



## Helpful Tips

Wearing an approved ski / snowboard helmet is required during lessons to help protect your skull. Helmets do however have limitations of which the user needs to be aware. Snowsport helmets are insulated for cold weather and provide the best impact protection coverage specific for this type of sport. Other helmets are designed specifically for the nature of cycling and do not provide the necessary protection required for snow sports.

### How long before I know how to ski/board?

Time lines will differ for everyone but the determining factor is whether or not you take a lesson. Those who enroll in *private lessons* are given the skills needed to progress safely and quickly. Many people choose to do it alone and it can be done but it may be a longer and more painful road to enlightenment. Skiers who enroll in *ski lesson* programs will usually acquire fairly good balance along with the ability to stop and change direction on mellow slopes. The learning curve for snowboarding is a little flatter when starting off so you can expect to take a couple of days to master these same skills. Remember, everyone is different and will progress at different speeds. If you excel more quickly, try to spend time mastering the basics before you rush off to the steeper slopes so your progression won't be stunted by a lack of the basics. If it takes you a bit longer to catch on, don't fret. Enjoy being out on the slopes, do only what you are comfortable with and before you know it you'll be sliding circles around your friends ... *especially the ones that didn't take a lesson.*

**REMINDER: IN ORDER TO PROGRESS AS A SKIER AND/OR SNOWBOARDER YOU MUST ATTEND ALL LESSONS AND PRACTICE REGULARLY! THE LIFT TICKET THAT YOU RECEIVE ON THE DAY OF YOUR LESSONS IS GOOD FOR THE TIME BEFORE AND AFTER THE LESSON; USE THIS TIME TO PRACTICE AND ENJOY!**

- ❖ **ALL SKI AND SNOWBOARD EQUIPMENT MUST BE SUPPLIED BY REGISTRANT.**
- ❖ **ALL REGISTRANTS ARE REQUIRED TO WEAR A PROPER SNOW SPORT HELMET DURING THEIR LESSONS.**
- ❖ Students should arrive at Big Ben 15 minutes prior to lesson and report to the Snack Bar Attendant for attendance.

### **REFUND POLICY**

1. A partial refund to be granted, other than for medical reasons, if notification received 48 hours prior to second lesson.
  2. All refunds subject to a \$5.00 Administration Fee and to be Pro Rated.
- ❖ **Depending on the snow and ski conditions, the Ski Program may be interrupted when lessons have been scheduled. Please contact our Ski Line for up to date information on whether your lesson has been postponed, 613-933-6377.**

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Signature of Parent or Guardian

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Registrants Name