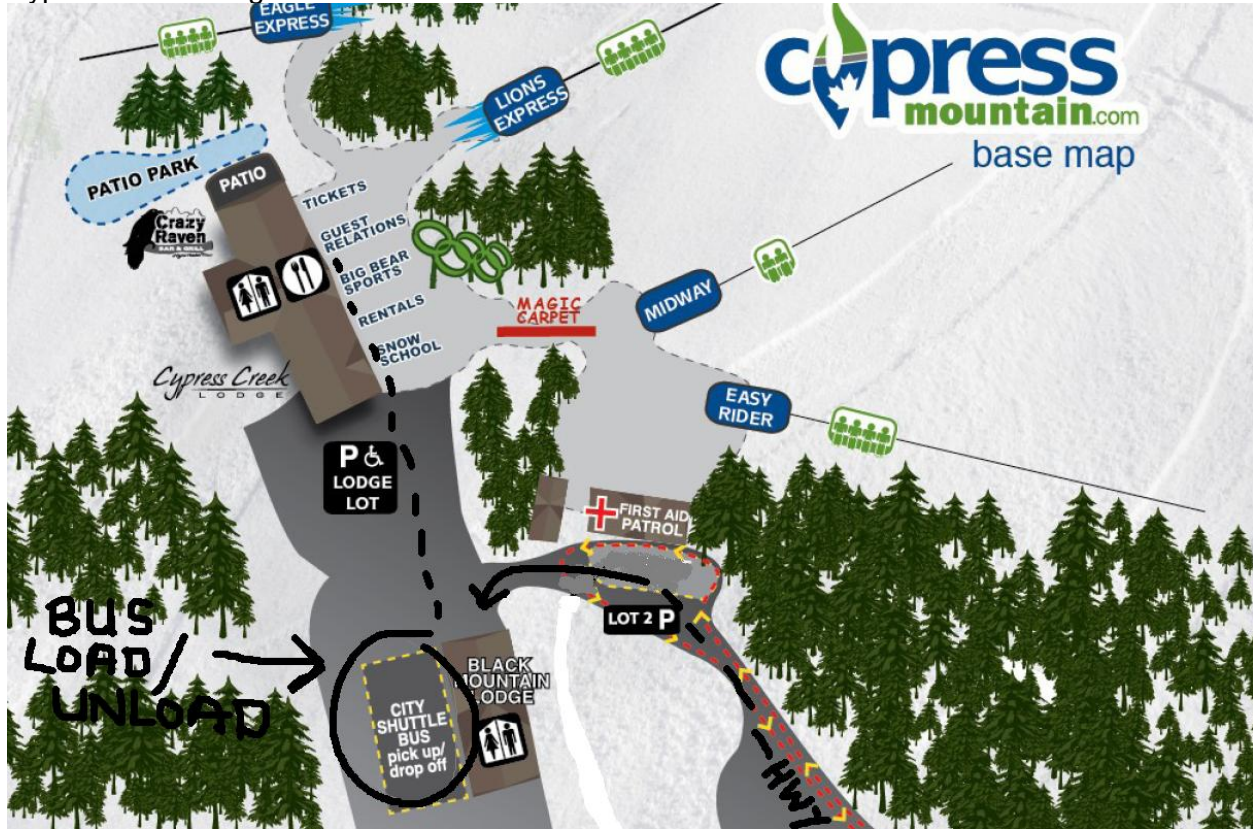


## Information About Your Visit to Cypress Mountain Downhill Area

**When you arrive:** Bus loading and unloading is in front of Black Mountain Lodge (the old lodge). Try and be ready for the elements before you leave the bus. It is a short walk to the Cypress Creek lodge.



The bus drop off and pick up zone.

You will be greeted by an instructor and escorted up to the 3rd floor.

Here students can drop their bags, go to the washrooms, watch our safety video and get ticketed before they leave for rentals. **See note about the best way to place tickets.**



It's only a short walk from the bus drop off to the new lodge.

**Is anybody missing?** If you have any absentees please let the school group coordinator know names and numbers so that they can be provided a rain check for another time.

**Rentals** is located on the ground floor: Students should line up and get fitted for boots.



There are places for shoes either on top or in the lockers or in the big grey bins with your school's name on them. Only socks should go in boots, not pant legs or gaiters. Ski boots have three buckles and all three should be fastened securely.



Snowboard boots use either laces or a BOA cable, pull the button out so it clicks and pull the tongue down to loosen. To tighten push the button back in and wind (righty tighty) until comfortable. Again only socks in the boots, no pant legs or bunched up clothing.

