



The **Raymond Junior High School** has scheduled a ski/snowboard trip to Castle Mountain Resort on **Thursday March 16**. This is a great opportunity to experience a curricular activity outside the regular school facility. Participation in this activity is voluntary. The cost of the trip will be covered by students/parents who choose to participate. The school will remain open for students who opt out of attending the ski trip.

Transportation for the trip will be on Westwind School Division buses. If students register for the ski trip with the school they must ride to and from the hill via the transportation provided by RJHS.

All students who register for the trip must take part in an instructional lesson. During the lesson Castle Mountain Resort employees will determine the student's comfort and ability level to determine the areas of the resort a student will have access to. We anticipate students being at various levels of ability and will leave judgment for this with Castle Mountain's certified instructors. Students are not allowed to go into the terrain park on the school sponsored ski/snowboard trip.

Helmets are mandatory. They are included in the rental package at the hill, or can be rented individually

Due to safety concerns, first-time snowboarders will NOT be permitted, you must have previous snowboarding experience to choose this option.

### **Supervision**

Supervision will be under the direction of RJHS staff members and may also involve other community members. Supervisors will be assigned to the areas of the ski hill being used by RJHS students and will maintain a visible presence in those areas. Students will be instructed to stay with at least one other member of our group, but will not be assigned to a specific group. Supervisors will be wearing a high-visibility armband so that students can identify them easily on the hill.

Students attending the trip will be called to a meeting during an upcoming school day to review the following:

- Alpine Code of Conduct
- Reading and Accessing Terrain and Trail Maps
- Itinerary for the day
- Review of Castle Mountain Resort Information
- Q&A
- Student Code of Conduct

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**PINCHER CREEK, AB, CANADA.**

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**403.627.5101**



## Itinerary

**6:30am** - Students meet at RJHS

**8:45am** - Arrive at Castle Mountain: At this point Castle Mountain and RJHS Volunteers will facilitate the following.

- **RENTAL EQUIPMENT PICK-UP** Rentals will be distributed by the Alpenland Rental Shop staff in the main day lodge. After their initial welcome on the bus, students should gather in the day lodge and await instruction from staff.
- **HEADING OUTSIDE** The goal for the morning is to have everyone equipped and ready for their lesson by 9:30. Instructors will be positioned as the first point of contact for the students as they head outside from the rental station. The instructors will speak with each student to determine which lesson group they will be part of.
- **LESSONS: Will begin at 9:30 for everyone.** Students will be directed to these lessons by an instructor. At the conclusion of the lessons instructors will determine which areas of the hill students have access to by marking their lift tickets accordingly.

**Lunch** - There is no assigned time for lunch. Students need to bring lunch with them to eat in the lodge or they can purchase lunch in the lodge.

**3:30-4:00** - The ski hill begins to close and students with rental equipment need to return their gear.

**4:30** - Buses will leave Castle Mountain

**6:30 (We hope)** - Arrive at RJHS. The school will be open for students to have access to a phone.

In the event of an emergency, parents can contact Castle Mountain @ 403 627-5101. Cell service is limited at the ski hill.

**\*\*Please read the attached information thoroughly and return the appropriate forms and payment by MARCH 1.**

**\*\*The Ski & Snowboard Day Registration and Rental Agreement forms are both on this document. The Acknowledgment of Risk form is on a separate document. All of these forms need to be returned to the school.**

**\*\*Forms that need to be signed and returned can also be picked up at the RJHS office.**

**\*\*PLEASE read the information carefully, call or email if you have questions.**

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## Castle Mountain Resort School Program

### Parent Information Package

The aim of Physical Activity Programs in Alberta Schools is to provide students with the opportunity to participate in a variety of sports and activities which will foster physical wellbeing and will enable students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle.

This year, your school has chosen to participate in the School Program at Castle Mountain Resort (CMR). This School Program has been designed in accordance with the ASBIE guidelines for Off-Site trips and the Safety Guidelines for Physical Activity in Alberta Schools. Field trips such as this are a wonderful opportunity for students to experience a new sport and/or to further develop their skills in a controlled environment.



Date of Visit: March 16, 2023

Departure from School:	6:30am	1.5hrs WEST of Lethbridge
Return to School:	6:30pm (time could vary)	1.5hrs NORTH of US border
Transportation:	Westwind School Busses	

While every effort is made to reduce the risk of injury, it is important to be aware that there are hazards associated with all sports including skiing and snowboarding. Your school, the Safety Guidelines for Physical Activity in Alberta Schools, and CMR Snow School strive to mitigate these risks by requiring all students to participate in a lesson appropriate for their skill level. All the teaching staff at CMR are Canadian Ski Instructors Alliance (CSIA) or Canadian Association of Snowboard Instructors (CASI) certified or international equivalent and experienced instructors. Helmets are required by the ASBIE guidelines and are available to rent. If your student is involved in an accident while on CMR property, qualified staff at CMR will respond accordingly and you will be notified according to school policy.

