



**S'Cool Ski Information**  
**Teacher Package**  
**2018 - 2019**

**Sovereign Lake Nordic Centre**

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### Additional Forms

- **Waiver of Liability (attached & pdf on website)**
- **Confirmation Booking Form**
- **Class Information & Boot Sizes**
- **Final Attendance Form**

## S'Cool Ski Requirements

- **Exclusion of Liability/ Waiver**
- **First and last name**
- **Medical concerns**
- **Current SLNC member?**
- **Are rentals required?**
- **Boot size**

# Greetings from Sovereign Lake!

Winter's approach has us planning for the upcoming season and our S'Cool Ski Program. Last season our professional instructors provided over 3000 lessons to district schools and it's our goal to provide the highest quality cross country ski and snow shoe experience for your students, at an affordable price.

## **Why S'Cool Ski?**

The Sovereign Lake Nordic Club S'Cool Ski Program gives students the opportunity to learn cross country skiing and snow shoeing in a fun and safe environment.

The S'Cool Ski curriculum is part of a nationally sanctioned Cross Country Canada (CCC) program and follows the Long-Term Athlete Development (LTAD) model, currently supported by all Sport Canada Programs.

## **Skiing**

"Fit for Life" is Sport Canada's term describing the need for participation in activities which allow for continual involvement throughout all stages of life. Cross Country is the perfect activity for introducing dynamic balance, cardio-vascular exercise and healthy living habits, all of which are essential to health and happiness. Skiing is a great way to keep active during the winter months.

## **Snow Shoeing**

This activity has been winter's fastest growing for almost a decade now. Sovereign Lake Nordic Centre has over 14kms of designated, well-marked snowshoe trails and endless powder!

Snow shoeing offers an opportunity for cardio-vascular fitness, dynamic balance and is an amazing way to experience the Canadian Wilderness! Snow shoeing is a valuable addition to your S'Cool ski experience or part of your outdoor education/natural science programs. Students learn about flora, fauna, fitness, survival and wilderness safety.

## **Adaptive Program**

In addition to S'Cool Ski we offer an Adaptive Cross Country Ski Program for students who have disabilities or special challenges that might otherwise limit their participation in the S'Cool Ski Program. We have the special equipment and training required to help your students learn adaptive cross country skiing and snowshoeing whilst gaining self-confidence, muscle-tone, strength, balance, self-esteem and to have fun doing it.

For more information on our Ski and Snow Shoe Programs please feel free to contact us. Do register early as the calendar fills up quickly. We look forward to seeing you all this winter.

Sovereign Lake Nordic Centre P: 250 558 3036 or E: [schools@sovereignlake.com](mailto:schools@sovereignlake.com)

**Sovereign Lake is committed to providing a great learning experience to your students.**

**We provide professional instructors, top quality rental equipment and world-class grooming of the trails.**

## **Lesson Options**

All lesson options are built on the assumption of 50 students (full bus)

Lessons are limited to 4 per student, per season.

**Double sessions** (Full Day) are most popular, being cost-effective and logistically easier. Students receive 1 instructed session, a break for lunch, followed by a second session of either skiing or snowshoeing.

**Single Sessions** (Half Day) need careful co-ordination with other visiting schools. It may be more difficult to grant your preferred dates/times.

### **LESSON TIMES**

- **Early session 09.30am – 11.00am**
- **Late session 11.30am – 1.00pm**

**It may be possible to arrange other times to suit, providing you book double sessions.**

## CANCELLATION AND CHANGES

- If you must cancel a day, you may be able to make it up later in the season.
- If you cancel or find you do not have the number of classes or children going that you thought, please let Sovereign know as soon as possible so we can adjust the instructor schedule
- **Failure to notify the Sovereign Lake Nordic Centre will result in the school being billed for instruction costs.**
- Weather cancellation: see Weather Conditions

## BUS TIMES

- Arrival of 20-30 minutes in advance of your lesson time to get your equipment will ensure you receive the entire allocated lesson time. If possible, please allow an extra 10 minutes the first day to allow for students to exchange boot sizes.

