



## **Ski School FAQs**

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

Save time and money by enrolling online or calling in advance to book lessons. If you have questions, please call the main office and we will be happy to talk to you personally. Our Ski School Director will pair you or your child with the most suitable and available instructor based on age and level of experience. There is usually an opportunity for you to meet the instructor while you or your child is being fitted for equipment. Our experienced instructors will then help guide you or 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 to allow for adequate time to be fitted for equipment. Lessons start promptly and will not run over so please use this time to be prepared.

If you or 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, use the restroom, and get settled with last minute adjustments.

Hourly Lessons: Scheduled every hour starting at 9am.

Morning Lessons: All Morning Lessons, Kids Camps and Academies start at 9am.

Afternoon Lessons: Scheduled every hour starting at 12pm until 2pm.

\*All Lessons start promptly. The instructor will not wait for tardy students to start a group lesson. There are no refunds and lessons will conclude at the scheduled time.

### **On the day Camps and Academies start, where do I need to check in?**

All ski lessons meet on the first floor of the Lodge at the Snowsports/Ski School Desk.

### **Do I need to arrive early for my lesson?**

Yes. Please arrive at the ski area 30-45 minutes before your lesson. This will allow you time to register at the Snowsports School, as well as rent equipment if needed.

### **Where will I meet the instructor?**

If you have scheduled a group or private lesson and have paid, please check in at the Ski School Desk inside the Lodge. You will be instructed where to meet your instructor from there.



### **How do I know my child is ready for Ski School?**

If your child is 4 years-old, toilet-trained (can communicate toilet needs) and is raring to go, we will give them a positive ski experience.

### **How do I know what level me or my child should be at?**

Each level has a description of the skills the student is expected to bring to the class. Please see the Ski School Director if you have questions about what level you or your child are.

### **What happens if I or my child ends up in the wrong level?**

The levels are not perfectly prescribed as all students develop differently in their own way. A cautious student may do better if they are in a group that is slightly below their maximum ability while an adventurous student may enjoy stretching to keep up with more skilled classmates. Depending on how parents have classified their children, a particular level may be more challenging in one session than it was in another session. Instructors will assess the students on the first half of the lesson and throughout the lesson or camp, and shift students to a different group if they think it would be advantageous for the individual student and the entire group.

### **Two of my children are too young for Camps. Why can't they join in?**

The minimum ages for Ski & Board School Lessons are in place to try to keep all participants in the group moving at a similar pace. While it is possible for a 5 year old to learn faster than a 10 or 20 year old, it is unusual. We don't want the experience of any of the participants to be compromised because the instructor has to spend too much time helping younger, or physically less experienced or capable children.

### **What lessons are available for younger children?**

Private lessons provide the most personal attention for any beginner but are particularly appropriate for very young children ages 4-6 for skiers, and 6 for snowboarders. Please see the Ski School Director for additional information at the Ski School Desk.

### **Where do we find our children after the class?**

You can meet your child at the Ski School desk where they started. For the safety of your children, instructors are not permitted to release the children into the lodge or to continue skiing on their own. They must be met by a parent or guardian.

### **What should my child wear?**

When children are in a group, and away from their parents, it is difficult to make adjustments to their clothing when the weather changes. Please make sure your child has all the clothing they need for cold and windy conditions. If they are too warm it is easier to adjust than if they are cold and have no additional clothing. Goggles and



warm, waterproof mittens are essential. Please see the section on “What to Wear” below.

### **What should I wear?**

Dressing in layers of clothing allows you to adjust for increasing or decreasing temperatures throughout the day. Generally, **cotton is not an appropriate material for skiing**. Synthetic or lightweight wool layers are better. Please see our section on “What to Wear” below.

### **What will the instructor do if my child is cold, needs the bathroom, is unwell?**

The instructors will strive to keep the children in class and enjoy the experience. However, we do want them to have fun and if they become excessively cold we will bring them in to warm up. Although our indoor space is limited, instructors are able to bring classes into the Snowsports School to warm up and drink some hot chocolate. Visits are kept short to maximize on-snow time. If only one of the group is cold or is feeling unwell, they can stay in the Snowsports School with the Director while the rest of the group take a short run and return for them. If they are not improving, we will take care of them and make every effort to contact the parents by notifying the lifts and announcing over the speaker system in and around the lodge.

### **I have never skied or snowboarded before. Is this the right program for me?**

This is one-stop shopping for beginners. When you register at the Snowsports School you will be directed to the rental shop, told where to meet, shown how to attach your lift ticket, advised on the weather conditions and anything else that may be of concern to you. It is a group lesson and people learn at varying rates. If you are unusually athletic and want to make maximum progress or you are extremely nervous and would like 100% attention of the instructor’s attention on you, a private lesson may be a better option.

### **I am afraid of heights and can’t imagine how I will ride the chair lift.**

Please inform the instructor of your fears. They will teach you how to ride the chair and either ride with you or find another instructor to help you. It is also possible to complete your entire first lesson on the bunny hill.

### **Do I need a lift ticket? How do I get skis or a snowboard?**

Unless you have purchased a beginner package, group lesson or private lesson, you will need to purchase a lift ticket at the Ticketing Desk. You can also rent equipment at the Ticketing Desk. The ski and snowboard rental shop, located on the lower level of the main lodge will then fit you for the appropriate gear.



## What to Wear

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 you and your kids comfortable and Ski School fun please follow the guidelines below:

### **Dress 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.**

Make sure they fit properly. 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.

### **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 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.



## Definition of Levels for Kids

In each age group there are 1-9 levels of skiing abilities used to determine beginning or continuing instruction. There are several levels within each main level. Your child will be accessed according to these levels and placed in the appropriate group and with the appropriate instructor. Your child will not progress to the next level until they have mastered the requirements for each level. If you feel that your child has been improperly accessed, please see the Ski School Director.

Levels are as follows:

### Kids 3-4 years old - Penguins

Level 1: Beginner /Never Ever - Comfortable in Equipment - Easy Terrain

Level 2: Stopping and Turning/ Riding Lifts - Easy Terrain

Level 3: Linking Turns

Level 4: Beginning to Match Skis/ Exploring Green Runs

Level 5: Match Skis Through Turns

### Kids 5-7 years old - Buckaroos

Level 1: Stopping and Turning/ Riding Lifts

Level 2: Controlling Speed/ Linking Turns

Level 3: Exploring Green Runs

Level 4: Intro to Parallel Turns/ Intro to Blue Runs

Level 5: Linking Parallel Turns/ Exploring Blue Runs

Level 6: Consistent Parallel Turns

Level 7: Intro to Black Runs

Level 8: Dynamic Skiing in All Conditions

### Kids 8-10 years old - Polar Cubs

Level 1: Sliding and Stopping /Hockey Stops

Level 2: Changing Direction

Level 3: Varying Turns and Speed

Level 4: Starting Parallel Skiing

Level 5: Linking Parallel Turns

Level 6: Linking Parallel Turns on Steeper Terrain & Bumps

Level 7: Mastering the Mountain

Level 8: Dynamic Skiing in All Conditions