2015-2016 SKI AND SNOWBOARD CLUB

Dear Parents:

This letter is necessary to ensure that your child has a safe and enjoyable experience with the Ski and Snowboard Club this year. Therefore, please ensure that both you and your child read and understand the outlined rules and guidelines.

This booklet includes information and signatures that are necessary for inclusion in the club. The cheque, signatures and information are to be handed in to Mr. Martin as soon as possible. We are limited in the number of students we can take and enrollment is on a first-come-first-serve basis.

RULES AND GUIDELINES:

Attendance will be taken on the bus, before leaving the school and before leaving the mountain.

Students may not return from the mountain in another vehicle without prior written consent (the Friday before the trip).

Students are not to ski or snowboard alone or on runs above their ability. Going out of bounds will result in expulsion from the club with no refund.

Any serious misbehavior, whether on the bus, at the site, including insubordinate behavior towards any adult, will lead to dismissal from the club and the loss of any money paid.

Any student who is excessively late returning to the bus may be asked to quit the club. Any student who skips a lesson may be asked to quit the club.

Existing school policies (for example regarding drugs or alcohol) apply to all trips.

Students renting equipment must store it if they take a break, in a designated and supervised storage area. This is provided free of charge by Cypress. Students are liable for damaged, lost or stolen equipment.

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Parents Interest in Participating

If you would like to help supervise (if needed) on one or more of the planned trips, the mountain will cover the cost of your lift ticket and, if necessary, your rental equipment. Please indicate below any details (dates available, rental, etc.) and include your name and phone number.

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TRANSPORTATION AND PICK-UP:

The bus will depart from Notre Dame Regional Secondary by 2:30 pm and arrive at Cypress Bowl about 3:30 pm. The bus will leave Cypress bowl at 9:10 p.m. and arrive back at Notre Dame by 10 p.m. Please ensure that your son or daughter is safely picked up as close to 10 p.m. as possible. Students do not have access to their lockers on return, as the school is closed to them.

*IMPORTANT INFORMATION FOR GROUP PARTICIPANTS AND PARENTS, FROM CYPRESS BOWL:*

**Equipment rentals** once removed from the Rental Shop must not be left unattended in the outdoor ski racks. Several snowboards have been stolen when left outside for even a moment unattended. We provide free ski and snowboard check for all of our equipment. When your program is finished, rental equipment must be checked into the Rental Shop. If students do not comply with this requirement, they will be charged for the loss of the equipment if it is stolen and their ski or snowboarding rental privileges WILL BE CANCELLED for the remainder of the program. We regularly check ski racks and if we pick up any equipment rentals, they will not be returned to the students. Storage facilities are limited. Please bring with you only what is necessary. Carry valuables with you at all times. Do not leave packs and clothing in the cafeteria. A ski and bag check is available. Students may leave bags in the check area (outdoor) free of charge. There is no charge for in-and-out service.

**Clothing Requirements**: Students must be prepared for weather changes. Clothing should not restrict movement. On rainy days a change of clothing is suggested. Following is a checklist of suggested clothing:

\*Warm jacket \*Warm ski socks \*Goggles/sunglasses \*Helmet

\*Sunscreen/lip balm \*Turtleneck \*Gloves/mittens

\*Water resistant ski pants \*Fleece or sweater \*Hat/toque

Nutrition: Good nutrition is essential to replace energy used in skiing. Cypress Bowl offers complete food services as well as a brown bag area for those who prefer to bring their own food.

**Lessons:** These are mandatory and run from 4:00-7:00 pm each trip

Thank you for taking the time to read and complete this information. Please sign below to indicate that you and your child have read and understood everything.

Cut and attach this bottom portion to the application sheet

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Parent/Guardian \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child(ren) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Homeroom \_\_\_\_\_

Mr. Martin ([vmartin@ndrs.org](mailto:vmartin@ndrs.org))

Ski and Snowboard Club Coordinator