## WAIVERS

- Sovereign waiver forms must be signed and sent to the office before the first day of on-snow activities. NO WAIVER, NO SKI.

## SKI BOOTS

- Please ensure boot sizing is included on Class Detail Registration Form, submitted ahead of first visit.

## LESSON GROUPS

- Student groups of 10-13 should be created prior to arrival @ SLNC. Groups should consist of students with similar athletic ability and fitness where possible. Please also consider previous ski experience in group creation.
- Supervisors (1 per group) should be proficient and confident on snow. Other parent helpers are welcome to ski independently during lesson time.

## BOOKING CONFIRMATION FORM

- **SLNC requires that a Confirmation Booking Form be returned to the office at the time of registration.**
- PLEASE NOTIFY SLNC OFFICE IF FINAL STUDENT NUMBERS ARE SIGNIFICANTLY DIFFERENT FROM THOSE BOOKED [schools@sovereignlake.com](mailto:schools@sovereignlake.com) (P: 250 558 3036)

## INVOICING

- Sovereign Lake will send an invoice to your school after completion of all your visits. The invoice will reflect the signed FINAL Attendance Confirmation Form, submitted at time of visit, including Parent Helpers' trail fee.

## WEATHER CONDITIONS

- Live weather conditions are available on our website [www.sovereignlake.com](http://www.sovereignlake.com) and the Snow phone number is 250 260 5335.
- The cut off temperature is -17 degrees with wind chill considered. If in doubt please call ahead.
- If you choose to cancel above this cut off temperature you must contact our office as soon as possible 250 558 3036.

## SUPERVISORS

- A ratio of one supervisor for fifteen students is required (generally 4 per school)
- Each lesson group requires one supervisor who is capable on snow. If more assistance is needed please notify us ahead.
- One supervisor is required to stay at the lodge for supervision of any children in the lodge.
- Supervisors must manage children during their lunch break if staying for the full day.

## STUDENT FINANCIAL ASSISTANCE

**We are aware that costs are a major factor for participating schools and can offer suggestions to help alleviate this concern.**

SLNC recognises the need for financial help and rebates may be awarded through SLNC'S Jess 4 Kids Scholarship Fund. Follow the link to our Jess4Kids information page here:

<https://www.sovereignlake.com/programs/jess4kids-fund/>

The Scholarship fund is there to subsidise youth when financial assistance is required for participation in our S'Cool Ski Program. Funding may be applied to any aspect of the Program – ie bussing, lessons, rentals, passes, adaptive program etc.

Please enquire by email to [schools@sovereignlake.com](mailto:schools@sovereignlake.com) or call Frances, the S'Cool Ski Co-ordinator, at the lodge: 250 558 3036.

# Adaptive Cross Country Ski Program

In addition to S'Cool Ski, we offer the Adaptive Cross Country Ski Program for students who have disabilities or special challenges, that might limit their participation in the S'Cool Ski Cross Country Ski Program.

## Program

- The skiing experience offers children who are limited in their abilities to participate in other organised group sports, an opportunity to learn cross-country skiing whilst gaining self-confidence, muscle tone, strength, balance, self-esteem and have fun doing it.
- Each student is provided with an individualised program after consultation with the Teacher or Learning Assistant Teacher, Resource Room Teacher and Parent.

## Requirements

- A CEA is required to accompany the child or children to the Sovereign Lake ski area and be willing to participate on snow (free of charge, using either skis or snowshoes).

