

Let It SNOW



Brookvale Provincial Ski Park
2007 - 2008
School Program

*PEI
Parks*

Dear Teacher

Welcome to Brookvale Winter Activity Park

Brookvale Provincial Ski Park
Brookvale, PE
COA 1Y0

CONTACT NUMBERS

Administration	658-7862
Fax	658-7860
Ski School	658-7876
Snow and Information Line	658-7861

Our Park

Brookvale Provincial Ski Park is an excellent winter recreation facility. The Alpine Site has a snowmaking system and four lifts including a quad chair. We also have lighted slopes for night skiing. Our world-class Nordic Site boasts competition trails, beginner to intermediate level recreation trails, a toboggan hill and biathlon range.

We also have available, a tubing hill with beginner, intermediate and advanced runs, a lift and lights for night tubing. This activity is available to school groups at \$4.00 for a tube and lift ticket for a period of 1 ½ hours.

Alpine Ski School offers a Ski in School Program which introduces students to the thrill and excitement of skiing in a safe and controlled environment. A truly inexpensive introduction to the sport of skiing is offered. One and two-hour lessons are available at reasonable rates. Contact the Ski School at 658-7876.

PEI Schools and Groups

Hello,

Having a lesson will help make your child's visit to Brookvale a more enjoyable one. We can teach them the basics to help them move on to a more challenging hill or work on increasing the skills they have on a smaller hill.

Our team of instructors is certified and trained through the national organization of Ski Instructors (CSIA) and Snowboard Instructors (CASI). We want to build confidence and strength in every skier on the hill. When your child visits with their school or other group, it is an excellent opportunity for them to have an introductory lesson with us to help make their day at Brookvale a better experience. We have special rates available for schools and other groups. If you would like to book a lesson or lessons with your group please call the Ski School at 658-7876 or do so when booking your group with the Brookvale Ski Office at 658-7862.

Hope to see you at the hill!

Sincerely,

Erin Curley

Erin Curley
Brookvale Ski and Snowboard School Coordinator

Welcome to Ski Brookvale

Brookvale School Program offers students, in grades 1 through 12, the use of our facilities at discount prices during school days. **Please note - This is available to supervised groups only!**

Teachers/Chaperones Ski Free!!

(Limited to one teacher/chaperone per 10 students)

RATES	ALPINE	CROSS COUNTRY	TUBING (1 ½ hours)
Tickets	\$4.00	\$3.00	\$4.00
Rentals	\$6.00	\$4.00	
Helmets	\$1.00		
Snowboard & boots	\$11.00		

Schedule 2007/2008

Alpine		Tubing		Nordic	
Wednesday	1:30 pm - 9:30 pm	Wednesday	6:00 pm - 9:30 pm	Wednesday	1:30 pm - 9:30 pm
Thursday	5:30 pm - 9:30 pm	Thursday	6:00 pm - 9:30 pm	Thursday	9:30 pm - 5:30 pm
Friday	1:30 pm - 9:30 pm	Friday	6:00 pm - 9:30 pm	Friday	9:30 pm - 5:30 pm
Saturday	9:00 am - 5:30 pm	Saturday	1:00 pm - 5:30 pm	Saturday	9:00 am - 5:30 pm
Sunday	9:00 am - 5:30 pm	Sunday	1:00 pm - 5:30 pm	Sunday	9:00 am - 5:30 pm
Monday	Closed	Monday	Closed	Monday	Closed
Tuesday	Closed	Tuesday	Closed	Tuesday	Closed

Tubing Hill will be open additional times when groups are booked and demand increases.

Time Periods Available Wednesday, Thursday and Friday

10:00 am - 1:00 pm
1:30 pm - 4:30 pm
6:00 pm - 9:00 pm

Schedule Subject to Change

Additional hours of operation will be available when groups are booked in and skier demand increases.

Procedures and Helpful Guidelines

Safety

The entire Ski Brookvale staff is committed to the goal of safe and enjoyable skiing. You can help us by familiarizing yourself and your students with the Skier Responsibility Code, Safety Rules and Hill Regulations (copies attached).

