

## From Physical Education and Safety Guidelines, Nova Scotia Department of Education Skiing (Alpine)/ Snowboarding Grades 4-12 only

### Equipment

- A first aid kit and phone must be readily accessible. (See Generic Issues.)
- All bindings must be in working order and set to the proper tension.
- All bindings must meet with current approved guidelines.
- When renting equipment, boards, skis, and poles of the proper length must be selected for each student. The edges and bases must be in good repair.
- Boots and bindings must be thoroughly compatible.
- If equipment is borrowed, bindings must be inspected and adjusted by a knowledgeable equipment technician on site.
- Helmets must be worn at all times.
- An emergency action plan must be established.

### Clothing/ Footwear

- No long scarves.
- Long hair must be tied back or tucked in.
- Clothing must be adequate for winter out-of-doors activity.

### Facilities

- Only commercially operated ski facilities with suitable teaching areas (gentle slopes) must be used. The area must be patrolled by members of a recognized ski patrol.
- Define the skiing area to the students so they are aware of the boundaries for the activity.

### Special Rules/ Instructions

- Students must be taught the importance of skiing/snowboarding in control at all times. Students must not be doing hot-dogging or jumping activities.
- Students must be thoroughly familiar with alpine safety rules (including lift procedures) and the role of the ski patrol.
- Prior to the activity, discuss proper clothing and how to recognize and treat frostbite and hypothermia.
- Parents must be informed by letter of their child's involvement in skiing and be made aware of the importance of suitable clothing and equipment.
- Parents must be informed of the importance of sun protection (See Appendix A).
- The teacher must be aware of the students with a history of medical ailments (eg. asthma, seizures, heart conditions, severe allergies).
- All students must be tested and grouped appropriately as determined by a qualified ski instructor. Those identified by the instructor as needing instruction must participate in a lesson.
- Students must ski in areas identified as appropriate by the qualified ski instructor and must be supervised in those areas. The qualified ski instructor also identifies which ski trails students may **not** ski on.

### Supervision

- In-the-area-supervision
- Duties of the supervisors must be clearly outlined including circulating to all hills that students are using for skiing and snowboarding.
- A vehicle must be accessible for emergency purposes.
- Designate a supervisor (e.g., teacher or parent) to transport an injured student to hospital. This parent must not be in charge of the trip.
- Supervisor: student ratio, 1:8