

ALPINE RESPONSIBILITY CODE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. 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 people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code – It is Your Responsibility

NORDIC RESPONSIBILITY CODE

THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, 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 check posted trails
2. Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.
3. Always ski to right when meeting on coming skiers and when skiing on double track.
4. Yield the track to faster skiers and skiers calling "track."
5. Ski in control. On two-way trails descending skiers have the right-of-way.
6. Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.
7. Do not litter, take out what you pack in. Respect all property.
8. Report All incidents.

Know the Code – It is Your Responsibility

CODE OF CONDUCT

We are passionate about our guests' experience and strive to create a fun, inclusive and supportive environment where everyone has the opportunity to learn and develop in a safe environment. Therefore, we ask for respect from each other and our team members. Any abusive, racist, sexist behavior, vandalism or theft will not be tolerated and will result in expulsion from the Mountain.

Let's work together to create an amazing experience for your Educational Group.



DRESSING FOR YOUR DAY

Dress for extended periods of outdoor exposure. Our programs run in all-weather conditions. We recommend dressing in layers to maximize warmth and flexibility.

You probably have most of what you need already and if not check to see if you can borrow from friends!

MANDATORY ITEMS

- Snow pants (alternatively water-resistant pants may be worn)
- Ski/Snowboard Jackets
- Ski/Snowboard or synthetic socks. (Do **not** multi-layer socks, it **will not** keep you warm and increase the likelihood of blisters)
- Waterproof winter gloves or mittens (A spare pair is advised)
- All provided rental gear (or personal equivalent)
- Appropriate winter boots (if participating in snowshoeing activity)

ITEMS WE HIGHLY RECOMMEND

- **Snow goggles** or sunglasses
- Face mask or balaclava
- Warm hat or toque, neck warmer
- Sunscreen & lip balm
- Warm fleece
- long sleeve and long johns or thermal layers
- loonies for lockers

RENTAL EQUIPMENT PROVIDED

- Skis or snowboard
- Boots
- Bindings
- Poles, if needed
- CWSAA approved snow sports helmet

*WE **DO NOT** RENT GLOVES OR GOGGLES

**Please note helmets are not provided or required for cross-country skiing.

**IF SOMETHING HAS BEEN FORGOTTEN, YOU MAY PURCHASE ITEMS AT OUR OUTDOOR ELEMENTS MOUNTAIN RETAIL STORE
TRAVEL TO MOUNT WASHINGTON**



FREQUENTLY ASKED QUESTIONS

Q: Can students bring their own gear?

A: Yes, if students are bringing their own gear, it must be a complete set (e.g., ski boots and skis). Please note our rental techs cannot adjust personal gear or fit personal gear to rental.

Q: Can students change between skiing and snowboarding?

A: We require 72 hours' notice, however, we will do our best to accommodate changes depending on instructor availability.

**Changes cannot be made within Nordic and Alpine lessons after 72 hours.*

Q: Will students move levels throughout the day?

A: Students that are not in the correct level will be moved accordingly.

Q: Are there Lockers?

A: Daily lockers will be available in the Rossignol Experience Centre and on the Marmots Floor this season for your convenience, please carry loonies.

For further program questions, please email us at edugroups@mountwashington.ca, or call 250 334 5747 ext. 650