

CRABBE MOUNTAIN

Ski in School Program

The Crabbe Mountain Ski in School program is a unique and beneficial addition to your Physical Education curriculum. Exposing students to skiing or snowboarding is a great way to promote an active lifestyle during the winter months. As well skiing and snowboarding provide an individual physical education opportunity for those who are not as interested in team sports allowing them to experience an activity that can develop into a healthy life long recreational pursuit.

The Crabbe Mountain Ski in School Package includes 2 hours of ski/snowboard instruction from our experienced and nationally certified instructors. Ski/snowboard equipment rentals including helmets will also be provided along with a lift ticket valid for the entire day.

At the end of lessons instructors will assess the students' abilities. Students will then be given a sticker identifying which trails they can go down. Students taking part in the Ski in School program are only allowed on Blue or Green trails during their visit, No trees, Terrain Park, or Black Diamonds. Students must be accompanied by supervisors when skiing after lessons. Supervisors are encouraged to take part in lessons alongside students to better understand hill safety. Ski Patrol will be monitoring the mountain at all times during your schools visit.

Cost: \$25 per Student. Students with their own equipment and/or Season's Pass are required to pay \$10.00 and Crabbe Mountain will sponsor one child per visit.

(Teachers/ TA's and parent volunteers monitoring students on snow will receive free skiing/snowboarding and rentals to a maximum of one complimentary package for every eight students.)

For questions, concerns or bookings please call:

Cassandra Lapointe or Jason Sullivan
Crabbe Mountain Snow School
(506) 463-8311 ext.225 (phone)
(506) 463-8259(fax)
onsnow@crabbemountain.com

Program Structure

Arrival

Please have your students remain on the bus. A ski instructor will board the bus. He/she will then give instruction to the group on what to do when they depart from the bus.

While the students are receiving their instructions on the bus, one teacher should approach the ticket office with full payment.

Getting Rental Gear

Once the students have received their instructions on the bus, those who have skied before will proceed to the rental office first, then by the remaining students. Tickets will be issued as the students leave the rental office.

After the rental shop has issued the equipment, the students will place their skis/snowboards at the racks located in front of the lodge. They will then proceed to the locker area where they will place their belongings. They will return to the ski racks and pick up their equipment. The ski/snowboard instructor will meet them at the bottom of the beginner hill.

Lessons

Students will immediately commence a beginner lesson. They will learn about their equipment, how to control speed and direction and use of the pony lift.

The Snow School instructors will classify the students' abilities. As the student's progress, they will be told when to move to the next station on the beginner hill. When the instructor thinks that the student can advance to other trails, the student will be issued a sticker or marking to be placed on their lift ticket. There should also be a supervisor on skis for every eight students so that they can accompany the students on the trails and chairlift. Teachers are encouraged to participate in lessons to better understand hill safety.

Remainder of the Day

Lessons will be approximately two hours after which students will be left with supervisors for the remainder of the day. Ski Patrollers and hill staff will be monitoring the mountain at all times. The lift attendants are very helpful if anyone feels uncomfortable getting on the lift. They should tell the lift attendants so that they can assist the student.

NOTE: Chaperones, parents, guardians, and teachers will be required to wear an orange vest to help identify them to both students and hill staff. These will be provided by Crabbe Mountain.

Lunch

Students may bring their own lunch or money to purchase hot meals, sandwiches and drinks from our cafeteria.

COORDINATOR INFORMATION

The information included here is for the participants, chaperones, parents, guardians and for general organization of your day on the snow. If you have any questions regarding your day on the snow, please do not hesitate to call or email the snow school.

NOTE: Chaperones, parents, guardians, and teachers will be required to wear an orange vest to help identify them to both students and hill staff. These will be provided by Crabbe Mountain.

PRE-ARRIVAL INFORMATION

Following is what we need to know about your group before you arrive:

- Prepare an alphabetical list of participants who will be taking ski lessons
- Prepare an alphabetical list of participants who will be snowboarding

Please have lists typed and emailed to: snowschool@crabbemountain.com minimum 2 days prior to your booked date.

A blank form is provided.

EQUIPMENT RETURN AT END OF DAY

All skis, boards, boots, poles and helmets are to be returned to the rental shop at the end of the day. They are to be given to the attendants so that he/she may check the student's name off the alphabetic list that you have provided.

EXTRA INFORMATION FOR COORDINATORS

For daily snow conditions at Crabbe Mountain, please call (506)463-2688. This is a recorded message updated daily. If the mountain is closed, we will notify the school by phone.

If you need to cancel your group date for any reason, please call our office at (506)463-8311 ext. 221 as soon as possible. It is important that we know that you will not be coming as we schedule our facility as per booking numbers. We can reschedule a date to suit you at your convenience.

COST

\$25 per Student, \$10 (for those with own equipment)

All packages include 2 hours of lessons, lift tickets, and ski or snowboard rental. Teachers and supervisors will receive free skiing/snowboarding to a maximum of one complimentary package per 8 students. All supervisors must be on skis or a snowboard, no snowblades.

**CRABBE MOUNTAIN "SKI IN SCHOOL" PROGRAM
PERMISSION AND WAIVER FORM**

PLEASE READ CAREFULLY

I GIVE MY SON/DAUGHTER _____

Permission to participate in the "Ski in School" program to be held at Crabbe Mountain

DATE: _____

Crabbe Mountain will not be held responsible for any injury or damage which may occur or result from using the facilities at Crabbe Mountain.

Signature: _____

Phone #: _____ (H) _____ (W)

Medicare #: _____

Helmets are mandatory and will be provided by the hill!

SCHOOL BOOKING INFORMATION SHEET

School Name: _____

Contact: _____

Date Booking Made: _____

Estimated arrival time: _____ Estimated departure time: _____

Please fax Ski in School chart with children's sizes along with this form.

School's Phone Number:

Contacts day of trip phone number (cell):

Fax Number:

Address:

SKI DAY

Date of Ski Date: _____ 2nd Option Ski Date: _____

NOTE: Crabbe Mountain is closed on Mondays and Tuesdays. If your group is larger than 30 students bookings can be made on a Thursday or Friday. Schools with a group smaller than 30 students can book on Wednesday, Thursday, or Friday. This is due to instructor availability.

No. of Students Expected: _____ No. of Supervisors Expected: _____

No. of Children with disabilities expected: _____ Specify Disabilities:

Grade(s): _____

No. of Ski Rentals: _____ No. of Snowboard Rentals: _____

Note: Schools are presently booking dates. To avoid conflicts we suggest early booking so we can better meet your needs.

Please call to book and then fax/email this information sheet, along with the rental chart at least two weeks prior to your group's arrival.

HOW TO DRESS YOUR CHILD FOR A DAY ON THE SNOW

Send your child with clothing that can adapt to any weather changes. A sunny day can often turn into a windy blizzard. Wear layers of clothing. Your child can add or take off clothing to accommodate temperature and condition changes. The following list will give you some idea of how to prepare your child for a fun filled day:

1. Warm jacket
2. Sunscreen/lip protection
3. Long sleeve shirt
4. Sweater
5. Neck tube
6. Long underwear
7. Ski pants (waterproof)
8. Warm dry socks (only wear one pair in your ski boots)
9. Warm gloves or mittens (not wool)
10. Goggles/sunglasses

*** Jeans, especially as a final layer of clothing, should be avoided as they do not provide any warmth once wet.

Some helpful health hints before your child hits the slopes:

- He/she should have a good night's sleep.
- Eat a well-balanced breakfast
- Drink plenty of liquids
- The extremities are where most body heat is lost – head, feet and hands should all be well protected.