Pre arrival Requirements

- Rental form to be completed (copy attached)
- Waiver forms to be signed (copy attached) if used
- Ski School instruction must be pre booked by contacting the Ski School
- Food concession to be contacted for specials

Go over the following with all students:

1. Trail signs
2. Instructions for riding the Rope Tow
3. Instructions for riding the Quad Chair
4. Instructions for riding the T-bar
5. Safety Policy and Skier Responsibility Code

Procedures for School Groups (Weekdays)

We will send a copy of the safety talk to the school for teachers to tell students before they come to Brookvale. We are asking schools to put students who are taking lessons or those that have their own equipment on the same buses and send those buses first so those students can get started with their lesson. We will also ask the school to stagger the buses by 10 minutes each to allow for the first buses to be processed.

Schools will be given the option of picking up their tickets and wires the day before they are coming to Brookvale. The teacher in charge will be responsible for keeping count of tickets used and paying for tickets not returned to Brookvale. The advance tickets are only for students. Chaperone tickets are complimentary after the chaperones help the students and can be picked up in the rental shop. Any schools who do not wish to pick up lift tickets early a staff/instructor will put their tickets on them as they enter the rental lineup. We ask that a teacher or chaperone stay on the boot locker side to help students put on their boots.

Instructors will meet students at the rental door to direct them to their lesson. Hannah will coordinate the instructors as to how to organize stations of classes and which student will join with which instructor. Students taking lessons will have their tickets tagged with a sticker (by their instructor - Ski School) when their lesson begins. The students in lessons will be looked after and checked for ability by their instructor who will write their initials or any comments on their lift ticket when the lesson is finished.

Any students not taking lessons will have to prove their ability by skiing/snowboarding through a pylon course set up on the Intermediate hill. A staff person will mark their ticket with one X when they are able to demonstrate that they can ski/snowboard without falling or crossing their skis and stop in control.

The hills that are open to school groups on a regular basis are Training Hill, Winter Green, Double Trouble, Front Lawn, Chute, West, and Cruise Control. At times some of these hills may be closed for snowmaking.

Safety Speech

- If Teachers give the following speech before arriving, it will speed up the rental process.
 - Please be aware of hills and areas that are closed and do not ski/snowboard on those hills.
 - All students must go to the training hill through the pylon course to get an "X" from a staff person. Those with their own equipment must go there also. If any students have a season pass, they do still need a paper tickets for staff to sign an "X" on.
 - To get your "X", you must demonstrate that you can stop quickly and in control. Those in lessons will be taken care of by their instructor for this aspect.
 - Only after you have received your "X" you can proceed to the chair lift.
 - All Students must ski/snowboard in control at all times. Please do not ski/snowboard straight down the hill without making turns. Staff will warn any students found to be skiing/snowboarding out of control. After the first warning, the student will have to return to the training hill to practice.

Arrival - Alpine Site

- Your bus will be met by a staff member
- All Alpine skiers proceed to upper level of ski lodge
- Ski rangers review procedures
- Teachers distribute lift tickets
- Students come downstairs, exit building and proceed to east door of rental shop
- Students obtain equipment
- **Map is attached**

Rental Shop

This is where your equipment for the day will be distributed when you arrive and returned when you are ready to leave.

- Please pick up and return boots, skis and poles at the proper counters.
- Be sure to remember the number on the tip of your skis.

NOTE TO SCHOOL. Equipment rentals, lift tickets and ski lesson must be paid for the same day as your ski trip. You may pay with one cheque or charge card.

- Put skis in racks
- Put footwear and bags in boot lockers
- Students receiving instruction, meet with ski instructors at the East end of the lodge
- All other students proceed to training hill where skiing ability will be tested
- When Ski Ranger has marked the ticket, students may then ski on other green circle hills

**Note: When leaving skis and poles outside, always place on ski racks.
Remember the number on your skis
Please return all equipment before leaving the parks**

Teachers will purchase lift tickets and equipment rentals with one cheque at the Rental Shop. The Ski School is paid separately.

Arrival - Nordic Site

- Your bus will be met by a staff member
- Students will proceed to upper level Nordic Lodge
- Tickets will be issued
- Directions and familiarization of trails will be given
- Students will then proceed to rental shop for equipment
- **Trail map is attached**

Ratio for Teacher/Chaperones

Ski Brookvale recommends the ratio for teachers/chaperones to students is 1 to 10. The teacher/chaperones will receive complimentary lift tickets, rentals and lessons when they are booked with a school group.