If the trip must be cancelled, you will be notified by the school and alternative arrangements will be made.

If you have any questions, please contact:  
Supervising Teacher: Jared Heggie  
Phone: 403 752 3348  
Email: [jared.heggie@westwind.ab.ca](mailto:jared.heggie@westwind.ab.ca)

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## Forms

**The following forms must be completed and returned to your school by March 1, 2023**

- Acknowledgement of Risk and Informed Consent
- Ski & Snowboard Day Registration Forms
- Medical Information Form and accompanying Medication Administration & Release Form
  - **If your child needs to have medication handled and administered during the day of the ski trip you will need to fill out one of these forms at the RJHS office**

## Terrain Park

The Terrain Park is OFF LIMITS for all students visiting with a school group.

## Equipment

Proper attire is important for the safety of your child and to ensure they have a good experience outside all day. Check our website [[www.skicastle.ca](http://www.skicastle.ca)] for current snow and weather conditions.

The following equipment is recommended:

- **Mask & or buff**
- **Gloves or mitts**
- **Layered clothing is best for all outdoor recreation**
- **Sunscreen and lip protection are important even on overcast days**
- Knee-high socks are preferable over ankle socks which will slide off and get bunched up in boots
- Pants go outside the boots – only long-johns and socks should be inside your boots
- Jeans are not appropriate, instead wear waterproof pants or snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm
- An extra pair of socks and mitts are always a good idea
- A light toque, balaclava, or kerchief will fit under your helmet to keep you warm
- Goggles or sunglasses
- Change of warm, dry clothes for the drive home
- Enough food and snacks for the whole day and the drive home

The cafeteria will be open and a variety of items can be purchased. If you decide to bring your own lunch and snacks, try to bring items of good nutritional value such as fruit, granola bars, nuts, raisins, and veggies. Skiing and snowboarding require a lot of energy and you will be hungry!

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## Lessons

Following the measures laid out in the Safety Guidelines for Physical Activity in Alberta Schools, “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)
- Level 2 Able to stop and can complete basic turns on gentle terrain; beginning to link turns
- Level 3 Able to link wedge turns on beginner terrain; beginning to ski parallel from middle to the end of the turn
- Level 4 Able to ski consistently on parallel edges on all green and blue terrain
- Level 5 Able to ski parallel on black diamond terrain in all snow conditions (Expert Terrain skier)

### SNOWBOARDING

- Level 1 Never ridden before OR ridden once or twice with little success
- Level 2 Able to side slip (on both toe and heel edge) across green terrain in both directions; beginning to link turns
- Level 3 Able to confidently link skidded turns on green and blue 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

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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 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

**CASTLE MOUNTAIN RESORT**



## Ski & Snowboard Day Registration Form

**To be returned to the school**

Please complete the following information:

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_

**Please circle NO or YES for each option and the associated cost**

			COST	Amount Owing
Lift Ticket (\$15 is cheaper than using your WOW card if you have one)	No – I have a season's pass	YES	\$15	
Grade K + 2 Hour Lesson <b>(required for ALL students)</b>	-----	YES	\$36	\$ 36
Grade K + Rentals (includes helmet)	No – I have all my own gear	<b>YES – complete rental information below</b>	\$24	
Bus Transportation <b>(All students)</b>	-----	YES	\$5	\$5
TOTAL COST – E-Transfer to <a href="mailto:rjhsfees@westwind.ab.ca">rjhsfees@westwind.ab.ca</a> , checks payable to <i>Raymond Jr. High</i> or come by the office to pay via Debit :				

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## Rental Agreement and Information

### To be returned to the school

Students will not be able to switch between skiing and snowboarding on the day of the school trip so, please be comfortable with your decision!

All participants must wear an appropriate snow sport helmet. This is mandatory. Helmets ARE INCLUDED with every rental package. You can also rent JUST a helmet if you have all your own equipment otherwise.

Student Name:

Type of Equipment:           SKI     or     SNOWBOARD (no first time snowboarders)

Grade	Height (cm)	Weight (kgs)	Foot Length (cm) <i>From big toe to heel</i>	Skier/Snb Type

**PLEASE COMPLETE THIS ACCURATELY SO YOUR CHILD CAN GET SET UP CORRECTLY WITH APPROPRIATE EQUIPMENT.**

THE UNDERSIGNED AGREES to accept full responsibility for the care of this equipment while it is in the possession of \_\_\_\_\_ . (Student Name)

THE UNDERSIGNED AGREES to reimburse the resort for any loss or damage to the equipment other than reasonable wear resulting from its use by \_\_\_\_\_ . (Student Name)

SIGNATURE OF PARENT:

\_\_\_\_\_

SIGNATURE OF STUDENT:

\_\_\_\_\_

## Lessons

My student will be:                   SKIING / SNOWBOARDING (circle one)

Ability Level (Choose one):       1     2     3     4     5 (Skiing Only)

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