



Rick Morson of:



CIBC
Wood Gundy



CIBC Wood Gundy XC Ski Program for Elementary Schools 2018

Sponsored by: CIBC Children's Foundation, Mt. Washington Resort, and Strathcona Nordic Ski Club

Q- What do we do when we arrive?

Enter the Raven Lodge and **stay upstairs**. Make contact with the On-Snow Coordinator. If he/she is not there to greet you, ask for them in the rental shop. The Coordinator will instruct you where to put your spare gear and backpacks.

Q- When do we start and where do we go?

Morning: groups line up at 9:30 BESIDE the top of the stairs.

Afternoon: groups line up at 12:15.

Q- What time does the lesson end?

Morning: 11:30

Afternoon: 2:15

Q- When do we eat?

This is up to the individual school. Students will have more energy if they are not skiing on an empty stomach. There is a cafeteria at Raven lodge but it does take time to prepare food. Remember healthy food is important for energy. **Water is the drink of choice for XC skiers.

Q- How is the billing done?

The school is billed by Strathcona Nordics Ski Club for each skiing participant (adults, students, teachers), excluding those parents not included in the booking. We will not charge for aides if they are able to ski with their student. Invoices are sent prior at the end of the program.

Q- What are the instructor qualifications?

Instructors are endorsed by one of two organizations: Cross Country Canada (NCCP) or the Canadian Association of Nordic Ski Instructors.

Q- What size are the groups?

Generally classes/groups of up to 60 students will be divided into 4 groups, each with its own instructor and teacher/parent helper. We aim for a 10-14 person group size and sometimes less given the group demographic. It is important for keeping costs per student down, so we rely on adult helpers assigned by the school to manage the large numbers.

Q- Who puts the students into groups?

Two weeks in advance of your program start date, teachers will organize students in 4 groups and email the lists to the Program Coordinator at asquared.an@gmail.com. The purpose of this is not exclusively to sort by ability but to allow for a relatively cohesive group when we are out on the trail. In an ideal world, we would like the students to finish a ski tour at approximately the same time. In other words, a skier may be quite competent, but if they are not energetic or driven, they might be more suited to the walkers group. All the groups will be working on the similar skills but with different levels of energy. **Runners/Advanced** will race around the field given a chance. They are athletically talented or already have experience skiing. **Walkers/Beginners** might prefer to walk around the field given the option. Teachers know their students best and can make these decisions knowing that groups **are** flexible and there will likely be some changes during and after each lesson to make it more enjoyable for the students. Teachers, if there is an imbalance of runners to walkers, **please do your best to divide the class as evenly as possible so we can keep our student to**

instructor ratios reasonable.

Q- What is the procedure for cancelling ski days due to poor weather?

The On-Snow Coordinator for the day will contact the Raven Lodge if the weather conditions are suspect and will call the school if it is necessary to cancel the program for the day. Although there are no guarantees, every effort will be made to make up the lesson (usually Mondays). You will be informed of your On-Snow Coordinator prior to your program start. Raven's Lodge may also be contacted at (250) 334-5763. Please feel free to contact the Program Coordinator, Angela Nadler, on her cell (250) 203-8239 if you expected to receive a call to cancel but did not and cannot reach any of the parties above. Please email asquared.an@gmail.com to reschedule your ski day.

Q- What are my responsibilities as a teacher?

- Follow your checklist and feel free to ask questions to clarify
- Notify Angela of students with special needs or concerns and **complete & return the VISAS form** (i.e. Classroom support). We generally have adaptive ski instructors available to help out, however they should be booked in advance.
- Determine if any students qualify for the discounted rate for owning their own seasons pass and equipment and ensure Angela has that number for invoicing.
- Ensure those students who have paid for the discounted rate do not enter the rental shop on the ski days or they will receive a ticket and be charged the full rate.
- Make sure there is a minimum of one parent/helper/teacher with skis on in each group and one parent staying in the lodge.
- Make sure students are prepared, bring extra toques and gloves.

Q- What are the responsibilities as students?

Students must bring appropriate clothing (toques and gloves are mandatory and students may be asked to stay in the lodge if they are inappropriately dressed). Students must at all times stay with the group, inform the instructor if they have a problem, be polite, helpful and encouraging to others and have fun. Students must follow safety and trail etiquette taught to them.

Q- What will the students do in the classes?

Part of each lesson consists of learning and practicing new skills and part of each lesson will involve a ski tour. This may include games and drills to help students improve their technique and most importantly have fun.

Q- What if I have students with special needs?

We have the support of the Vancouver Island Society for Adaptive Snowsports who will work one-on-one with these students but **arrangements must be made in advance of the session start date**. The expectation is that these students arrive with an aide or that an adult chaperone assigned to the day lodge is capable of taking care of them in the event that the students are unable to participate for the full lesson. The aide does not have to ski but should be there to help the VISAS understand the needs of the child. Sometimes snowshoes are the best option for student and/or aide and are at no extra charge. *Please be sure to fill out the VISAS form and return it to Angela when you register your class.

Q- What if the students have already taken part in the program?

All students will classic ski on the first day regardless of their experience. There may be opportunity, given class dynamics and abilities, to also learn skate skiing; however, we cannot guarantee this for every group.

Q- Do teachers/students get discounts if they have their own gear?

Yes - ONLY IF they ALSO have their own season pass. Provided that the bus company is willing to transport the student's gear and the student has a seasons pass, then contact inform your teacher and discounts will apply where applicable. It would be helpful if teachers help students reconnect with their group after everyone 'gears up'. It is also important that the student doesn't accidentally receive a Mount Washington day pass or the full program fee will apply. Teachers/parents in this position will not be charged anything so please don't include them in the numbers when booking.