## Cost (per session)

Lesson	\$6.00 + \$.30 (GST)
Equipment Rental	\$5.00 + \$.60 (GST + PST)
Trail Pass	\$5.00 + \$.25 (GST)

## Booking & Contact

please contact Frances Weeks at Sovereign Lake Office: 250 558 3036 or [schools@sovereignlake.com](mailto:schools@sovereignlake.com) or Crystal at CRIS Adaptive Adventures at P: 250 979 3941, E: [general@adaptiveadventures.ca](mailto:general@adaptiveadventures.ca)     [www.adaptiveadventures.ca](http://www.adaptiveadventures.ca)

## 2018 - 2019 PROGRAM RATES

### PRICE LIST FOR SCHOOLS PARTICIPATING IN

#### 1 SESSION

	SKIING PER SESSION	SNOWSHOEING PER SESSION	TOBOGGAN PER SESSION
RENTALS	\$5.00 + \$.60 (GST + PST)	\$5.00 + \$.60 (GST + PST)	
TRAIL FEE	\$5.00 + \$.25 (GST)	\$5.00 + \$.25 (GST)	\$2.00
PARENT TRAIL	\$ 5.00 + \$ .25 (GST)	\$ 5.00 + \$ .25 (GST)	\$ 2.00
LESSON	\$6.00 + \$.30 (GST)	\$6.00 + \$.30 (GST)	
TRAIL FEES APPLY TO ALL PARENT/ ADULT HELPERS (to be included in the final school invoice), RENTALS AND LESSONS ARE COMPLIMENTARY. TEACHERS & ORGANISERS ARE FREE.			

### PRICE LIST FOR SCHOOLS PARTICIPATING IN

#### 2 – 4 SESSIONS

	SKIING PER SESSION	SNOWSHOEING PER SESSION	COMBINED SESSIONS
RENTALS	\$4.00 + \$.48 (GST + PST)	\$4.00 + \$.48 (GST+ PST)	\$5.00 + \$.60 (PST + GST)
TRAIL FEE	\$4.00 + \$ .20 (GST)	\$4.00 + \$.20 (GST)	\$4.00 + \$.20 (GST)
PARENT TRAIL	\$5.00 + \$.25 (GST)	\$5.00 + \$ .25 (GST)	\$ 5.00 + \$ .25 (GST)
LESSON	\$6.00 + .30 (GST)	\$6.00 + \$.30 (GST)	\$12.00 + \$.60 (GST)
TRAIL FEES APPLY TO ALL PARENT / ADULT HELPERS (to be added in final school invoice), RENTALS AND LESSONS ARE COMPLIMENTARY. TEACHERS & ORGANISERS ARE FREE.			

For more information please contact Frances Weeks at Sovereign Lake Office:

P: 250 558 3036 E: [schools@sovereignlake.com](mailto:schools@sovereignlake.com)



## What to Wear Skiing

Sovereign Lake is located in Silver Star Provincial Park by Silver Star Mountain resort. The weather can be quite different at the top of the mountain than down in the valley. Even when it is nice and warm in the valley please dress your child for winter.

**“Layering”**- Wearing several layers of lighter clothing in combination is usually better than wearing one or two bulkier pieces of clothing that can also restrict movement. With layering, air is trapped between the layers which helps insulate the body.

### Layer 1 – Next to Skin

It is a good idea to wear “sport” underwear which allows perspiration to evaporate away from the body, keeping the layer next to the skin dry.

Clothing made of cotton is **NOT** suitable for skiing as it absorbs and retains moisture very easily.

### Layer 2 – Inner layer

A skier’s second layer will help keep them warm by increasing insulation. For the upper body this layer is usually made up of turtleneck, fleece sweatshirt or wool sweater. The second layer covering the lower body may include gym pants or fleece pants. For freedom of movement skiers should wear stretchy or looser clothing. This is particularly the case for second layer covering the lower body. **Jeans should NOT be worn;** they are generally cold, tight and restrict movement.

The final layer should generally be some sort of windproof clothing to which snow will not stick. The pants are especially important as students may be spending some time in contact with the snow.

80% of body heat is lost through the head. Skiers should cover their head with a toque.

Mitts are generally warmer than gloves.

### Food for Skiing

- Skiers should start the day with a nutritious breakfast.
- They should bring along a good lunch with plenty of snacks such as dried fruit and nuts.
- Students will also need a litre or so of fluids. It is preferable to have several smaller fluid containers as compared to one large one.
- Healthy snacks and drinks are also available for sale at the Nordic Centre.

