



An information guide for
parents and students

FIRST TRACKS

SCHOOL PROGRAMS

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.

- | | |
|---|--|
| <p>1 Always stay in control. You must be able to stop, or avoid other people or objects.</p> <p>3 Do not stop where you obstruct a trail or are not visible from above.</p> <p>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.</p> <p>7 Observe and obey all posted signs and warnings.</p> <p>9 You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.</p> | <p>2 People ahead of you have the right-of-way. It is your responsibility to avoid them.</p> <p>4 Before starting downhill or merging onto a trail, look uphill and yield to others.</p> <p>6 Always use proper devices to help prevent runaway equipment.</p> <p>8 Keep off closed trails and closed areas.</p> <p>10 You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.</p> |
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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:

- 1 Abide by the Alpine Responsibility Code.
- 2 Dress and pack for any type of weather.
- 3 Follow my teachers' request for skiing/snowboarding with a buddy.
- 4 Be on time for lessons and departure.

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...

- | | |
|---|--|
| <input type="checkbox"/> waterproof jacket and pants | <input type="checkbox"/> mitts or gloves |
| <input type="checkbox"/> goggles or sunglasses | <input type="checkbox"/> toque |
| <input type="checkbox"/> long johns or sweat pants | <input type="checkbox"/> turtle neck or t-shirt (long sleeved) |
| <input type="checkbox"/> sweaters or fleece | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> changes of clothes for the ride home | <input type="checkbox"/> ski or snowboard helmets |
| <input type="checkbox"/> snack food or money for the cafeteria | |
| <input type="checkbox"/> backpack or bag for your gear
(leave valuables at home) | |

Snow phone...

Mountain weather changes very quickly and is difficult to predict. A good rule of thumb is "prepare for the worst and hope for the best". For up-to-date weather conditions, contact our Mt Seymour Snowphone:

604-986-2261 then press 1

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: _____ Male Female Age _____

Activity: Ski Snowboard

Ability Level: (1) First Time (2) 1 - 4 times (3) More than 5 times

Rental Required: Yes No

Foot Length _____ Cm (to measure use ruler at right with only 1 pair of socks)

Height _____ Cm or _____ Inches

Weight _____ Kg or _____ Lbs

Medical Information:

Care Card: _____

Guardian: _____

Family Doctor: _____

Emergency Contact: _____

Medical History (allergies, medications, etc.) _____

Tel: _____

Tel: _____

Tel: _____

Please turn over to complete

Place your heel at the "0"