Helmets

Ski Brookvale recommends that all students participating in the ski school program wear helmets. The park will ensure that sufficient helmets are available to accommodate participating students. Students will have the option of providing their own helmets. Should a parent/guardian wish for their child NOT to wear a helmet during the school ski outing, the parent/guardian must sign a waiver. Snowboarders must wear a helmet.

Additional Information All Skiers

Things You Should Know About Ski Brookvale

Rules of the Area:

These rules are intended for Brookvale Provincial Ski Park and all persons who visit and or partake in activities hosted at this area.

Every Skier Is Required To:

1. Obey the signs.
2. Yield the right of way to skiers down hill and choose a course that does not jeopardize skiers.
3. Yield the right of way to skiers uphill when entering a slope and at intersections.
4. Use skis equipped with safety edges and breaking system.
5. Make sure when stopping on a slope that you are visible to skiers uphill and that you are not obstructing the slope.
6. Control your speed at all times.
7. Ski on slopes corresponding to your ability.
8. **Wear a valid lift pass.**

It Is Prohibited for Any Skier to:

1. Make a fast downhill run.
2. Make jumps.
3. Ski outside the ski slopes.
4. Ski on a closed slope.
5. Ski wearing a walkman.
6. Cross the track of a surface ski lift.
7. Remove any signs.
8. Leave the site of an accident in which you are involved without identifying yourself to a first aider.
9. Ski under the influence of alcohol, drugs, narcotics or any substance impairing your faculties.
10. Use profanity.
11. Show disrespect to other skiers.

Important Notice:

Management reserves the right to revoke skiing privileges without warning for any infraction of the safety rules and hill regulations at Brookvale Provincial Ski Park.

We thank you for booking your school group with us and assure you that Ski Brookvale staff will do everything possible to make your day here a great success!

See You on the Trails!!!

Waiver

It is the policy of Brookvale Ski Park that all students participating in a school trip wear a helmet while skiing unless a parent/guardian signs this waiver.

Ski Brookvale School Program

And

School name: _____

Please read carefully!

Notice to parents

Permission

I give my son/daughter _____ permission to ski without a helmet at Brookvale Ski Park. I realize that by my child not wearing a helmet, it may increase the risk of a head injury.

Signature parent/guardian: _____

Safety Policy and Skier/Snowboarder Responsibility Code

Rangers, supervisors and patrollers have the authority to enforce the following policies:

There are elements of risk in skiing and snowboarding that common sense and personal awareness can help reduce:

1. Ski/snowboard must be under control and in such a manner that you can stop or avoid other skiers or objects.
2. You must not stop where you obstruct a trail or are not visible from above.
3. When skiing/boarding downhill or overtaking another skier/boarder, the skier below you has the right of way.
4. When entering a trail or starting downhill, yield to other skiers/boarders.
5. All skiers/boarders shall use devices to prevent run-away skis/boards.
6. You shall keep off closed trails and posted areas and observe all posted signs.
7. Skiing/boarding under the influence of alcohol and/or drugs is strictly prohibited.
8. Absolutely no jumping.
9. Possessing beverage containers while skiing/boarding and/or on the lifts is prohibited.
10. Ski/Snowboard on slopes corresponding to your ability.
11. Snowboard park is closed to all rental equipment including school groups.

What to Wear Skiing - Checklist

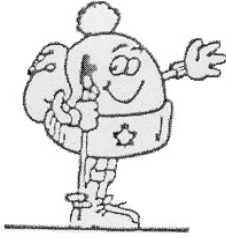
Here are some guidelines for how to dress for skiing/snowboarding. Remember, it is best to LAYER clothing in case of weather changes. Bring a backpack or gym bag in which to store shoes and extra clothing.

Feet	Socks should fit snugly but not tight - One good pair will be fine (not too thick) - Bring one extra pair.
Pants	Long underwear and ski pants Or sweat-pants/tights and rain shell pants. (Please No Jeans if at all possible as jeans bunch up in ski boots, get cold easily and are uncomfortable around the legs.)
Body	Turtleneck with wool or fleece sweater or jacket with water resistant qualities.
Hat	A must! Should cover the ears (headbands are not recommended.)
Hands	Ski Gloves/Mittens or wool mittens and overmitt (a spare pair is a good idea.)
Eyes	Goggles or sunglasses.
Face	Sunscreen (Minimum of 15 SPF.)
Optional	Neck gator/face mask/change of clothes.
Lunch	Bring a bag lunch or lunch money. There is a canteen located at the ski resort. The average cost of a full lunch is usually between \$5 and \$7 dollars including taxes.

