



## **Parent's Guide To Ski School**

### **Where do I begin?**

Save time and money by enrolling online or calling in advance to book lessons. If you have questions, please call and the Ski School Director will be happy to talk to you personally. Your child will be paired with the most suitable and available instructor based on age and experience level. Meet your child's instructor while your child is being fitted with equipment. Our experienced instructors will then help guide you and your child to begin their lesson on time and give final checks to ensure that your child is safe and comfortable for the duration of their lesson.

### **What time should I get to the mountain?**

If this is your first day of lessons, check in at least 45 mins prior to the start of the lesson to get registered and so they may be adequately fitted for their equipment. Lessons start promptly and will not run over so please use this time to be prepared.

If your child has previously been fitted for equipment, has his/her ski pass, is dressed appropriately and ready to ski, you can arrive 30 minutes prior to your child's lesson to check in and get settled with last minute adjustments.

### **Where do lessons meet?**

All ski lessons meet on the first floor of the lodge in the ski rentals area after check in.  
Buckaroos - Beginner Group: Morning lessons meet at 12:45pm.  
Polar Cubs - Intermediate Group: Morning meet at 8:45am.

For CDC and REAL Kids: Kids arrive with their school and teachers in the ski rental area at previously designated days and times.

All other regularly scheduled lessons check in at the ski school desk prior to rentals.

### **How should I dress my child?**

This is extremely important to ensure that your child is comfortable and dressed appropriately for all conditions mother nature throws at us during the winter. Sometimes kids don't realize they are cold until they are VERY cold. This can cause an abrupt end to a lesson or ski school. Please make sure your child is dressed appropriately. To help keep your kids comfortable and Ski School fun please follow the guidelines below:

#### **Dress Them in Layers.**

Mother Nature has a mind of her own. Kids should wear hats or headbands, but the percentage of heat you lose through your head depends on how well you bundle up the



rest of your body. Layering allows you to accommodate the body's constantly changing temperature. Dress your kids in polypropylene underwear (top and bottom) that feels good next to the skin, dries quickly, absorbs sweat and keeps them warm. Start with a thin layer next to the skin - long johns or thermals. Layer according to the weather with polar fleece tops and pants as insulation on colder days. **Use only one pair of socks, preferably ski socks as they keep kids' feet drier and warmer.** When buying ski wear, look for fabric that is water and wind resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and deep pockets. Kids grow fast. It is better to have clothes that are a little too big than too small. This helps keep them insulated against the cold and much more comfortable. **Blue Jeans or sweatpants are not appropriate ski attire.**

### **Gloves or Mittens.**

Because instructors hold hands and pick kids by their hands, often gloves or mittens that are very big can slip off easily. When kids fall down snow can get inside their gloves or mittens and cause extremely wet and cold hands very quickly. Make sure they fit properly.

### **Sunglasses or Goggles Are Required.**

All students in ski lessons must wear sunglasses or goggles. Skiing is a lot more fun when you can see. Always wear eye protection.

### **Helmets Are Required.**

All children who are participating in ski school lessons are required to wear a helmet. White Pine will provide all helmets at no additional cost for ski school lessons. While helmets may reduce or mitigate the severity of some head injuries, their use does not guarantee safety and will not prevent certain injuries.

### **Sun Protection.**

Even on cloudy days, the sun reflects off of the snow and is stronger than you think. Re-apply sunscreen on exposed areas throughout the day. A ski vacation with a sunburn is no fun!

### **\*\* Please Label All Belongings \*\***

Although we will do the best we can to help, it is not the responsibility of White Pine or your Instructor to keep up with your children's belongings. We do have a lost and found area on the premises.

### **Consider the Altitude. (for out-of-town guests)**

White Pine Resort base area rests at 8500 ft. and the summit of Fortitude Mountain is 9500 ft.

The air is very thin, and it is not uncommon for you or your child to be affected by Altitude Sickness. Some symptoms can include:

- Extreme Tiredness



- Shortness of Breath
- Headache
- Nausea

You can prepare for this by making sure your child is properly hydrated and rested the day and night before. If you or your child feel ill, please inform your instructor. It is recommended that you or your child take 24 hours to get acclimatized to the elevation before your first day of winter sports and activities. Some people find that oxygen helps with these symptoms. You can purchase compressed oxygen in our retail store.

