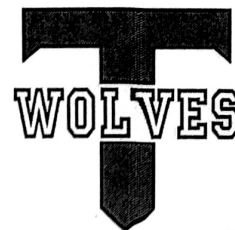




TRICENTIA ACADEMY

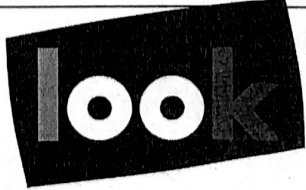
A day of learning and fun at White Hills
Resort - Clarenville



RETURN ALL BLUE PAGES WITH YOUR FEE

WHERE	White Hills Ski Resort Clarenville
WHEN	<u>Wednesday MARCH 30, 2022</u> We will be leaving school at 8:50 and returning by 4:30. It will be the families responsibility to pick up their child at Tricentia Academy when we return at 4:30. Unfortunately we cannot allow equipment to be transported in the regular school bus so if you are bringing your own equipment, please arrange a drop off at the school.
What will we do?	All students will receive downhill skiing lessons, full equipment rentals (skis/snowboards, boots, poles, and helmet) and lift tickets. Based on the child's lesson and ability, Ski instructors will issue lift tickets for the magic carpet lift on the bunny hill or triple chair lift. Snowshoes and Cross Country Ski equipment will be available as well.
What will we do for lunch?	Students may wish to bring lunch, snacks and drink. Microwaves will be available for use. A canteen will be available to purchase food if you so choose.
How do I attend?	Parents & Students must complete all forms attached to this package and return to school. These forms must be complete to attend our ski trip. This includes the Alpine Responsibility Code and True/False questions.
Cost	This day is valued at approximately \$100.00 a child. By accessing a schools program through White Hills the cost is drastically reduced. Here is a breakdown of the fees depending on your chosen activity. This fee includes all equipment rentals, lift tickets, and the bus. Downhill Ski/Snowboard - \$40 Cross Country Ski/Snowshoe - \$32 Season Pass Holders with their own equipment - \$10 (bus fee)
When are forms and money due?	Please submit all forms and MONEY (Exact Amount) by <u>FRIDAY March 25, 2022.</u>

PLEASE COMPLETE THIS AND ALL BLUE PAGES AND RETURN WITH THE FEE NO LATER THAN WEDNESDAY MARCH 23

Name:	Age:	Height:	 <p>PLEASE COMPLETE THIS CHART AND RETURN WITH ATTACHED BLUE PAGES AND FEE</p>
Shoe Size:	Weight:	Have you downhill skied before?	



make a memory

Dear Parents/Guardians:

_____ is planning a trip to White Hills Resort in Clarenville.

This is an excellent opportunity for your child to participate in and learn the sports of downhill skiing, snowboarding, cross-country skiing and snowshoeing. Lessons are taught by professional ski and snowboard instructors. The lessons are fun and allow children to learn an activity that they can do with their family and friends at any age. It is an opportunity to experience a different relationship with their peers and teachers, which will have positive effect back in the classroom.

The **Discover Snow School Program** offers a significant price reduction of more than 50% off regular lessons, rentals and lift passes at White Hills and is designed specifically to offer Newfoundland school children an opportunity to experience this "life sport" at a very reasonable cost.

THE FOLLOWING IS SOME IMPORTANT INFORMATION ABOUT THE TRIP:

Throughout the lesson, Ski/Snowboard Safety is emphasized by teaching the Alpine Responsibility Code, which governs skiers' behavior on the slopes. Lessons are mandatory for all first-time skiers and snowboarders. Each lesson is at least one and one-half hours in length, however extra time will be given to new skiers or beginners to ensure that each student has an enjoyable experience. Upon completion of the lesson, it is the responsibility of the parent/teacher supervisors accompanying the school to resume supervision of the children.

When planning the trip, please remember Newfoundland's changing winter weather and dress your child for the trip in warm, waterproof clothing. Items such as sunscreen, goggles, extra mitts and socks are also very important to ensure a comfortable day.

- Please review the Alpine Responsibility Code with your child and complete the Safety Quiz.
- Complete and sign the consent/waiver form and return to the school.

We look forward to seeing your child at White Hills Resort this winter. If you have any questions or concerns regarding our programs, please direct your call to 466-4555.

White Hills Resort
Tel (709) 466-4555
Toll Free (877) 466-4559
Fax (709) 466-4560
Web Site: www.whitehillsresort.com



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Preparing Your Child

White Hills Snow School, in conjunction with members of the Canadian Ski Patrol System (C.S.P.S.) offers the following tips to help make your ski or snowboarding day safer and more enjoyable.

