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  ☐ mitts or gloves
☐ goggles or sunglasses  ☐ toque
☐ long johns or sweat pants  ☐ turtle neck or t-shirt (long sleeved)
☐ sweaters or fleece  ☐ sunscreen
☐ changes of clothes for the ride home  ☐ ski or snowboard helmets
☐ snack food or money for the cafeteria
☐ backpack or bag for your gear
   (leave valuables at home)

Snowphone...

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.

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| 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 |
| If renting equipment, please complete: |
| Foot Length ______ Cm (to measure use ruler at right with only 1 pair of socks) |
| Height ______ Cm (preferred) or ______ Inches |
| Weight ______ Kg or ______ Lbs (preferred) |
| Medical Information: |
| Care Card: ___________________________ Tel: ___________________________ |
| Guardian: ___________________________ Tel: ___________________________ |
| Family Doctor: ___________________________ Tel: ___________________________ |
| Emergency Contact: ___________________________ Tel: ___________________________ |
| Medical History (allergies, medications, etc.) ___________________________ |

Please turn over to complete

Place your heel at the “0”
Alpine Responsibility Code

1. Always ski in control. You must be able to come to a stop if you encounter others at any time.
2. Before entering normal or2 back slope, you must be capable of stopping.
3. Stop before entering any other people or gates.
4. Always ski in control. You must be able to stop when you encounter others at any time.
5. If you are involved in an accident, you must stop to give aid. In all cases except emergencies, you must stop to give aid.
6. Always use proper brakes and edge control to help prevent a collision or accident. You must be able to stop in a controlled manner at any time.
7. Observe and obey all posted signs and orders.
8. Keep off closed trails and closed areas.
9. Exercise caution and control. You are responsible for your actions.
10. You must not use lifts if you cannot ski safely and under control.

School Programs

FIRST TRACKS
An information guide for parents and students

MT SEYMOUR
WWW.MTSEYMOUR.CA