



ÉCOLE **MOTHER D'YOUVILLE** SCHOOL

5330 Rue Parc Beaumont, AB T4X 1W4 Phone:  
780.929.0792

*"We are people of the Way" "Love the Way"*



## **Gr. 7-9 Ski Trip**

Jan. 9, 2020

Jan. 23, 2020

Feb. 05, 2020

Feb. 27, 2020

**There is nothing like a beautiful day of skiing with your friends...**

**Why Rabbit Hill?** Mother d'Youville is pleased to offer our Junior High Students an opportunity to experience skiing and snowboarding. Rabbit Hill is the closest ski hill and a great chance for students to learn or refine their skills before our big trip to the mountains.

**Who can go?** All junior high students may sign up for our Rabbit Hill experience but **seats are limited**.

**What is included and what will this cost me?** This trip includes transportation to Rabbit Hill (Lift Ticket, Rentals and lessons). The cost is as follows:

I have a Rabbit Hill Seasons Pass and my own equipment: **\$40**

I have my own equipment: **\$160 (Regular price at Rabbit Hill is \$236)**

I need to rent a snowboard or skis: **\$200 (Regular price at Rabbit Hill is \$268)**

\*Lessons are mandatory and will last anywhere from 30-60min of your total time at Rabbit Hill.

\*Helmets for all students are mandatory (they come with rentals) - if you have your own equipment you must provide or rent a helmet.

**Please return the completed consent form with payment arrangements to the office on or before December 9** to reserve a seat on the bus.

**Road closures/weather:** Should we need to cancel a date due to weather or road closures, we will (Mother d'Youville) issue a refund (1/4 of total payment per day missed)

**Cancellation:** Should less than 30 students sign up for this trip, the trip may be canceled and funding will be returned.

## What do I need to look after?

**Wear the Gear:** Please come dressed for a day of skiing (ski pants, good jacket, mitts and hear gear, ski goggles if you have them) – watch the weather and wear appropriate gear. A reminder that helmets are mandatory.

**Getting here on time:** We will not be waiting at the end of the day for you or your equipment to arrive. Bus will leave at its scheduled time.

**Food:** There is no eating or drinking on the bus. Please have a quick snack right after school prior to loading the bus or wait till we get to Rabbit Hill. Concession will be open at Rabbit Hill and available to you after you ski lesson.

**Behavior:** This is a school trip and as such the same behavior is expected from the students as would be with any school related function. Students not adhering to our guidelines or the guidelines of the ski hill may have their tickets revoked and spend the remainder of the day with a supervisor (no refund) and not be permitted to sign up for further school ski trips.

**Reserving a ticket:** To assure you get a seat on the bus bring back your forms and payment by **December 7, 2018**.

**Departure and Arrival times:** All participants **must be at the school by 3:30 pm on the given dates, for check in**. Once we arrive (4:30), students will be provided a lift ticket, their equipment and must complete their daily lesson. A school supervisor will be present until 7pm at which point either a parent would arrive for pickup or student would have permission to stay until parent picks them up.

**Emergency Response:** Should your child receive an injury requiring transportation to/from a hospital, an ambulance will transport your child to the Devon Hospital. One of our staff will drive to the hospital with your child and/or meet the student there. You will be contacted immediately. The staff member will stay with your child until you arrive. If the child is cleared by the doctor to return via bus or vehicle to the ski hill or home the staff member will transport the student back using the extra passenger vehicle we bring along unless instructed otherwise by your emergency contact person.

**\*\*\*After 7pm there will be no school supervisor at Rabbit Hill.\*\*\***

## EDUCATION IS THE FOCUS

**Activity** - Learning to ski or snowboard is a fun way to get outside and acquire new skills in an alternative environment.

**Benefits Health** - Being active year round is important to maintain a healthy body. Skiing and Boarding are fun ways to stay active and get outside during the winter months.

**Cooperation** - Snow Sports are an excellent opportunity for students to interact with each other and develop communication skills.

**Do It Daily** - Snow sports provide a challenge and students develop decision making skills that they will use on and off the snow.

## LESSON START TIME/ DURATION

Lessons will start as soon as possible when the students arrive at the snow school sign according to their assessment from a Snow School Instructor.

Lesson duration will be **up to one hour** based on the student's ability level and needs. Some lessons (depending on ability level of the students) will be longer in duration than others.

After lessons students have time for supper and the ability to spend the rest of the evening skiing until their ride home arrives.

## SNOW SCHOOL / LESSON FORMAT

Rabbit Hill Snow Resort strives to give you the best skiing and snowboarding experience available. They constantly evaluate and improve the delivery of their Snow School Education program based on observation and user feedback.

## STUDENT CLASSIFICATION SYSTEM

On arrival at the Snow School Sign, a qualified instructor will direct students to an area appropriate for observation. Each student will be observed and assessed based on their **ACTUAL** ability and assigned by an instructor accordingly.

## AFTER LESSONS....

After the students finish their lesson they have the rest of the time (until their prearranged ride arrives) to have supper and enjoy Rabbit Hill Ski Resort!

