



This Parent Information Package contains important information.

Whistler Ski/Snowboard Trip Overview

Dear Parent(s) or Guardian(s):

Your son/daughter has shown interest in attending a Whistler/Blackcomb Ski/Snowboard Day Trip, arranged by Hastings Community Centre on Sunday, January 15, 2017. We are pleased your son/daughter is joining us on this worthwhile adventure!

This package contains the following:

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| 1) Letter and Logistics (this page) | KEEP & PUT ON THE FRIDGE |
| 2) Understanding Risk & Risk Management | KEEP & PUT ON THE FRIDGE |
| 3) Participant Rules | KEEP & PUT ON THE FRIDGE |
| 4) Parental Consent Form | COMPLETE, SIGN & RETURN to Janice |
| 5) Ski/Snowboarder Information Form | COMPLETE & RETURN to Janice |

Please read the information package and return the forms form to Janice, no later than Monday, January 2, 2017.

I hope to have a safe, fun and memorable time. **If you have any questions about the trip, please not hesitate to call me at 604.257.8155 or janice.kwan@vancouver.ca**

Sincerely,

Janice Kwan
Youth Leader

Please **keep** this page for your records.



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1) Logistics

<i>Destination:</i>	Blackcomb Mountain
<i>Date:</i>	Sunday, January 15, 2016
<i>Departure Time:</i> <i>(Approximate)</i>	6:00am – Meet at Hillcrest Community Centre 6:30am – Depart from Hillcrest Community Centre
<i>Driving time:</i>	Approximately 1.75 hours each way, 3.5 hours round trip.
<i>Transportation</i>	Universal Coach Lines Ltd.
<i>Return time:</i> <i>(Approximate)</i>	3:30pm – Depart from Whistler/Blackcomb Base 2 6:00pm – Arrival at Hillcrest Community Centre
<i>Leader:</i>	Janice Kwan (Youth Leader) False Creek Community Centre Additional Park Board Youth Workers or Program Assistants will be supervising the trip.
<i>Ratio:</i>	Staff to participants is 1:10, and 1:8 when in ski/snowboard groups.
<i>Key activities:</i>	Instructional downhill skiing or downhill snowboarding, with certified instructor
<i>Contact:</i>	Before the trip – please contact Janice 604.257.8155 In case of an emergency – please contact Janice 604.760.6129



2) Potential Risks & Plan to Minimize Risks

- Transportation risks include poor road conditions, flat tire, accident, vehicle breaking down
- Skiing/snowboarding: risks could include falls and/or collisions that may result in muscular skeletal injuries
- Potential to lose a participant is a low risk, as the group will be staying together in groups with Whistler/Blackcomb instructors. If skiers/snowboarders stray from the group, they may get lost in unfamiliar terrain.
- Injuries specific to cold weather seasons include hypothermia and frost bite.
- Avalanche and any other adverse weather conditions.

- A detailed trip itinerary and copies of all participant medical waivers will be left at community centre front office in the event of an emergency.
- A first-aid kit and original copies of participant medical waivers will be carried by each Youth Worker in the event of an emergency.
- Participants will be given clear and detailed instruction by staff prior to all activities with respect to boundaries, safety and procedures in the event of injury or other emergency.
- Two-way radios and/or cell phones will be carried with staff during all activities to increase communication and assist in the event of injury or other emergency.

- A professional transportation company will be utilized to ensure maximum safety during travel to and from mountain. Must cover a minimum of 10 million liability coverage.
- A qualified ski/ snowboard instructor will be giving lessons for beginners. Instructor will have their Canadian Ski Instructor Alliance Level 1/ Canadian Association of Snowboard Instructors Level 2, at minimum.
- All activities will take place within the boundaries of Whistler/Blackcomb's trail system and on clearly designated runs and will be led by Whistler/Blackcomb Ski/Snowboard School
- During all activities participants will be expected to follow 'the buddy system' – prior to activities staff will place participants in groups based on age, experience and ability.
- During downhill ski and snowboard session the youth will be instructed to report back to a designated meeting area on the same run/trail at pre-determined meetings spots to connect with instructors to ensure safety.
- For rental equipment, the ski/ snowboard shop at the facility will manually adjust each piece of equipment according to the participants' size and skill level.
- Helmets will be mandatory for all participants on the mountain regardless of snowboarding, skiing, and ice skating.
- Participants will not be permitted to ski or snowboard in designated terrain parks and any black/advanced runs.



3) Participant Rules

- Alcohol, illicit drugs, and cigarettes are prohibited
- Participant must stay with the group at all times
- Participants will abide by the Whistler Alpine Responsibility Code
- Violation of any rules shall result in parental requirement to pick up their child for an early departure home, at the expense of the parents/guardian.

Special Arrangements

If your child requires medication or have any other special needs, please notify them to the Youth Worker prior to departure.

Clothing

Average temperature in Whistler/Blackcomb may be between 5 and -5C in the alpiners. Please ensure that great care is taken to bring appropriate clothing. Wearing layers of clothing is preferable. Recommended clothing include:

- Waterproof jacket, pants and gloves
- Wool socks (recommended)
- Sweatshirt, long sleeve tee
- Long-johns/tights

If you need cannot find anyone to borrow clothing from, please ask your Youth Worker.

Electronic Equipment

Electronics are permitted at your own risk. The City of Vancouver, Vancouver Board of Parks and Recreation and its affiliated Associations are not responsible for any broken, lost or stolen items.

Lunch

Lunch – Participants can either bring their own lunch or bring money to purchase lunch from the concession.

It is recommended that participants also bring snacks for the trip to and from Whistler Mountain.

Emergency Contact

In case of an emergency, please contact Janice 604.760.6129
This phone is to be used in an emergency only.

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP 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 SAFE 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.

**Know the Code - Be Safety Conscious
It is Your Responsibility**





SKI/SNOWBOARD INFORMATION FORM

First and Last Name: _____

Male Female Trans*

Preferred sport:

Ski Snowboard

Age

Rentals:

Required Not required

If rentals are required:

Height

____feet ____ inches

Weight

_____ lbs

Shoe size (US)

Level:

- 1 – Discovery
- 2 – Novice
- 3 – Intermediate
- 4 – Advanced

Discovery: First time on skiing/snowboarding

Novice: Skied/snowboarded 2-7 times, green runs

Intermediate: Able to ski on blue runs

Advance: Able to ski on harder blues.

Please note that your child will be placed in the group with people of similar abilities. The group level may change upon the discretion of the Whistler Ski/Snowboard instructor.

Rider Type:

- 1 – Easy, low speeds
- 2 – Varied hills & speed
- 3 – Difficult hills, high speed