#### **Restroom Use:**

- Parents/Guardians of children who are scheduled for lessons **MUST** take their children to use the restroom prior to meeting their instructor at the lesson start time, and
- All children must be potty trained, have independent restroom skills, and be willing to ski and/or snowboard.
- If young children are in a lesson, they are considered “in our care”. As such, no child will be sent to the restroom alone/unattended.
- If possible, instructors shall take children of the same gender to the restroom. It is considered acceptable for a female instructor to take a young male child to the women’s restroom as all women’s restrooms have stalls. If needed, ski school instructors, who are not occupied with lessons, can be called in to assist in escorting kids to the restroom so as not to disrupt an on-going group lesson.

#### **Make sure your children know when to stop skiing.**

If the clothing layer next to your child’s skin stays wet and they’re chilled, if they’re injured, if they have a problem with their equipment or if they’re simply worn out. Educate them that it’s okay to stop before the end of the day and those breaks are sometimes necessary. If they’re in a ski lesson, teach them to tell their instructor if any of these conditions exist. Our Instructors are also trained to know the signs of these conditions.

#### **Know how to find each other.**

If you are free skiing with your children, establish a meeting place in case you get separated. You may want to have a note in their jacket pocket with your name, your cell phone number, the name, and phone number of your hotel or lodging property and other pertinent contact information. If your child is in a ski lesson, this information is available on your guest file for the Ski School supervisors; please make sure it is up to date.



## **Parent Checklist:**

### **(Before you get to White Pine)**

1. Child in Car!
2. Appropriate Equipment & Clothing
  - Ski or Snowboard (if you have your own)
  - Ski or Snowboard Boots (if you have your own)
  - Poles (if applicable)
  - Helmet and winter hat
  - Goggles and/or sunglasses
  - Waterproof snow pants and jacket
  - Wool, polypropylene blend, or wool/acrylic blend long underwear, top and bottom (not cotton)
  - Ski socks (not cotton)
  - Waterproof mittens
  - Neck gaiter and/or Balaclava
  - Extra dry clothes
  - Any special food and/or medications
  - Sunscreen SPF 15 or higher
  - IMPORTANT: Wear layered clothing, temperatures at the summit can vary widely from the base
3. Appropriate Clothing and possible change of clothing. (See 'How to Dress Your Child')
4. Lunch and snacks or cash/cc to buy food and beverages. Hot Cocoa and Water are provided for Ski School Lessons.
5. Any medications or special dietary needs items.



## **White Pine Sick Kids Policy**

In compliance with the rules set forth by the Department of Family Services, we require that all children exhibiting the following symptoms in the past 24 hours not attend any White Pine Ski School or lesson programs:

Symptoms of a communicable disease, or being a carrier of such, that is listed on the Wyoming Department of Health Reportable Disease and Condition list, unless:

- They have been declared non-infectious to others by a licensed physician
- Approval has been given by the local or state departments of health
- Fever of 100 degrees Fahrenheit or higher, with other present symptoms
- Please do not use medications to reduce fever before checking children into our programs.
- Any Vomiting or Diarrhea
- Discharge from eyes (Purulent Conjunctivitis)
- Abnormal or excessive nasal discharge
- Wheezing cough, excessive coughing, or difficult/rapid breathing
- Yellowish eyes or skin unless due to a non-infectious condition as verified by a licensed physician
- Any unusual or unexplained rash unless under the care of a licensed physician and the physician has approved in writing the child's return
- Head lice, until 24hrs after first treatment
- Scabies, until 24hrs after first treatment
- Mouth sores associated with drooling, unless under the care of a licensed physician and the physician has approved in writing the child's return
- If your child has an infection requiring the use of antibiotics, we require that they have been receiving the antibiotic for at least 24 hours before returning to or attending any Kids Ranch programs.
- We require that your child be symptom free for at least 24 hours before returning to or attending any White Pine programs.
- If you have been contacted regarding your child exhibiting any of the above symptoms, you are required to retrieve them from the facility in a timely manner.