

**CHIGNECTO-CENTRAL
REGIONAL SCHOOL BOARD**

POLICY # ES-G-06

SCHOOL ALPINE SKI PROGRAMS

[BOARD MINUTE #02-97, Page 7]

The Chignecto-Central Regional School Board promotes and provides opportunity for students to participate in co-curricular and extra-curricular activities both within and outside the Regional School Board area.

The Board recognizes that instructional, recreational, and/or competitive skiing may be appropriate co-curricular/extra-curricular extensions to physical education and the Board's commitment to life-long learning.

While the Board recognizes that ski programs may be a legitimate part of the physical education curriculum or the school's extra-curricular program, there is, nonetheless, a foreseeable, inherent risk of injury implicit in the nature of the sport of skiing. Because of this acknowledged risk factor, the Board, school staff, student and parent have a responsibility to provide a higher level of planning, care and supervision than would be required for most other school activities. Moreover, the Board recognizes that there are different types of ski programs requiring different regulations and/or restrictions to ensure that the activity is as safe as possible for participating students.

The Board expects the Superintendent of Schools (or designate) to prepare, distribute to all schools, and monitor appropriate guidelines and procedures to regulate each type of ski program.

SCHOOL ALPINE SKI PROGRAMS

POLICY #ES-G-06

ADMINISTRATIVE PROCEDURES

Preamble

The Chignecto-Central Regional School Board recognizes three distinct types of alpine ski activities:

- A. Instructional Ski Programs;
- B. Recreational Ski Outings; and
- C. NSSAF Sanctioned Competitive Ski Programs.

Instructional Ski Programs differ from Recreational Ski Outings in that they are planned, organized and conducted as an integral component of the school physical education program and involve a more comprehensive approach to instructional skiing.

The Chignecto-Central Regional School Board supports Recreational Ski Outings as appropriate extra-curricular extensions of physical education.

The Board recognizes and supports school/student participation in competitive ski-racing programs sanctioned by the Nova Scotia School Athletic Federation (NSSAF) or other similar bodies. The Board recognizes that Competitive Programs are well-structured, organized with safety as a primary concern, and are of significant benefit to participating students and schools.

Although the Board recognizes other winter outdoor sports, such as cross-country skiing and snowshoeing, these activities are not encompassed within this Policy.

The guidelines herein are intended to regulate each type of program such that school initiated ski programs are enjoyable, educationally beneficial and reasonably structured such that . . .

- the primary concern is student safety.
- there is minimal disruption to the school curriculum and student learning.
- parents/guardians are informed and aware of the program and the risks involved through organized information sessions.
- parents/guardians consent to their child's participation.
- non-participating students are provided with appropriate school programs.

- participation is planned such as to reflect the age/grade level of participating students and an evaluation of ski proficiency by a certified ski instructor.
- participating students receive appropriate pre-trip and on-site instruction provided by a certified ski instructor.
- supervision requirements meet the needs and reflect the age/grade level of participating students.
- the operators of the ski hill are aware of and abide by the requirements of Board policy and Administrative procedures.

Schools are required to plan ski outings within Policy guidelines. These guidelines are intended to require reasonable safety standards for student skiers and are structured to meet the Physical Education Safety Guidelines established by the Department of Education.

Where a school's Program does not meet the standard of this or any other stated Board policy or administrative guideline, it is the Principal's responsibility to inform the Family of Schools Supervisor and, in consultation with the Supervisor, recommend to the Director of Education Services a means of meeting such guidelines and/or policy.

The School Principal and participating staff share responsibility for the student's safety orientation to the Program. It is the participating school's responsibility to ensure that the minimum requirements set out in the following guidelines are met. The School Principal is ultimately responsible for ensuring that the important aspects of these guidelines, such as teacher/student ratios, telephone contacts, and emergency procedures are in place prior to each school outing.

Guidelines

1. Ski programs involve students from grade 4 to grade 12.
2. Snowboarding is restricted to students in grades 7 to 12.
3. Only commercially operated ski facilities with suitable teaching areas shall be used for the Ski Program. Members of a recognized ski patrol must patrol the ski hill.
4. Before a student may participate in a Program, parent/guardian consent shall be obtained (Appendix A).