Your boots, either snowboard or ski, should fit comfortably but not painfully and not sloppily. Take your time to get the right size and maybe have an idea in your mind about what size you are.

The next step in rentals is to line up and get your snowboard or skis. They will need one boot to fit your skis or board so have one ready.

Snowboarders will be asked if they are regular riders or goofy riders. Regular riders have their LEFT foot forward and goofy riders ride RIGHT foot forward. Generally if you are right handed in the sports you play you will be a regular rider, if you are left handed a goofy rider. Either way if you are beginning it is easy to change as you go along so don't worry too much if you are not sure.

**Helmets** will be given to you if you are under 19. You must wear a helmet as you will need your brain for the rest of your life. Regardless of your age you must always wear a helmet in the terrain park.



All of these cool kids are wearing helmets!

**Bringing up your own gear?** Please check that your gear works the night before your first visit. Check your boots fit in the bindings (actually try it) and check your feet in the boots you have.

Please wait patiently while the rest of your group goes through rentals. You can help your friends get their boots on or wait in front of the lodge with the instructors. Do you have a helmet too? If not please get one from rentals, you will also need your brain forever.

Do a quick check to make sure everyone is wearing appropriate clothing. Cotton, jeans, skirts, track suit pants, light coats, no gloves, no sunglasses...come and see Rebecca the school group coordinator. We have a limited supply of gloves, goggles, sun block and rain ponchos that we can lend you. This supply gets depleted very quickly it is much better for you to be prepared.

**Layers:** lots of warm under layers especially wool, thermals, good long socks.



**Outerwear:** a completely waterproof jacket and pants. This doesn't need to be the latest Burton 2012 outerwear. MEC sell good nylon water proof jackets and pants for kids and adults alike. We get a lot of rain. Skiing and riding in the rain is great because there are no line ups at the lifts and the runs are empty! It is much easier to cool down than it is to warm up again. Please wear good layers and outerwear.



**Extremities:** a neck warmer or scarf (tuck it inside your jacket), and a toque for under your helmet.

**Gloves must be worn.** Falling on your hands in the snow and ice is a good recipe for scrapping your palms or being cut by wayward skis or snowboards. Woolen liner gloves just aren't good enough as they get pretty sodden very quickly. Please wear proper ski gloves or mittens.



These gloves are no good.

These gloves are perfect.



**Eyes/Sun:** Snow reflects into your eyes even on a relatively dull day. Please wear goggles or sunglasses to protect your eyes. The feeling of having sand rubbed into your eyes after a long day out on the slopes is the beginning of snow blindness. Likewise your skin can be easily burned by the sun so make sure you have sunblock on your face/lips.



These goggles are perfect!

All ready to go? Got all of your gear? **Know where to meet after the lesson?** Popular meeting places are in front of the Olympic rings or in front of the lodge. If your school is giving the students free time to go and explore after the lesson please let us know. We have a **duty of care** that extends after the lesson is over. We cannot let students go off alone after their lessons so please have a plan in place so we can communicate how the students will be checking back in with the school leaders after the program has finished.

Instructors will walk you over to the lesson areas and you can begin your lessons.



Instructors will place students in groups of similar ability as quickly and efficiently as possible. Please note that teachers and chaperones are not to participate in group lessons. If any adults would like a beginner lesson please indicate this on the participant forms that you send back and we will provide an instructor for any adults that your group has.

For beginners in particular if a group has not yet been on the chairlift your instructor will probably tell you to keep practicing on the terrain you have been on. This is an important safety issue. Our beginner chairlift can be very dangerous for new skiers and riders and should not be attempted without adult supervision. Also black diamond, double black diamond and the terrain park are off limits to school groups during their lesson unless they are in a terrain park upgrade. We would greatly prefer your school group had a great time on the hill and became confident skiers and riders. We have a strict safety code that we adhere to at all times so that we can have a great time on the mountain, get outside and learn a great sport!

Finally: all of the above takes a reasonable amount of time. Please arrive at least **75-90 minutes** before your lesson time.

**Please pass this information on** to parents, chaperones, students, bus drivers and anyone else that may be coming with you on the day and needs to know what is going to happen. Every year we make changes to our programs to try to give our customers the best experience possible so if you have any feedback please feel free to email or call us we are always taking on suggestions about how to improve.



Thank you very much for your continued support of Cypress Mountain and have a great season!

Rebecca Mckenzie

Alpine School Groups Coordinator