CADS PROGRAM

Brookvale is pleased to have a CADS program for special needs students in your school. We have several sit-skis and other equipment for all students to enjoy their day at our park. Please let us know at least a week before your scheduled trip as we need the advance notice to have the trained personnel here when you arrive. We hope you take advantage of our equipment so everyone can have a great time at our park. Phone 658-7862 if you have any questions.

Skier Classification Codes - For Use with Rental/Ability Chart and Parental Permission



- N = First Time skiing**
- 1 = Easy skiing - Slower speed**
- 2 = Able to parallel ski - moderate speed turns and stops**

Please go over the above classifications carefully with students and include these in the appropriate column on the rental ability form. This will assist in class assignment and is important for skier advancement and safety. Students/Parents: Please do not over-rate yourself or your child.

Classify Yourself

Determining Your Skier Type is Your Responsibility!

Your skier type, height, weight, age and boot sole length are used by the shop to determine the release/retention settings of your ski bindings. Be sure to provide accurate information; any error may increase your risk of injury. Consult these descriptions to select your classification.



Type I

- ▶ ski conservatively
- ▶ prefer slower speeds
- ▶ prefer easy, moderate slopes
- ▶ favor lower than average release/retention settings which correspond to an increased risk of inadvertent binding release in order to gain increased release capability in a fall

Type II

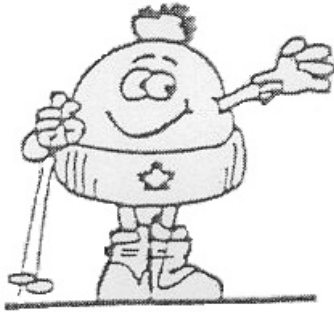
- ▶ are all skiers who do not meet all the descriptions of either **Type I or III**
- ▶ favor average release/retention settings

Type III

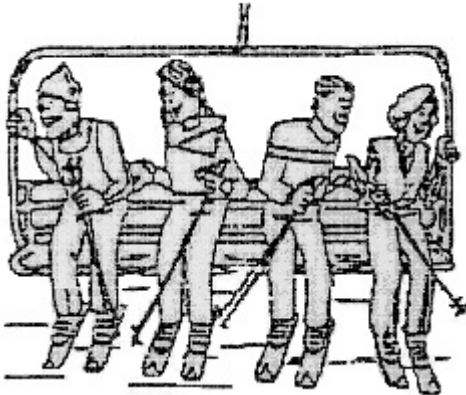
- ▶ ski aggressively
- ▶ normally ski at high speeds
- ▶ prefer steeper and more challenging terrain
- ▶ favor higher than average release/retention settings which correspond to decreased capability to release in a fall in order to decrease risk of inadvertent binding release.

Note: Type I also applies to entry level skiers uncertain of their classification.

Tony asks "Do you know how to ride your ski lift?"

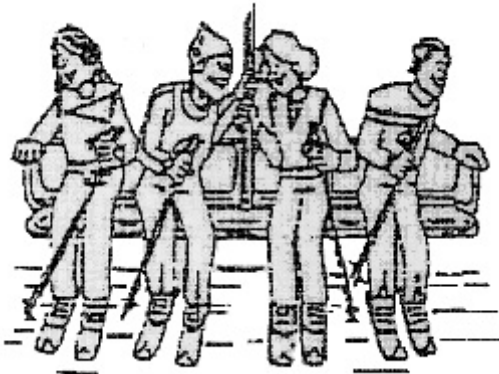


Instructions for Riding the Quad Chair



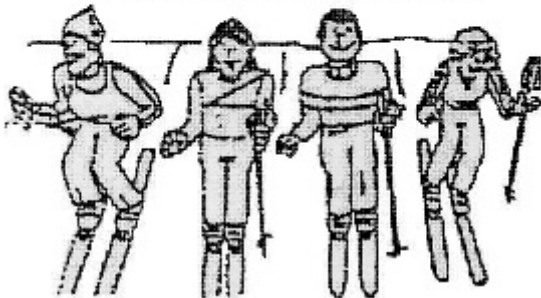
Loading Instructions

1. Remove straps from wrists.
2. Hold poles in inside hand.
3. Move quickly into position.
4. Look over outside shoulder and grasp side bar or back of chair as it approaches.
5. Sit down gently.
6. Do not bounce or swing chair. Please balance the chair.



