

HELLO and thanks for booking a School Ski Trip, your students are going to love you for it!

Partaking in the Castle Mountain School Ski trip allows your students to enjoy outdoor education, fresh air, and create amazing memories that will last a life time.

Know before you go;

- Ensure students have proper clothing to come skiing. Waterproof pants, jacket and gloves. Goggles or sun glasses at the very least. Proper wool socks (regular socks will not keep them warm!). Hand/toe warmers are recommended especially on a cold day. Helmets can be rented, but must be worn.
- Please stay up to date with all CMR and Government restrictions.
- All students must wear a helmet at all times while skiing/snowboarding/on lifts.
- There is *no* terrain park allowed during school ski trips and all students *must* wear a helmet while skiing or snowboarding. This complies with ASBIE guidelines.
- There is no cell service on the Mountain, plan accordingly. Radios between teachers and chaperones is highly recommended. – Recommended to activate WIFI calling to send/receive calls while in the a wifi zone.
- Students must wear a day pass, even if they have a season pass (if they have a season pass, they do not need to pay for this ticket!). This is in accordance with ASBIE guidelines.
- Students are controlled on where they ski based on their ability and where the instructor allows them to with a stamp system. This is for the student's safety.
 - 0 stamps = Green chair only
 - 1 stamp = Green chair & Huckleberry
 - 2 stamps = Green, Huckleberry and Blue chair
 - 3 stamps = Green, Huckleberry, Blue, Red chair and T-Rex tbar.

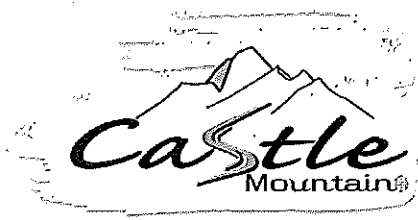
CASTLE MOUNTAIN RESORT

PINCHER CREEK, AB, CANADA.

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Lessons

Following the measures laid out in the Safety Guidelines for Physical Activity in Alberta Schools (June 2013) "All students should be grouped appropriately and must participate in a lesson". Lessons will be skill specific for all ability levels from first-time beginners to expert skiers/snowboarders. Please use the following guide to estimate ability level. This estimation will be verified by certified instructors at CMR on the day of the trip.

SKIING

- Level 1 Never skied before OR skied once or twice (unable to stop).
*** Buckaroo Carpet ***
- Level 2 Able to stop and can complete basic turns on gentle terrain; beginning to link turns. Students can ride or are familiar
*** Green Chair ** at Castle*
- Level 3 Able to link wedge turns on beginner terrain; beginning to ski parallel from middle to the end of the turn.
*** Has been up Huckleberry Chair and can navigate green runs comfortably ***
- Level 4 Able to ski consistently on parallel edges on all green and blue terrain
*** Has been up Sundance (Blue) Chair, skiing parallel on more than just north road ***
- Level 5 Able to ski parallel on black diamond terrain in all snow conditions. Expert Terrain skier in most or all conditions.
*** Skiing Parallel on black runs, linking parallel turns in off piste terrain such as Sherriff and Tamarack bowl***

SNOWBOARDING

- Level 1 Never ridden before OR ridden once or twice with little success
*** Magic carpet Buckaroo ***
- Level 2 Able to side slip (on both toe and heel edge) across green terrain in both directions; beginning to link turns
*** Green chair ** pendulum heel and toe. Starting to turn on either heel or toe*
- Level 3 Able to confidently link skidded turns on green and blue terrain
*** Huckleberry ** Able to make a linked turn on heel or toe side, more than 1 or 2 turns consecutively, can comfortably come down blue and easy black terrain*
- Level 4 Edging or carving becoming more predominant. Linked turns are using lower body with less upper body rotation. Able to ride all expert terrain confidently.
*** Rides Blue and black terrain consistently. ** No pendulum or heel/toe sliding.*

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