



## **Groups Information Package**

**2017-2018**

### **Planning Your Groups Visit**

A little planning can go a long way in making your group visit to Sun Peaks as enjoyable as possible. The alpine environment presents many challenges for beginners as well as experienced skiers and snowboarders. We recommend that you hold a Pre-Trip Orientation with your students to ensure participants are well prepared. You should focus on the following areas when getting prepared: clothing and accessories, alpine safety, rentals and lessons.

#### **Clothing and Accessories**

Appropriate clothing is a must. Below is a checklist of suggested clothing for those not familiar with the alpine environment. You will be most comfortable if you dress in layers that can be removed or added as necessary. Please review the checklist with your group to ensure they are prepared for all types of weather.

We suggest you reproduce this checklist and distribute them so individuals can make use of it at home.

#### **Recommended Items for ALL Outdoors Activities:**

- 2 pairs of gloves or mitts – **MANDATORY**
- Long johns or warm tights
- Long sleeve turtleneck or shirt
- Thick wool socks or thin synthetic socks
- Warm fleece or sweater
- Ski pants or water repellent pants
- Winter jacket
- Warm hat or toque
- Goggles and/or sunglasses
- Warm, winter boots for **ALL outdoor activities.**

#### **Helmets**

We recommend skiers and snowboarders of all ability types wear helmets while enjoying our alpine terrain. Helmets are mandatory at all times for all school groups, elementary and secondary students. The rental packages include helmets for both skiers and snowboarders.

## Alpine Safety

Recreational activities such as skiing, snowboarding and Nordic skiing involve many risks, danger and hazards, including but not limited to; disembarking lifts, changing weather conditions, exposed rocks, earth, or other natural or man-made objects; trees, tree wells, tree stumps and forest dead fall, changes and variations in the terrain which may create blind spots or areas of reduced visibility, changes or variations in the surface or sub-surface, streams, creeks, collisions with lift towers, fence, equipment, other participants, etc.

It is therefore essential that all skiers and snowboarders know and abide by the rules of the **Alpine Responsibility Code (ARC)**. Violations of this code may result in loss of lift privileges or injury. The ARC is posted in various locations on the mountain. We have attached below a copy of the ARC to allow you to familiarize your group members before they arrive on the mountain.

The ski area boundaries is marked with ropes and signs, and also marked on our area maps. Sun Peaks Resort accepts no responsibility for the safety of persons choosing to cross these boundaries. Rescue of out of bounds persons may or may not be possible and should costs arise from rescue operations persons involved may be charged.

We also recommend watching a safety video as part of your pre-trip orientation for your group. The ["Respect"](#) video, produced by the Canada West Ski Areas Association, is available on the CWSAA web site via YouTube or by clicking the above link.

### ALPINE RESPONSIBILITY CODE (ARC)



1. Always stay in control. You must be able to stop, or avoid other people or objects.
2. People ahead of you have the right-of-way. It is your responsibility to avoid them.
3. Do not stop where you obstruct a trail or are not visible from above.
4. Before starting downhill or merging onto a trail, look uphill and yield to others.
5. If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
6. Always use proper devices to help control runaway equipment.
7. Observe and obey all posted signs and warnings.
8. Keep off closed trails and obey area closures.
9. You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
10. You must have sufficient physical dexterity, ability, and knowledge to safely load, ride, and unload lifts. If in doubt, ask a lift attendant.

## Lessons

**Lessons are mandatory for school groups.** Our qualified instructors can teach all types and levels, and will encourage safe outdoor adventures in a FUN atmosphere.

- Lesson program availability is as follows; full day lessons: 10.00am – 12.00pm and 12:30pm – 2.00pm (3.5 hours), 2 hour lessons: 10.00am – 12.00pm for beginners and 12:30pm – 2:30pm for advanced lessons.
- Lessons length will vary based on schools time of arrival and departure.
- Groups will be formed at the beginning of the day based on ability levels. They will be with the same instructor throughout the day.
- Lunch - At 12.00pm the students will be taken to The Annex (formerly Bento's) by the instructors and passed on to the teachers / chaperones until 12:30pm when the instructors will pick them up to continue with the afternoon program.
- There will be no Terrain Park access for any level of schools program student.
- There will be no treed or gladed area access for schools program students.
- At the end of the on-snow portion of the day, the students will be returned, by the instructors, to the meeting area at a pre-determined time.

## Ability Levels



### Level 1

- I have never tried skiing / snowboarding before.



### Level 2

- I have tried skiing / snowboarding a few times and would like to improve my confidence and turning skills in the beginner area, work on speed control and turning before heading for the chairlift.



### Level 3

- I have been on a quad chairlift before and am skiing / riding green runs comfortably. I would like to work on controlling my speed on steeper green and easy blue runs.



### Level 4

- I enjoy blue groomed runs and would like to develop my skills and confidence at a faster speed on all aspects of blue terrain.



### Level 5

- I am very confident on blue runs and enjoy black runs. I would like to refine my skills on all types of challenging terrain including steep groomers, bumps, powder, etc.

## Rentals

It is the responsibility of the individual renting equipment to return it to the Rentals Department at the end of the day. It is the responsibility of the group leader to ensure that all of the renters understand that they will be expected to pay full replacement costs for any lost, stolen or damaged equipment. A waiver needs to be filled and signed by a parent or guardian prior to the visit – see booking information for more details.

## Teachers and Chaperones

Students should carry identification and a contact / school name at all times in case of an emergency.

Organizers are encouraged to stop by the Patrol / First Aid Facility periodically during the day to check for injured students. Please have someone from within your group to have a **cell phone** in case of emergency. It would be helpful to leave the number with the Groups Department and/or Ski Patrol to help expedite the process for dealing with any problems.

Groups must bring an **additional vehicle** in case of a change of plans, therefore not affecting bus schedules. Our policies and information intended are to make your visit to Sun Peaks Resort safe and enjoyable.

Your cooperation in helping to educate others and reporting reckless skiers / snowboarders to ski patrol is welcomed and encouraged.

## **Important! How to Contact Patrol**

**250.578.5521**

When a reporting a missing person: know where last seen, what he / she wearing and where he / she was supposed to meet and when.