

FIRST TRACKS

SCHOOL PROGRAMS

AN INFORMATION GUIDE FOR PARENTS AND STUDENTS



www.mtseymour.ca

ALPINE RESPONSIBILITY CODE

There are elements of risk that common sense and personal awareness can help to 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 great 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.

ACKNOWLEDGEMENT

I (means both participant and parent/guardian) understand that skiing and or snowboarding is a hazardous sport. I understand that the sport of skiing and or snowboarding and the use of ski/snowboard equipment involves a potential risk of injury.

I understand that the ski boot binding system will not release at all times and under all circumstances, and that it is not possible to predict every situation in which the system will release. I understand that the snowboard system is non-release binding.

I have no misrepresentations in regards to my height, weight, or skiing or snowboarding experience. (This information is required in order to properly adjust and select the individual ski boot binding settings). I also understand that I am only to use the equipment assigned to me, that I will not adjust or tamper with the ski bindings (ask staff for assistance) and that I will return the equipment at the end of each rental day.

The following actions are the responsibility of individual students:

- Abide by the Alpine Responsibility Code
- Dress and pack for any type of weather
- Follow my teacher's request for skiing/snowboarding with a buddy
- Be on time for lessons and departure



In the event of an injury, I consent to my child receiving First Aid by Mt Seymour Patrol staff. I have read the First Tracks pamphlet and acknowledge the above information. I understand that lessons are non-refundable and non-transferable. (For refund requests due to special circumstances contact your school.)

Guardian Signature: _____

Guardian Name (print): _____

Student Signature: _____

Date: _____

WINTER SCHOOL PROGRAMS

Welcome to Mt Seymour. Over the years a special relationship has developed between school groups and Mt Seymour. The goal of our Ski & Snowboard School is to provide students with a positive experience in our outdoor classroom, the slopes! Instructors will help their students to learn and to enjoy their accomplishments on snow in a safe manner.

SCHOOL CONTACT

Our programs are successful due to the organization and effort of school supervisors. Your school supervisor will be able to answer many of your questions and provide direction.

Your school supervisor is: _____ Phone: _____

WHAT TO WEAR AND BRING

- waterproof jacket and pants
- goggles or sunglasses
- long johns or sweat pants
- sweater or fleece
- change of clothes for the ride home
- snack food or money for the cafeteria
- mitts or gloves
- backpack or bag for your gear (leave valuables at home)
- warm hat and long warm socks
- turtle neck or t-shirt (long sleeved)
- sunscreen
- ski or snowboard helmet mandatory (available at Mt Seymour n/c)
- water bottle

SNOW REPORT

Mountain weather changes very quickly and is difficult to predict. A good rule of thumb is to "prepare for the worst and hope for the best".

For up-to-date weather conditions, check our website: www.mtseymour.ca. (Mountain Info)

THE LESSONS

Classes are organized by sport and student ability levels. Our classes are taught by certified instructors who will help your students develop skill and confidence on the slopes in a safe and controlled environment.

STUDENT INFORMATION FORM

All students are asked to fill out the medical and rental information section of this pamphlet below. Students and parents should read and sign the acknowledgement on the reverse. After measuring your foot using the ruler to the right please return the completed bottom section of your Information Form to your school. The top section is yours to keep for future reference.

STUDENT NAME: (LAST) _____ (FIRST) _____

SCHOOL NAME: _____

ACTIVITY: SKI SNOWBOARD

ABILITY LEVEL: (1) FIRST TIME (2) 1-4 TIMES (3) MORE THAN 5 TIMES

RENTAL REQUIRED: YES NO

AGE: _____

IF RENTING EQUIPMENT, PLEASE COMPLETE:

HEIGHT _____ CM WEIGHT _____ KG FOOT LENGTH _____ CM

MEDICAL INFORMATION:

CARE CARD: _____

GUARDIAN: _____

TEL: _____

FAMILY DOCTOR: _____

TEL: _____

EMERGENCY CONTACT: _____

TEL: _____

MEDICAL HISTORY (ALLERGIES, MEDICATIONS, ETC.) _____

****PLEASE TURN OVER TO COMPLETE****

