



Field Trip Information for Students

WELCOME TO SUNRIDGE

Skiing and snowboarding are two of the most popular winter sports for all ages. Whether you are just a beginner or an expert, a skier or a rider (snowboarder), a day on the slopes is very exciting. This handout will guide you as you get ready for your trip to Sunridge.

There are many things to remember when preparing for your school trip. While the day will be fun, there are also some rules that must be followed. The rules are in place for a reason; primarily **safety** of yourself and others. Our staff wants you to enjoy yourself, and also want you to be **safe**. Remember that **respect** is key at the ski area; **for the ski hill**, your teacher and fellow students, Sunridge staff and other skiers/riders.

WHAT TO WEAR

Skiers/Riders must be prepared for all types of weather when on the slopes, from mild spring days to blustery, winter cold. When dressing for your ski trip, keep the following in mind:

- Cold weather clothing should keep the wearer dry and warm, not hot. In other words, keep the heat in, and the snow and wind out.
- Layering works best, either a few thick, warm layers, or many thin layers. The outside layer should always be water/wind proof.
- An example of suitable clothing would be a turtleneck, a wool/fleece sweater, and a conventional ski jacket. An alternative would be to add more inside layers and wear a lightweight shell as the outside layer. Suitable outside layers include breathable nylon jackets and pants, running suits, ski/ suits, and powder suits. These options cut the wind and allow snow to be easily brushed off.
- Jeans, sweat pants, cotton or wool worn as an outer layer will pick up snow and leave the skier/rider wet and cold, and are not recommended. However, sweat pants and long underwear can be layered under a water/wind proof outer layer.
- Headgear is a must, whether in the form of a woolen hat or helmet, as most body heat is lost through the head. Avoid anything with long tassels or pompoms that could get caught in the ski lift.
- Neck tubes are preferred over scarves as they are worn inside clothing therefore avoiding any chance of catching on the ski lift. **If a scarf is worn, it should always be tucked inside clothing.** Long hair or any other long strings or closures should also be tied back or tucked in.
- **A warm pair of gloves or mittens is essential.** In general, mittens keep hands warmer than gloves, however either one should always have a synthetic or leather outer shell for protection from snow and abrasions.
- Goggles or sunglasses protect the eyes from sun, wind, and blowing snow. Be aware of the weather conditions when choosing appropriate eyewear. Goggles are the best choice in blowing, winter conditions.
- Ski/snowboard boots should be worn with a single pair of good fitting, comfortable wool or synthetic socks that are not too thick. Too many socks stuffed into boots can cut the circulation and increase the chance of cold feet.



Field Trip Information for Students

WHAT KIND OF SKIER/ SNOWBOARDER ARE YOU?

Before coming to Sunridge, we need to know what kind of skier / snowboarder you are.

<i>Discover</i>	<i>You have never ever skied or snowboarded before.</i>
<i>Green</i>	<i>You have skied or snowboarded only 1 to 4 times before. You prefer to remain on the Bunny Hills but you may have used the green (beginner) chairlift runs.</i>
<i>Blue</i>	<i>You have skied or snowboarded 5 to 9 times before and are comfortable on both the Bunny Hill and on the green runs off of the chairlifts.</i>
<i>Black</i>	<i>You are an intermediate or advanced skier/boarder. You are fairly confident on all lifts and runs, and have skied or snowboarded five times or more.</i>

If you are in the **Discover** group (never ever skied before), you will receive a lesson as soon as you arrive at Sunridge. If you are in the **Green** group, you will probably get your lesson as soon as you arrive but you may get your lesson at a later time (usually at 11:30am). If you are in the **Blue** or **Black** level, your lesson will be after the beginner lessons are complete which is also usually around 11:30am. The time of your lesson will be written on your lift ticket.

ARRIVAL AT THE SKI AREA

Sunridge staff will meet you at the door when you arrive and will also be available throughout the day to help you and to give direction. It is important that everyone listen carefully to the information the Sunridge staff provides and follows their directions.

As soon as you arrive at Sunridge, you will be given a **lift ticket**. All skiers/boarders require a lift ticket before they can use the ski area. A lift ticket allows access to the ski area lifts and runs. By wearing a lift ticket you are agreeing to the

rules of the ski area and respecting the rights of all other skiers and riders.

The lift ticket is only issued for the day you are skiing/boarding. The date will be printed on the front of the ticket.

RENTAL EQUIPMENT

If you are renting skis or snowboards from us, there are a few things to keep in mind.

- **Please know your weight (kg or lbs) and your shoe size;** this will help us to fit you with skis and boots.
- Once you receive your equipment, remember the numbers on the skis or snowboard. The skis and snowboards may look alike but are all numbered differently. The equipment has been set for your weight and ability.
- You **MUST wear a helmet** anytime you are skiing. Helmets are provided when you get your ski or snowboard boots in the rental shop.
- During lunch or when you are taking a break, put your skis or snowboard on one of the ski racks outside. Remember where you put them so you do not take someone else's equipment when you return. Your equipment is adjusted just for you and anyone else's may not fit you. In case of a fall, another person's skis may not come off, resulting in injury. **Please do not leave your equipment lying in the snow.**
- At the end of the day, return your equipment to the rental shop using the outside rental shop entrance only. Please do not bring your equipment through the chalet.

Take good care of the equipment. Do not ski or ride over trees, rocks or other obstacles as this can damage the equipment and even cause injury.



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LESSONS

After receiving your lift ticket and rentals, you may go outside to the ski area. **Check your lift ticket!!** If an instructor's name is written on the ticket, you will receive a lesson as soon as you exit the rental shop with your equipment. Each instructor will be waiting at a sign with a number on it. You will be directed to that sign as you exit the rental shop.

If you are in the more advanced beginner or intermediate levels, your lesson will likely be later in the day, and the time of your lesson will be written on your lift ticket. Meet at that time at the **Snow School Meeting Place** sign.

ONTO THE HILL

Once you are on the hill, always be aware of fellow skiers and riders in order to avoid collisions. Know your limits. All runs, as well as the terrain park, are marked with the level of expertise required. Don't give in to peer pressure and try a run or jump that is too difficult for you. Make sure you know what level (beginner, intermediate, advanced) the run is marked for and only go into the areas that are within your ability. Beginner runs have a sign with a Green circle, intermediate runs have a sign with a Blue square, and advanced runs have a sign with a Black diamond.

LUNCH

Sunridge has a full-service cafeteria for hot food and beverage service. We serve sandwiches, subs, pizzas, hot dogs, hamburgers, as well as hot chocolate, milk, pop and fruit drinks.

Please check the prices of all food items that we offer to make sure you have enough money for

the items you order. Normally, \$12 is enough to buy a good lunch and a snack.