



## PARENTS PACKAGE

### WHAT STUDENTS NEED TO WEAR...

Skiers/Riders must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your ski trip, keep the following in mind:

- Cold weather clothing should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- Check the temperature and wind-chill forecast before you leave home in the morning and always be prepared for conditions to worsen during the day.
- Layering works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon jackets and pants, running suits, ski/suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- Jeans, sweat pants, cotton or wool worn as an outer layer will pick up snow and leave the skier/rider wet and cold. Sweat pants and long underwear can be layered under a water/wind proof outer layer.
- **Helmets are mandatory.** Some may also prefer to wear hats or toques with their helmets, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the ski lift.
- Neck tubes are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. If a scarf is worn, it should always be tucked inside clothing.
- A warm pair of gloves or mittens is essential. In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from snow and abrasions. A child should bring 2 to 3 gloves or mittens so that the child can stay warm.
- Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- Ski/snowboard boots should be worn with a single pair of good fitting, comfortable wool or synthetic socks that are not too thick. Too many socks stuffed into boots can cut off the circulation and increase the chance of cold feet. Make sure you have a 2<sup>nd</sup> pair of socks to put on if the 1<sup>st</sup> pair gets wet.

Last but not least, ENJOY YOUR DAY AT MISERY MOUNTAIN SKI AREA & KEEP WARM

### CONCESSION:

The concession will be open and cater to your children's hunger pains. If you don't send them with lunch money, please ensure that they have enough to eat and drink. Snacks like trail mixes, raisins, granola bars, fruit, water, juices, soup, sandwiches...ect are fantastic. We have a microwave here to warm up their lunches.

## 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 up-hill 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 Ski Patrol.
6. Always use proper devices to help prevent runaway equipment (leashes for snowboarders!!!).
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 the 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



School: \_\_\_\_\_ Date of school day: \_\_\_\_\_

Name: (Student) \_\_\_\_\_ (Grade) \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: (h) \_\_\_\_\_ (w) \_\_\_\_\_ (cell) \_\_\_\_\_

1. Student whom have **NEVER** skied/boarded before or students unable to use the lift line must be enrolled in a lesson.
2. Snow Skates are **NOT ALLOWED** at a school program.
3. Freestyle Terrain is **CLOSED** during School Programs.
4. Helmets are **MANDATORY** for all school groups. The cost of these is included in Rental Package.
5. Students are required to ski/snowboard on the runs they are assigned, meaning if a run is closed student found using that run will have their pass pulled.

### SNOWBOARDING / SKIING PROGRAM

Full Package (ski/board, rental, lessons)	\$37.00	_____	Ski	_____
Lift & Rentals	\$25.00	_____	Snowboard	_____
Lift Only	\$13.00	_____	Board Stance	<u>goofy / regular</u> (circle one)
Rentals Only	\$11.00	_____		
Lessons Only	\$13.00	_____		

Grade \_\_\_\_\_ Male/Female \_\_\_\_\_ Height \_\_\_\_\_ft \_\_\_\_\_in Weight \_\_\_\_\_lbs Shoe Size \_\_\_\_\_

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**  
**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHTS TO SUE.**  
**PLEASE READ CAREFULLY!**

I, the undersigned, hereby acknowledge the participation in the program might result in personal injury, property damage or loss, and possible death. I hereby agree to participate in the program voluntarily and at my own risk. I and my heirs, executors, administrators and assigns agree not to hold MISERY MOUNTAIN SKI AREA or any of their Directors, Agents, Servants, Volunteers, or Employees responsible for any personal injury, property damage or loss, death or ambulance service resulting from or in connection with my participation in the program initiated, conducted, or organized by MISERY MOUNTAIN SKI AREA (Peace River Ski Club 1963).

I have carefully read this **RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**; I fully understand the same; and I am freely, voluntarily executing same.

SIGNED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_ 20 \_\_\_\_\_

\_\_\_\_\_  
*Signature of Participant*

\_\_\_\_\_  
*Print Name*

If participant is under 18 years of age, this compulsory participant **RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT** must also be signed by a parent of legal guardian.

\_\_\_\_\_  
*Signature of Parent/Guardian*

\_\_\_\_\_  
*Print Name*

**Please make all Cheques payable to your own school:** Total paid by Check / Cash \$\_\_\_\_\_