5. Prior to the first outing of a school year at a particular ski hill, an information session shall be conducted in association with a representative of that ski hill operator. Unless the School Principal is satisfied that appropriate alternative arrangements have been made, every student participating in the Program and his/her parent/guardian shall attend at least one information session prior to participating in the program. Failure to attend the information session may forfeit a student's opportunity to participate in the Program. The information session shall include, but is not limited to:
 - ✓ teacher/volunteer supervision;
 - ✓ behavioural expectations;
 - ✓ Alpine safety rules;
 - ✓ information on ski techniques;
 - ✓ lift procedures;
 - ✓ the role of ski patrol;
 - ✓ lessons schedules;
 - ✓ post-lesson expectations;
 - ✓ organizational issues (i.e. rules regarding transportation, pickup/departure times);
 - ✓ proper clothing; and
 - ✓ personal safety issues including how to recognize and treat frost bite and hypothermia.
6. A teacher or administrative staff shall be appointed by the School Principal as Head Supervisor prior to each ski outing. A teacher candidate, co-op student, or other secondary student may *not* be a Head Supervisor. In situations where a substitute teacher is responsible for acting as a supervisor, the School Principal shall address the teacher's comfort level with participation in the Program.
7. There shall be a ratio of one supervisor for every eight students. Parents/guardians are permissible supervisors, but are not permitted to be accompanied by non-eligible persons. The School Principal shall maintain a list of volunteer supervisors. Where a supervisor's conduct raises legitimate concerns regarding his/her ability to act as supervisor, the individual's approval shall be withdrawn. The Head Supervisor has a duty to report any concerns regarding supervisors to the School Principal.
8. A minimum of one supervisor shall remain at the ski lodge to supervise students on breaks and be responsible for coordinating emergency procedures. This supervisor shall have a record of all students' emergency contact information and relevant medical information. This supervisor shall understand the Board's emergency procedures for transporting injured students to hospital, and upon arriving at the ski hill, identify where the emergency facilities are located, know the location of a phone, and have access to the emergency vehicle.

9. At least one supervisor shall take a vehicle on the ski outing, which will be available to transport students. Any seriously injured student will be transported by ambulance at the direction of appropriate response persons.
10. The School Principal or Head Supervisor shall meet with all new volunteer supervisors to review their duties and responsibilities of the ski outing. Such instruction shall include:
 - behavioural expectations, safety rules, and sanctions for unsafe play or unacceptable behaviour;
 - the importance of keeping their assigned group of students together in the same vicinity on the ski hill as much as reasonably practical under prevailing conditions;
 - mandatory wearing of protective ski helmets by students and supervisors;
 - Recommended Arrival Procedures (Appendix B);
 - Emergency Action Plan (Appendix C);
11. Prior to commencing a ski outing, the School Principal or Head Supervisor shall take into consideration the weather conditions of the day in order to ensure that it is safe for students to proceed with the outing.
12. A qualified Ski Instructor shall verify the ability level of each student by having students demonstrate their skills on the novice hill. Classifications must be based on visual assessment of performance prior to the commencement of skiing.
13. All students shall be issued distinctive identification by the Ski Instructor which will restrict students to the runs commensurate to their abilities. The Ski Instructor shall explain to each level of skiers which runs they are allowed to ski and which runs are prohibited.
14. All students shall complete an instructional session and shall require approval of the Ski Instructor prior to being permitted to ski beyond the designated teaching area.
15. All students will use rental equipment provided by the ski hill, or, personal equipment with written parental consent.
16. The Head Supervisor shall inform supervisors of any medical or physical limitations of students within his/her group.
17. The Head Supervisor shall have a copy of all consent forms at the ski hill to ensure access to emergency information.

18. Unless a parent/guardian is at the ski hill to assume responsibility for the student directly from the Head Supervisor, all students shall return to the originating home school in the same bus or vehicle in which they travelled to the ski hill. Any other travel arrangements must be requested by the parent/guardian in writing prior to departure from school.
19. The following guidelines apply only to Instructional Ski Programs:
 - i. The number of school days permitted shall be scheduled such as to minimize impact on other school programs.
 - ii. The number of outings may exceed two school days per year but must be limited to the reasonable requirements of the principal approved program goal.
20. Where possible, supervisors shall participate in student lessons so that the supervisor understands what techniques to demonstrate to the group once the lesson is over.
21. The following guidelines apply only to Recreational Ski Programs:
 - i. A maximum of two days (whole or any part of the instructional school day) absence per student per school year may be used for recreational ski outings.
 - ii. Schools are encouraged to co-ordinate ski outings with other schools.
 - iii. Out-of-province ski outings or out-of-province outings which include skiing as an activity shall be subject to special approval.
22. The following guidelines apply only to Competitive Ski Programs:
 - i. Only skiers approved by Canadian Ski Instructors Alliance or Canadian Ski Coaches Federation shall be permitted to participate.
 - ii. Information regarding the race schedule, training sessions, and travel methods shall be provided to the parent/guardian of the participating student.
 - iii. Only travel to races sanctioned by the NSSAF or similar governing bodies will be permitted.
 - iv. All NSSAF Rules of Meet and NSSAF Racer Conduct Rules shall be enforced during both races and practice/training sessions.
 - v. The number of school days permitted for student participation is limited to the NSSAF racing schedule of three race days, with one additional day possible for provincial competition.