Loading Instructions

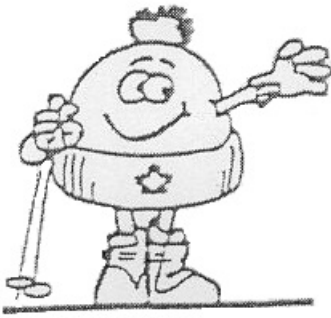
1. Remove straps from wrists.
2. Outside skiers hold poles in inside hand. Middle skiers hold poles in hand next to outside skier.
3. Move quickly into position.
4. Outside skiers look over outside shoulder and grasp side bar as it approaches.
5. Sit down gently.
6. Do not bounce or swing chair. Please balance the chair.



Unloading Instructions

1. Stand up at designated point and ski down the incline.
2. Ski straight down the unload ramp and move quickly through unloading area.

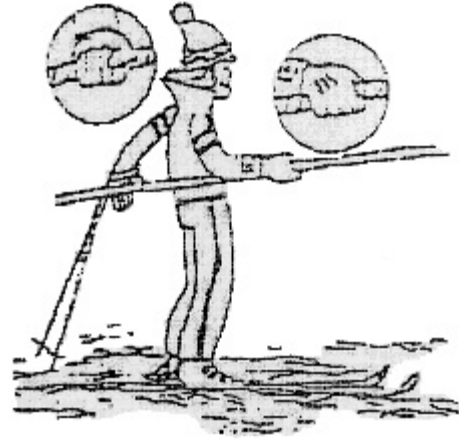
Tony asks "Do you know how to ride your ski lift?"



Instructions for Riding the Rope Tow

Loading Instructions

1. Slip straps of both ski poles over outside wrist.
2. With skis pointed uphill, step into position.
3. Hold rope with inside hand, letting it slip through fingers freely.
4. Place outside hand behind you and gradually tighten grip on rope.
5. No loose scarves, clothing or long hair exposed.



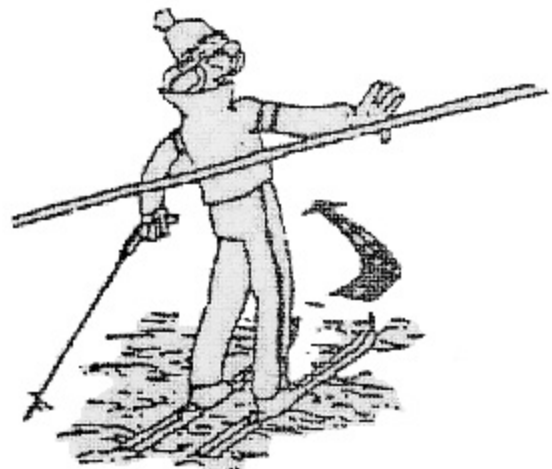
Riding Instructions

1. Grip rope tightly.
2. Flex knees and keep skis in the track.
3. No loose scarves, clothing or long hair exposed.

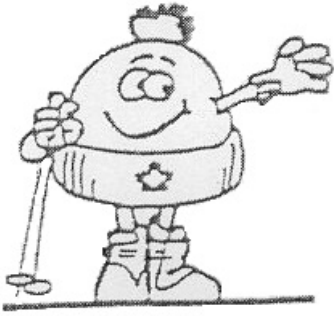


Unloading Instructions

1. Release rope gently and ski quickly away from the unloading area.



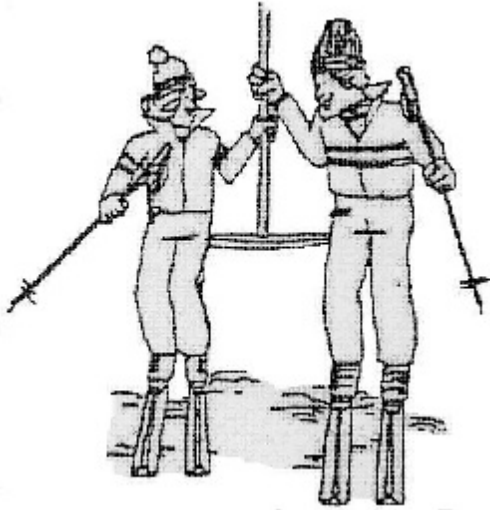
Tony asks "Do you know how to ride your ski lift?"



