

ALPINE SKIING ABILITY FORM: OFF-SITE ACTIVITIES 720 E 006

Parents/guardians: Please complete the following information regarding the skiing ability of your child/ward and return it to the Teacher-Leader. MHPSD staff and the Service Provider will use this information to best ensure the safety of the students during the program. *PLEASE READ EACH DESCRIPTION AND THEN COMPLETE THE FORM AT THE BOTTOM.*

Level	Initial Abilities and Qualifying Skills	Instruction
1	New Skier: - little or no skiing experience - unable to ride lifts alone Skills to Develop: - basic movements: stance & balance, skills for stopping (snowplow and braking), isolated turns - building confidence on skis	Minimum 1-hour Mandatory Lesson OR Presentation of a minimum Level 1 CSIA (Canadian Ski Instructors Alliance) Certification – valid at the time of the Off- site Activity
2	Green slopes only. Beginner Chairlift. Prerequisite skills: - Lifts: experience with surface lifts (t-bar, magic carpet) - Slopes: experience on basic Green slopes - Skills: able to perform a snowplow, braking, and basic turns	
3	Green slopes only. Prerequisite skills: - Lifts: experience riding basic chairlifts - Slopes: experience on steeper Green slopes - Skills: able to straight run with parallel skis and able to link wedge (snowplow) turns with confidence Access to Blue slopes would occur only on recommendation from ski instructor.	
4	Intermediate slopes on gentler Green and Blue terrain. Prerequisite skills: - Lifts: experience with chairlifts - Slopes: experience on gentler Blue slopes - Skills: able to link turns with skis in parallel position Minimum of 15 days of skiing experience	
5	Intermediate slopes on Blue terrain & Instructor Approved Black terrain. Prerequisite skills: - Lifts: experience with all types of lifts - Slopes: experience on steeper Blue and entry Black slopes - Skills: able to consistently link turns with parallel skis at all times	

PARENT SECTION

I have read the levels of ability. My child/ward _____ is at **Level** 1 2 3 4 5
(Name of Student) (circle the appropriate level)

My child/ward is aware of their ability level and the requirement to wear a helmet whenever on skis.

My child/ward understands that out-of-bounds areas and terrain parks are strictly off-limits.

Parent/Guardian Print Name

Parent/Guardian Signature

Date

Please return this form along with the provided *Consent Form*.

SNOWBOARDING ABILITY FORM: OFF-SITE ACTIVITIES 720 E 006

Parents/guardians: Please complete the following information regarding the snowboarding ability of your child and return it to the Teacher-in-Charge. MHPSD staff and the Service Provider will use this information to best ensure the safety of the students during the program. *PLEASE READ EACH DESCRIPTION AND THEN COMPLETE THE FORM AT THE BOTTOM.*

Level	Initial Abilities and Qualifying Skills	Instruction
1	New Boarder: - little to no boarding experience - unable to ride lifts alone Skills to Develop: - basic movements: stance & balance, stopping, isolated turns, proper falls - building confidence on snowboard	Minimum 1-hour Mandatory Lesson OR Presentation of a minimum Level 1 CSIA (Canadian Ski Instructors Alliance) Certification – valid at the time of the Off- site Activity
2	Green slopes only. Beginner Chairlift. Prerequisite skills: - Lifts: experience with surface lifts (t-bar, magic carpet) - Slopes: experience on basic Green slopes - Skills: able to side slip on at least one edge	
3	Green slopes only. Prerequisite skills: - Lifts: comfortable on any chair lift - Slopes: experience on steeper Green slopes - Skills: able to side slip on toe & heel edge, links turns with ease and engages some edging Access to Blue slopes would occur only on recommendation from ski instructor.	
4	Intermediate slopes on gentler Green and Blue terrain. Prerequisite skills: - Lifts: experience with chairlifts - Slopes: experience and comfortable on most Blue slopes - Skills: able to link turns with edge control, strong balance & comfortable riding switch Minimum of 15 days snowboarding experience	
5	Intermediate slopes on Blue terrain & Instructor Approved Black terrain. Prerequisite skills: - Lifts: experience with all types of lifts - Slopes: experience on steeper Blue and entry Black slopes - Skills: consistently links turns with edge control (regular & switch), able to carve at will, excellent speed control & able to ride freely in balance	

PARENT SECTION

I have read the levels of ability. My child/ward _____ is at **Level** 1 2 3 4 5
(Name of Student) (circle the appropriate level)

My child/ward is aware of their ability level and the requirement to wear a helmet whenever on their snowboard.
Wrist guards are recommended while snowboarding.

My child/ward understands that out-of-bounds areas and terrain parks are strictly off-limits.

Parent/Guardian Print Name

Parent/Guardian Signature

Date

Please return this form along with the provided *Consent Form*.