A well-nourished skier is a happy and warm skier. Without adequate food and fluid, the body struggles to find energy to keep itself warm.

### Clothing Checklist:

- Warm toque
- Neck warmer
- **Water resistant** mitts, ski gloves
- **Sunglasses**, goggles
- Long underwear
- Turtleneck, fleece, sweatshirt, wool sweater
- Gym pants, fleece pants
- Shell jacket
- **Windproof or water resistant pants**
- Suitable socks

# Sovereign Lake Nordic Club

## Notice to skiers – Exclusion of Liability – Assumption of Risk

Please read carefully

As a condition of use of the ski area facilities, the user assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to the inherent risks of skiing, collision with natural or man-made objects, or with skiers or other persons, travel within or beyond the ski area boundaries, or negligence, breach of contract or breach of statutory duty of care on the part of Sovereign Lake Nordic Club and their employees and agents (hereafter collectively known as the “ski area operator”. The User agrees that the ski area operator shall not be liable for any such personal injury, death or property loss and releases the ski area operator and waives all claims with respect thereto. The User agrees that any litigation involving the ski area operator shall be brought within the Province of British Columbia and further agrees that these conditions and any rights, duties and obligations as between the ski area operator and the User shall be governed by and interpreted with the laws of the Province of British Columbia.

I hereby agree to abide by all the Rules and Regulations of Cross Country Canada (hereafter called CCC), Cross Country BC (hereafter called CCBC), Biathlon Canada (hereafter call BiC), Biathlon BC (hereafter called BiBC) and Sovereign Lake Nordic Club (hereafter called SLNC) and to participate in the events, activities and programs sanctioned by CCC, CCBC, BiC and BiBC in accordance with SLNC’s Rules, Regulations and Bylaws. In consideration of CCC, CCBC, BiC, BiBC, and SLNC, acceptance of me as a registered member of SLNC, and my being permitted to take apart in SLNC events, activities and programs, I hereby, for myself, my heirs, executors, administrators and assigns, forever release, discharge, hold harmless CCC, CCBC, BiC, BiBC, and SLNC, its directors, officers, employees, volunteers, representatives or agents.

**Sovereign Lake Nordic Club’s Liability is excluded by these conditions. Please ski carefully.**

\_\_\_\_\_  
Child’s name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian’s Name

\_\_\_\_\_  
Parent/Guardian’s Signature



# Sovereign Lake Nordic Centre

Box 1231 Vernon BC V1T 6N6

Ph: 250 558 3036 Fax: 250 558 3076

Email: [schools@sovereignlake.com](mailto:schools@sovereignlake.com)



## S'Cool Ski Program 2018/19

### BOOKING CONFIRMATION

Please fill and return to [schools@sovereignlake.com](mailto:schools@sovereignlake.com) for verification of registration.

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Secretary: \_\_\_\_\_ Teacher Email: \_\_\_\_\_

Email: \_\_\_\_\_ Teacher Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

Date of Visit(s): \_\_\_\_\_

Lesson Times: \_\_\_\_\_ Grades: \_\_\_\_\_

### Activity

Skiing: \_\_\_\_\_ Snowshoeing: \_\_\_\_\_

Other: \_\_\_\_\_ # of Students: \_\_\_\_\_

# Lessons: \_\_\_\_\_

# Adult Track Tickets: \_\_\_\_\_

(Parents @ \$5.25ea, Teachers free)

# Rentals: \_\_\_\_\_

# S'Cool Ski

## Final Attendance Form

### 2018-2019



School: \_\_\_\_\_

Teacher: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Secretary: \_\_\_\_\_

Phone: \_\_\_\_\_

Secretary Email: \_\_\_\_\_

Date:	Time (s)	Activity	# Students	#Females	# Males	# Adults	# Rentals

Teacher's Signature: \_\_\_\_\_