Instructions for Riding the T-Bar

Loading Instructions

1. Remove straps from wrist.
2. Hold poles in outside hand.
3. Move quickly into position.
4. Look over inside shoulder, grasp bar as it approaches and place against back of thighs.
5. Do not sit down.



Riding Instructions

1. Flex knees.
2. Keep skis in the tracks.
3. Do not sit down or lean back!
4. Get off only at designated area.

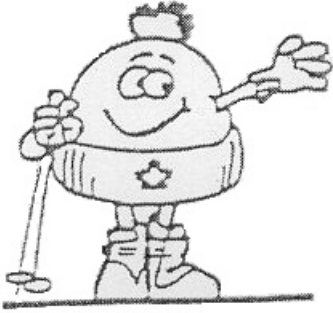


Unloading Instructions

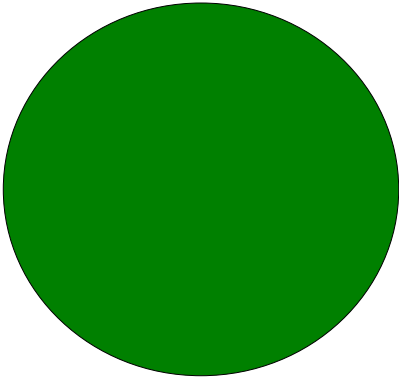
1. First person skis away from the unloading area while the other holds the bar.
2. Second person releases bar gently and then skis quickly away.



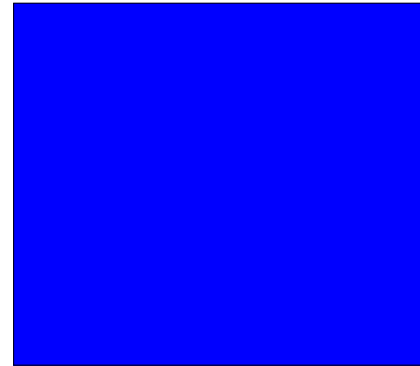
Tony Toque says:



