy wool socks. If your socks are too heavy your feet will sweat and become cold. Socks specifically designed for skiing are recommended but a standard athletic sock will also do. Bring an extra pair of socks in case the first pair get wet.

Classify Yourself for Skier Type

Determining your skier type is your responsibility

Your skier type, height, weight, age and ski boot sole length are used to determine the release/retention settings of your ski bindings. Be sure to provide accurate information; any error may increase your risk of injury. Consult these descriptions to select your classification.

		
<p>"Cautious Skiing at Lighter Release/Retention Settings"</p>	<p>"Moderate Skiing at Average Release/Retention Settings"</p>	<p>"Aggressive Skiing at Higher Release/Retention Settings"</p>
<p>TYPE I SKIERS:</p> <ul style="list-style-type: none"> • ski conservatively • prefer slower speeds • prefer easy, moderate slopes • favor lower than average release/retention settings. <p>This corresponds to an increased risk of inadvertent binding release in order to gain increased releasability in a fall.</p> <ul style="list-style-type: none"> • Type I settings apply to "entry-level skiers uncertain of their classification" 	<p>TYPE II SKIERS:</p> <ul style="list-style-type: none"> • ski moderately • prefer a variety of speeds • ski on varied terrain, including most difficult trails • are all skiers who do not meet all the descriptions of either Type I or III 	<p>TYPE III SKIERS:</p> <ul style="list-style-type: none"> • ski aggressively • normally ski at high speeds • prefer steeper and more challenging terrain • favor higher than average release/retention settings. <p>This corresponds to decreased releasability in a fall in order to gain a decreased risk of inadvertent binding release</p>

SCHOOL LUNCH PROGRAM

School _____ Contact _____

Date of Booking _____

ALL LUNCHES **\$7.50** ea. (includes GST)

Description		Total
A	Jumbo Hot Dog , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries
B	Hamburger , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries
C	Dino Buddy Chicken Nuggets , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries
D	Chicken Corn Dog , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries
E	Veggie Burger , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries
F	Grill Cheese Sandwich , fries or veggie sticks and dip, beverage & dessert	Veg.
		Fries

PLEASE NOTE:

- All lunch orders must be pre-ordered **3 WEEKS** prior to your arrival date specifying how many numbers from each of A, B, C, D, E and F menus have been requested. Also include the breakdown of orders with fries or vegetables.
- Lunches will be invoiced with school payment.
- Orders will not be taken on day of ski date.

For more information regarding the lunch program, please contact Steven by phone at 780-809-2373, by fax at 780.436.5479, or by e-mail at schoolgroups@snowvalley.ca.



Please return with fitting cards

SCHOOL VOLUNTEER SIGN -UP

These volunteer positions need to be filled during your school group visit. If you know which volunteers will be taking which positions please fill in the names on this sheet and return it before your visit.



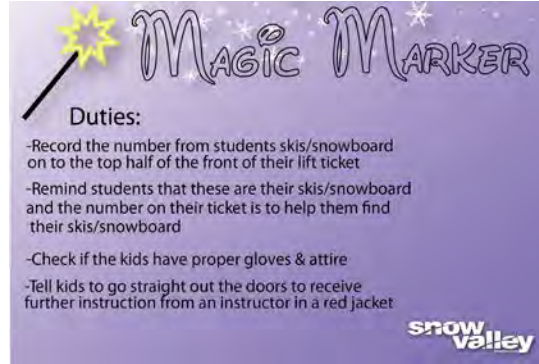
HELMET KING

Checklist:

- Record helmet numbers and/or sizes on sheet provided
- Direct kids to rental shop once they have their helmets
- Check if kids have proper gloves and attire




Volunteers Name _____



MAGIC MARKER

Duties:

- Record the number from students skis/snowboard on to the top half of the front of their lift ticket
- Remind students that these are their skis/snowboard and the number on their ticket is to help them find their skis/snowboard
- Check if the kids have proper gloves & attire
- Tell kids to go straight out the doors to receive further instruction from an instructor in a red jacket



Volunteers Name _____



Gate Keeper

Duties:

- ensure that kids have their rental cards and that their shoes are off
- direct kids to the next available boot room attendant
- kids that need a different boot size go to the front of the line to wait for the next available boot room attendant
- members of the public (not involved with school groups) are allowed to go to the front of the line



Volunteers Name _____



Gate Keeper 11

Duties:

- ensure that boots are on the correct feet and that they have the correct boots on for either skiing or snowboarding
- direct kids to the next available ski/snowboard technician
- make sure they still have their rental card



Volunteers Name _____



BOOT GUY/GAL

Duties:

- assist kids with putting on ski/snowboard boots
- ensure boots are on the correct feet
- ONLY feet and socks in boots (ie. no snowpants, pantlegs e.t.c)
- show kids how to open boots and untie laces so that they can get their feet in properly



Volunteers Name _____

Any additional volunteers can help kids put their ski or snowboard boots on.