## TERRAIN PARK RESTRICTIONS

A Terrain Park is an area with man-made jumps, bumps and obstacles for **EXPERIENCED** skiers and boarders.

Generally speaking most ski and boarding areas allow unrestricted access to the Terrain Park area. It may not in the best interest of lower-end skiers and boarders to enter the terrain park, because of this Rabbit Hill has identified these areas as **EXPERT TERRAIN** only.

Students are allowed to access the terrain park but must do so with caution and just like the rest of the hill there may or may not be direct supervision when your child enters these areas.

**\*\*\*Please ensure you discuss with your child your expectations for them and the terrain park and the rest of the hill\*\*\***

# **ALPINE RESPONSIBILITY CODE**

## **Please make your student/child aware!!!**

There are elements of risk in skiing and snowboarding that **COMMON SENSE & AWARENESS** can help reduce.

1. Ski or Board **UNDER CONTROL** and in such a manner so you can stop or avoid other people or objects.
2. When going downhill or overtaking another person, you must avoid the person **BELOW** you.
3. You must not stop where you obstruct a trail or are not visible from **ABOVE**.
4. When entering a trail or starting downhill, **YIELD** to other people.
5. If you are involved in or witness a collision, remain at the scene and identify yourself to 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 the lifts or terrain if your ability is impaired by the use of drugs or alcohol.
10. You must have the ability and knowledge to safely load, ride & unload the lift. If in doubt, ask the lift attendant.

### **In addition to the above, Rabbit Hill requires:**

1. It is recommended that beginner skiers & boarders take lessons to learn the rules & techniques of the sport. No matter what level of ability lessons can make the experience more enjoyable.
2. Your Instructor will lead you to runs that are best suited to your ability you will need to stay on these runs and lifts to ensure your safety and enjoyment.

### **Using the Lifts**

1. Obey all posted instructions
2. Do not use a lift until an Instructor has instructed you on its use. Your Instructor will advise you on the lifts you should be using or you can ask for assistance.
3. Do not cut into the lineups.
4. Move quickly away from the unloading area.

### **Clothing**

1. Dress appropriately for the weather conditions. You will be more comfortable if you dress in layers of non-restrictive clothing that can be altered as the temperature changes.
2. On sub zero or windy days, shield your face with a high collar, neck warmer or facemask.
3. Do **NOT** wear long scarves.
4. A good pair of mittens with liners is usually warmer than gloves.





# ÉCOLE **MOTHER D'YOUVILLE** SCHOOL

5330 Rue Parc Beaumont, AB T4X 1W4 Phone:  
780.929.0792

*"We are people of the Way" "Love the Way"*



Mother d'Youville is arranging a Snow Education trip to **Rabbit Hill Snow Resort** to ski and / or snowboard. This signed Form is meant to provide you with important information and inform you of the risk and environment your child will encounter.

### **Ski Area Environment:**

Because of the individual nature of the sport of skiing and snowboarding it is both challenging and rewarding to each and every participant, however, it also means that **participants cannot be supervised or controlled at all times** by either the Group Supervisors or Rabbit Hill Staff. Students, when not in a Lesson, are responsible for their choice of ski terrain, ski lift utilization, and behavior. As such all skier and snowboarders are expected to ski or snowboard in control at all times, to know and **OBEY** the *"Alpine Responsibility Code"* which is provided to the Group Organizer and is posted at the Snow Resort Area. **YOUR CHILD WILL NOT BE DIRECTLY SUPERVISED AT ALL TIMES.**

### **Use Of Rental Skis & Snowboard Equipment:**

Rabbit Hill Snow Resort rents skis and snowboard equipment to participants requesting use. Ski bindings reduce but do not eliminate the risk of injury when falling. Ski bindings are not designed to release in every circumstance and do not guarantee safety. Snowboard bindings are not designed to, or required to release in any circumstance.

### **Assumption Or Risk:**

Skiing & Snowboarding, although challenging and invigorating, involves many inherent risks. Injury may result from, but is not limited to, many natural and man-made hazards such as collision with other skiers, snowboarders, or obstacles, varying snow & terrain conditions, as well as the improper use of lift facilities. Falls, collisions, and other incidents may occur and cause injury. Skier, snowboarders, and their respective parent or guardian must assume the risks involved with these sports and if not willing to assume this risk should not take part in the activity.

### **Acknowledgement and Permission:**

I have read and understood the above information & warning and I accept the inherent risks involved with my child participating in a Ski & Snowboard Education Program at Rabbit Hill Snow Resort.

I give my child, \_\_\_\_\_ (child's name)  
permission to participate in the Snow Education Program to be held at Rabbit Hill Snow Resort.  
Parent / Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

- I have seasons pass and equipment: **\$40**
- I have my own equipment: **\$160**
- I need to rent a snowboard or skis (please circle which one): **\$200**

\*\*\*LIMITED SEATING- FIRST COME FIRST SERVE. PAYMENT MUST BE PAID IN FULL\*\*\*