Distribution All Policy and Procedure Manual holders.

CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD

Principal's Checklist for Ski Outings

1. Information Package (distributed to parents/guardians a minimum of 2 weeks prior to outing) TO INCLUDE:
 - destination
 - mode of transportation
 - departure and return times
 - names of supervisors (ensuring minimum ratio of supervisors to skiers of 1:8 (Grades 4 – 12) on hill plus 1 supervisor at base/lodge)
 - alternative (at-school) arrangements for non-participants
 - cost
 - statement of rules of conduct for trip (including):
 - ban of expert terrain trails unless accompanied by parent
 - recommended use of helmets
 - requirement for skier to be certified before going on hill and to have adult supervisor accompany skier on first run - “green” designation
 - consent form for parent/guardian signature with indication of child’s level of skiing expertise
 - skier’s checklist.
2. Mandatory information session for parents/guardians and students (include date and time)
3. Information package presented to school staff
4. Student Identification system (indicating school and level of trail) as determined by principal
5. Principals are expected to follow normal procedures regarding approvals for student travel.

NOTE:

- those who are not skiing are not to go on the outing
- non-eligible persons are not allowed on the outing
- students and/or parents/guardians who cannot attend a school’s information meeting may attend a similar session in another school providing there is sufficient time before the planned outing (a letter from the parent/guardian naming the meeting attended shall be presented to the principal)
- SNOWBOARDING is permitted as part of a school outing for Grades 7-12 only

This checklist is intended to assist principals in organizing a ski outing. For further detail, see Board Policy #ES-G-06 and Administrative Procedures.

Chignecto-Central Regional School Board

Principal's Checklist for Ski Outings

1. Information Package (distributed to parents/guardians minimum of 2 weeks prior to outing) TO INCLUDE:
 - destination
 - mode of transportation
 - departure and return times
 - names of supervisors (ensuring minimum ratio of Supervisors to Skiers of 1:5 (Pr-Grade 3) or 1:9 (Gr. 4-12) on hill plus 1 supervisor at base/lodge)
 - alternative (at-school)arrangements for non-participants
 - cost
 - statement of rules of conduct for trip (including):
 - ban of expert terrain trails unless accompanied by parent;
 - recommended use of helmets
 - requirement for skier to be certified before going on hill and to have adult supervisor accompany skier on first run - "green" designation
 - consent form for parent/guardian signature with indication of child's level of skiing expertise
 - skier's checklist
2. Mandatory information session for Parents/Guardians and Students (include date and time)
3. Information package presented to School Staff
4. Student Identification system
(indicating school and level of trail) -
5. Principals are expected to follow normal procedures regarding approvals for student travel (out-of-province).

NOTE:

- those who are not skiing are not to go on the outing
- non-eligible persons are not allowed on the outing
- students and/or parents/guardians who cannot attend a school's information meeting may attend a similar session in another school providing there is sufficient time before the planned outing (a letter from the parent/guardian naming the meeting attended shall be presented to the principal)
- SNOWBOARDING is permitted as part of a school outing for Grades 7-12 only

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CHIGNECTO-CENTRAL REGIONAL SCHOOL BOARD

Information/Permission Form for School Ski Programs as required under School Board Policy ES-G-06

- I give permission for my child _____ to participate in the school Ski Program. I fully understand the information provided.
- Home Phone Number: _____
- Phone Number/Contact Person in case of an Emergency:
Number: _____ Name: _____

Skier Classification First Priority

- MY CHILD'S SKIING ABILITY is as follows: (Please check one)
- NON SKIER Never Skied before _____
- TYPE 1 Applies to beginning level _____ skiers
Skis conservatively
Prefers easy, moderate trails
Prefers slower speeds
Can make turns and stop.
- TYPE 11 Applies to intermediate level _____ skiers
Skis moderately
Prefers a variety of speeds
Can ski on varied terrain.
- PARENT'S/GUARDIAN'S SKIING ABILITY (Please check one if attending and planning to ski)
 - * Non Skier Never skied before _____
 - * Type 1 Beginner _____
 - * Type 11 Advanced _____
- NAME of PARENT(S)/GUARDIAN(S) WISHING TO SKI:

CONSENT OF PARENT/GUARDIAN AND STUDENTS

_____ is arranging this trip for students to go to _____ to ski/snowboard/snowblade. This signed form is required for all students who wish to participate in the Ski Program. The purpose of the excursion is educational as well as recreational.

