Medicine Hat Public School Division

601-1st Avenue SW, Medicine Hat, AB T1A 4Y7 | Phone 403.528.6700 | Fax 403.529.5339 | www.mhpsd.ca

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

_____ _____ _____

Parent/Guardian Print Name Date Parent/Guardian Signature

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

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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 Date Parent/Guardian Signature

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