- **Dress warmly and in layers.** This will allow you to remove a layer of clothing if you get too warm or you can add an extra layer of clothes if needed.
- **Always wear water resistant pants.** In addition to keeping you dry, they also provide resistance to the wind. Jeans do not provide adequate protection in an alpine environment.
- **Wear one pair of socks in the ski boot.** This will allow the boots to be buckled properly and will keep your feet warm. You should bring an extra pair of socks to the resort and change into them over lunch. This is one of the best ways to ensure that your feet stay dry and warm.
- **Pant legs should be worn outside of the ski boot.** This will allow the boot to be buckled properly and will also prevent snow from going down the top of the ski boot, thus keeping your feet drier and warmer.
- As winter weather is so unpredictable, you should always bring to the resort a **warm hat, an extra pair of gloves or mitts, sunglasses, sun screen and goggles.**
- **If you are using rental equipment,** you should memorize the ski number located on the tip and tail of the skis and use only those skis during the day. The rental skis you receive from the Rental Shop are set specifically for you and your skiing ability.
- **If you borrow equipment** from a friend, have them taken to a qualified binding technician at White Hills to have the binding set for you and your skiing ability **FREE OF CHARGE.** Failure to do this could result in a binding that may not function properly.
- **Lunch.** Bring a bag lunch or lunch money. There are hot meals served daily in the café.

Know the Code Be Safety Conscious

It is Your Responsibility

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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 safety load, ride and unload lifts. If in doubt, ask the lift attendant.

Know the Code - Be Safety Conscious

It is Your Responsibility

Safety Quiz

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True or False?

1. You should wear multiple pairs of socks inside your alpine ski boots.
2. Your ski pants should be tucked inside your boots.
3. It's okay to ski near snow making equipment in operation.
4. If you see two people collide, it's okay to laugh and keep skiing.
5. It's smart to ski with a baseball cap on when its -30° Celsius.
6. You must not stop where you obstruct a trail.
7. You can stop where you are not visible from above.
8. When you overtake another skier, the other skier must avoid you.
9. Double black diamond trail marker means expert only.
10. It doesn't matter if the brakes on your skis work or not.

Translate the trail signs



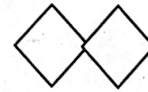
Green Circle



Blue Square



Black Diamond



Double Black Diamond

Questions:

List the ten skier's responsibility codes:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Parent Consent/Waiver

NOTE TO PARENTS AND STUDENTS

Skiing and snowboarding are sports which entail physical demands whereby collisions/falling may occur with the possibility of resulting injuries and which are beyond the reasonable contemplation and control of White Hills Ski Resort and its employees. Rental equipment is sized, and the bindings are set to the student's height, weight, age, shoe size and skier ability. The bindings are designed to release under stress and while this greatly reduces the chance of injury, it does not eliminate it completely. Students must be aware of and abide by The Skier/Snowboarding Responsibility Code and always ski/ride under control. White Hills reserves the right to revoke a lift pass in the event of a code violation or other unacceptable conduct by a skier/snowboarder.

This waiver must be returned to White Hills and presented upon arrival. Failure to do so will deny access to the hill.

ACKNOWLEDGMENT

I have read and understood these warnings and have identified my child's ski classification below. This classification is important for skier advancement and safety. **Please do not over-rate yourself or your child.** 90% of all School Students renting equipment most likely qualify as first time or level 1.

✓ONE	CODE	Description
	N	First time (non-skier)
	1	Has skied/snowboarded before and can balance on skis. Can turn in both directions and stop Can ski all green/beginner runs - with confidence
	2	Can link turns with confidence Can add parallel finish to snowplow Can ski/snowboard all green and blue/intermediate runs
	3	Skis/rides regularly (i.e. Season Pass/Nancy Green Program) Skis/rides with speed and control Can ski/ride ALL runs at White Hills - with confidence

School Group or Name: _____

Parent/Guardian Permission:

I _____ GIVE MY CHILD _____ IN CLASS _____

PERMISSION TO PARTICIPATE IN THE DISCOVER SNOW SCHOOL PROGRAM TO BE HELD AT WHITE HILLS RESORT,
CLARENVILLE, NL.

SIGNATURE: _____ DATE: _____

PHONE: (H) _____ (W) _____ (C) _____

In Case of Emergency, please provide child/student's MCP# _____

Expiry Date: _____

THIS FORM **MUST** ACCOMPANY THE SCHOOL TO WHITE HILLS RESORT