INHERENT RISK

Alpine Sports are physically demanding and involve inherent risks which are beyond the control of the School, the School Board, and the Supervising Personnel. Falls, collisions, and other incidents may occur and cause injury. The safety and well being of students is a prime concern and attempts are made to manage the foreseeable risks inherent in such physical activities. However, in permitting your student to partake in the activity, you and the student assume the inherent risks of the sport.

EQUIPMENT

The ski hill operator provides rental equipment. Parents/guardians will be responsible for equipment that is lost or damaged (other than reasonable wear and tear).

All students must wear protective helmets designed for snow sport use.

Bindings on equipment reduce the risk of injury but will not release under all circumstances and do not guarantee safety in all cases. Parents and students must realize that snowboarding and snowblading binding systems are not designed to release.

Where a student uses his/her own equipment, it is the parent/guardian's responsibility to safety inspect all equipment prior to the student's participation in the program. Bindings must meet acceptable safety standards, be in good working order, and set to the proper tension. If in doubt, the student must have the bindings inspected by the ski hill operator.

Students are to wear adequate clothing for winter outdoor activities. Long hair must be tied back or tucked in and long scarves are prohibited. An eyeglass band and/or shatterproof lense must be worn if the student wears glasses that cannot be removed. The wearing of sun protection is recommended. If the student is not adequately dressed for the activity, s/he will not be allowed to participate.

Please indicate which of the following applies to your student:

- ✓ Student requires rental equipment.
- ✓ Student will provide own equipment.
- ✓ Bindings meet acceptable safety standards and are in working order and properly set.

RESPONSIBILITY CODE and LIFT USE GUIDELINES

All students are required to obey the Responsibility Code and Lift Use Guidelines. Skiers/snowboarders/snowbladers must always be in control and be able to stop and change direction to avoid collisions with people or objects. The ski hill operator or any School Supervisor may revoke a ski ticket for violation of the Code or other unacceptable conduct.

MEDICAL AND EMERGENCY INFORMATION

Emergency Contact Name: _____

Emergency Contact Telephone Number: _____

Alternate Emergency Contact Name & Telephone Number: _____

Student Health Insurance No. _____

Please indicate if the student has been subject to any of the following and provide pertinent details:

- epilepsy, diabetes, orthopedic problems, heart disorders, hemophilia, asthma, allergies:

- head or back conditions or injuries (in the past two years): _____

- arthritis or rheumatism; chronic nosebleed; dizziness; fainting; headaches; dislocated shoulder; hernia; swollen, hypermobile or painful joints; trick or lock knee, or other:

What medication(s) should the student have on hand during this sport activity?

Who can administer the medication?

Does the student wear a Medical Alert bracelet, neck chain, or carry a medical alert card? _____

If yes, please specify what is written on it and provide instructions:

Any other relevant medical condition: _____

No student, irrespective of ability, is permitted to ski Black Diamond trails or in the terrain park or in the half pipe during school instructional or recreational ski outings.

PERMISSION

The undersigned _____, and the undersigned _____
(name of parent/guardian) (name of student)
read this notice and having understood the inherent risks of such activities, consent to
_____ participating in such school sponsored activity.
(name of student)

Please indicate your child's skiing ability: (Please check one)

NON-SKIER Never skied before _____

TYPE 1 Applies to **beginning** level _____
Skis conservatively
Prefers easy, moderate trails
Prefers slower speeds
Can make turns and stop.

TYPE 11 Applies to **immediate** level _____
Skis moderately
Prefers a variety of speeds
Can ski on varied terrain.

(Parent/Guardian Signature)

(Date)

ARRIVAL PROCEDURES

- Supervisor advises Reception/Information desk of arrival and obtains tickets.
- Students are to remain on the bus or follow procedures as previously arranged by the Head Supervisor.
- Students are to then assemble as directed, where a representative of the ski hill operator will review the operating procedures for the day.
- Head Supervisor shall remind students that they must stay within reasonable proximity of their assigned supervisor and that any student who departs from his/her assigned group in unauthorized fashion, or otherwise fails to abide by the directives of any person in authority may be ordered from the ski hill immediately and may be prohibited from further participation in future excursion privileges for the balance of the school year, in addition to any other disciplinary response that may be implemented.
- Identify assembly area.
- Review departure instructions.