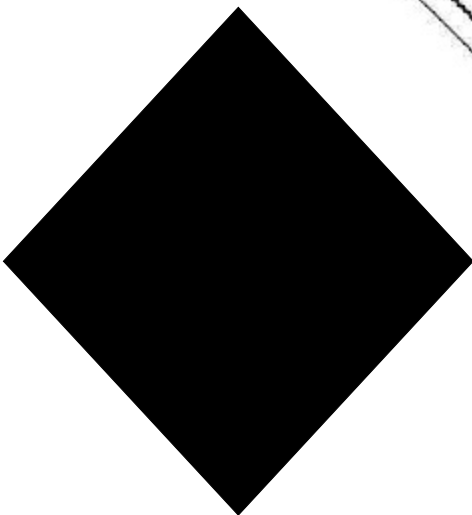
**Do You Know
Your Signs?**



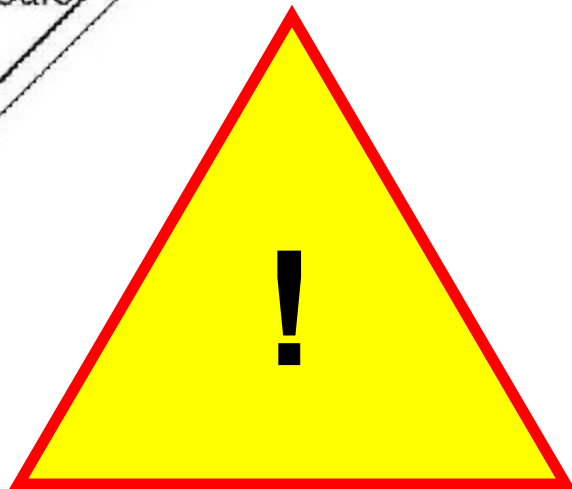
Green Circle
Easier
Trails and Slopes



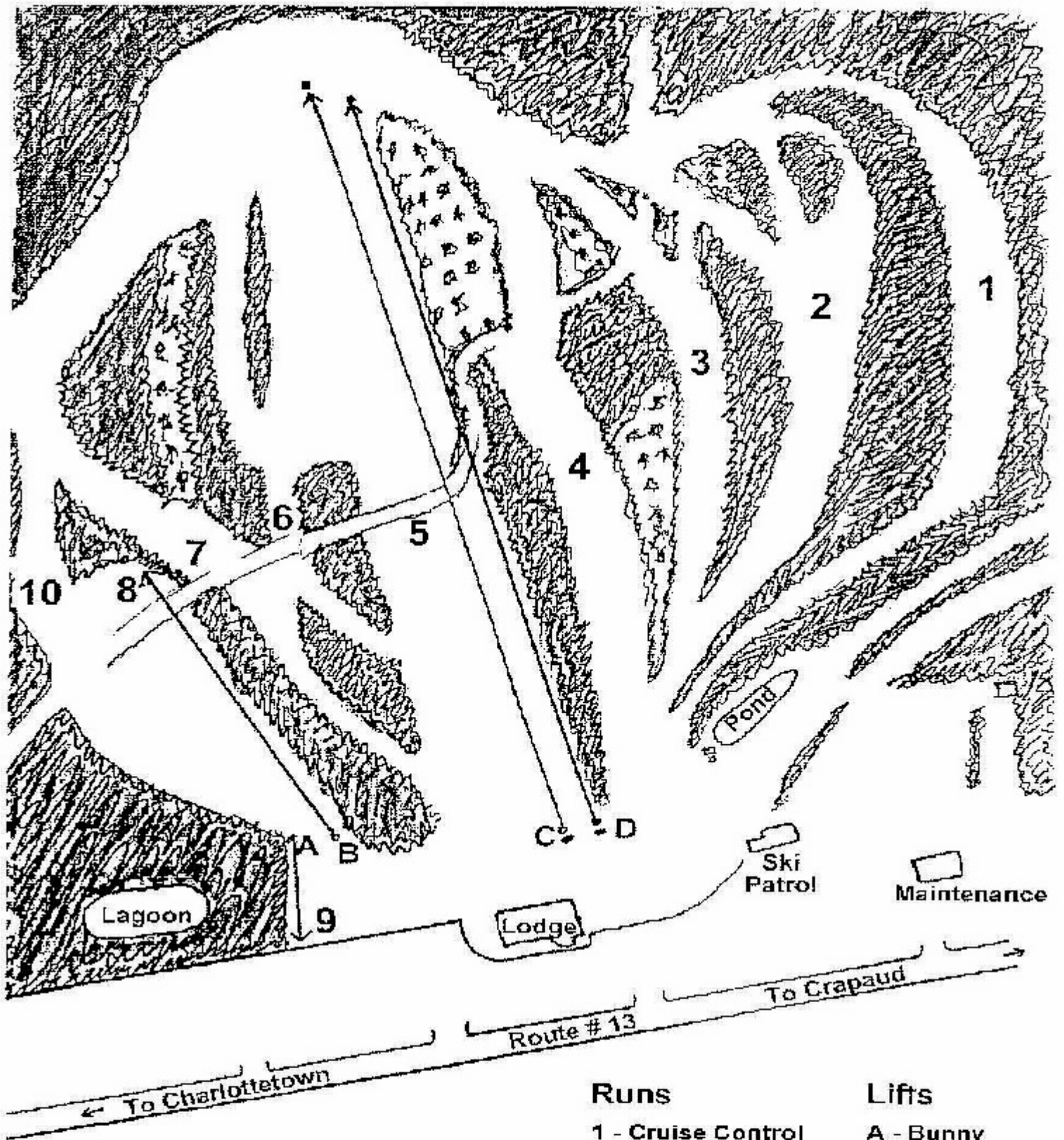
Blue Square
More Difficult
Trails and Slopes



Black Diamond
Most Difficult
Trails and Slopes



Yellow Triangle
(With Red Border and Exclamation Mark)
Ski With Caution Obstacle Ahead



**Brookvale Provincial Ski Park
Alpine Runs**

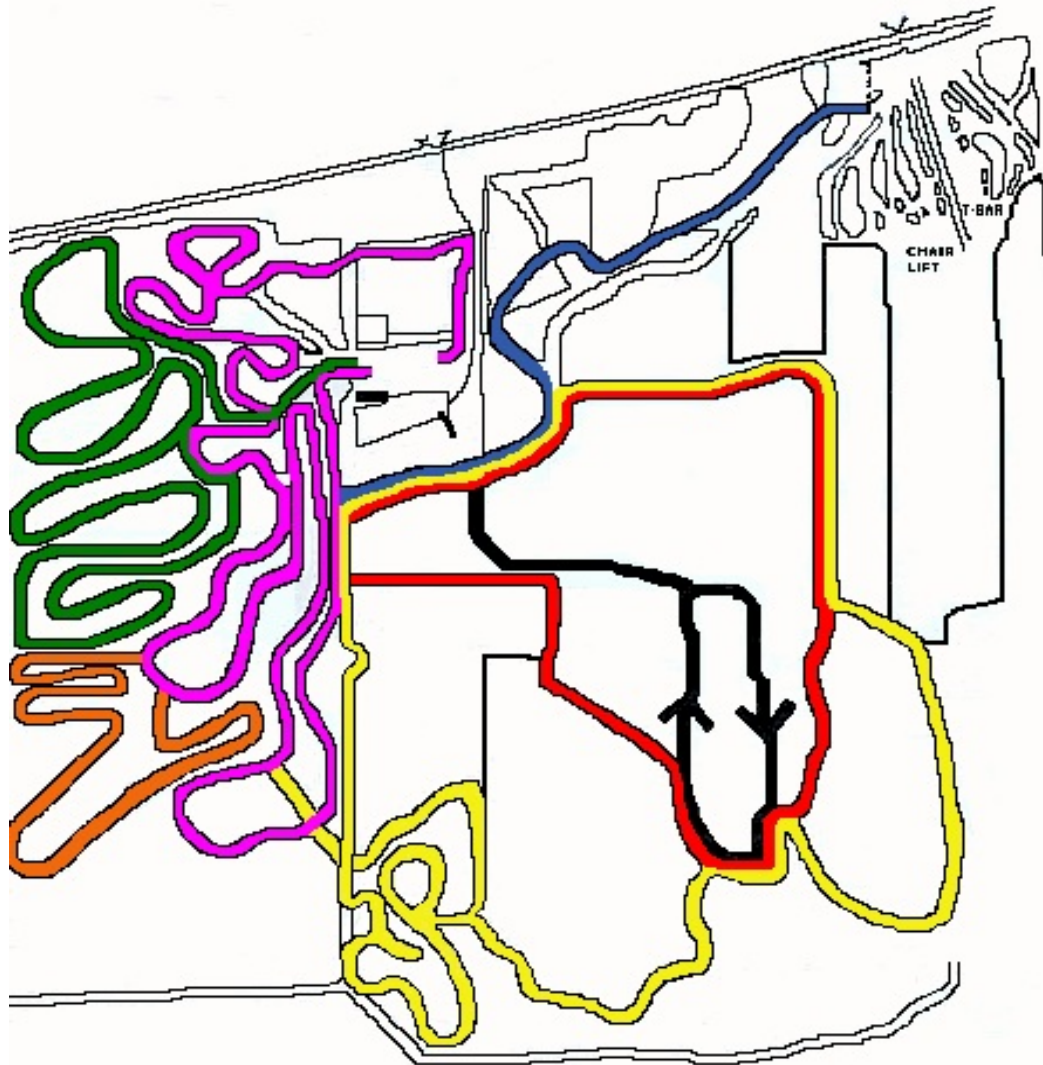
Runs

- 1 - Cruise Control
- 2 - Wild West
- 3 - Chute
- 4 - Flying Circus
- 5 - Front Lawn
- 6 - Express
- 7 - Double Trouble
- 8 - Training
- 9 - Bunny
- 10 - Winter Green

Lifts

- A - Bunny
- B - Platter
- C - Chairlift
- D - T-bar

Brookvale Provincial Ski Park



CROSS COUNTRY SKI TRAILS

- ◆ CANADA GAMES MAPLE LEAF TRAIL 7.5k
- ◆ PAUL'S PLUNGE LOOP 1.6k
- PLANTATION TRAIL 4.6k
- HARDWOOD TRAIL 4.3k
- BLUE REC. TRAIL 4.0k
- RED REC. TRAIL 4.3k
- ◆ YELLOW REC. TRAIL 8.0k
- SNOWSHOE TRAIL



More Difficult



Most Difficult



Caution



Easiest