

# R.I. BAKER MIDDLE SCHOOL

## SKI TRIP GENERAL INFORMATION

1. It is important to be on time or early. It is crucial to the day's schedule that the buses leave by **6:30 a.m. sharp**. We cannot wait for those who are late. **Be at the school by 6:15 am.**
2. You are expected to ride the same bus to and from Castle Mountain Resort. You are expected to be on the bus between 3:30 p.m. for the return journey. **DO NOT BE LATE** (Buses will not wait). Our expected arrival time at R.I. Baker Middle School is 5:30 p.m. **PLEASE MAKE ARRANGEMENTS FOR PICK-UP PRIOR TO ARRIVAL AT THE SCHOOL. DO NOT PLAN TO USE THE PHONE AFTER OUR RETURN.**
3. Castle Mountain is open to the public on the day of our trip, so all lifts will be operating. The day lodge has a restaurant, change rooms, and an eating area. Take all your belongings to the lodge; do not leave them on the bus. Do **not** take along valuables such as IPODS, Cell Phones, etc. Please bring a bag lunch and a snack. (Food is expensive at the hill.)
4. Upon arrival at the hill, everyone remains on the bus until instructed to do otherwise.
5. Make sure that you note the numbers on your rental equipment (eg. A24) as there may be a large number of rental skis which are identical to yours. The number is the only way to get the proper skis, which are set to your boot size, weight and ability.
6. Do not wear your ski clothing to the hill as it could get very warm on the bus and bring a change of clothing. (No blue jeans please.)
7. Attach your tow ticket to an article of clothing that you will be wearing all day. This is usually your lighter outer shell.
8. People who have skied before are asked to help out the other kids with applying lift tickets, using the lifts, and just being helpful in general.
9. Make sure that at the end of the day you return all your rental equipment to the shop, and be sure that you return the properly numbered equipment. You are financially responsible for that equipment.
10. Make sure that you don't leave anything at the hill, as we will **not** turn around and go back.
11. If you wish to purchase a snack for the ride home, please do so well ahead of time, and do not leave any garbage on the bus.

**THURSDAY MORNING STUDENTS WILL MEET Grade 5's in Room 103, Grade 6's in Room 101, Grade 7's in Room 106 and Grade 8's 107.**

# HAVE FUN, BE SENSIBLE!!

## ACCIDENT AND SAFETY PROCEDURES

### SKIERS SAFETY

1. Ski under control at all times. If you are skiing recklessly or out of control, you risk an injury and loss of privileges. Your lift ticket may also be revoked.
2. **NEVER SKI ALONE!!!**
3. Beginners are advised to use the "Bunny Hill" the green lift. Don't be tempted by your friends who are stronger skiers. You may only ski where your ski instructor indicates.
4. When skiing downhill or overtaking another skier, you must avoid the skier below.
5. If you stop, stop in a visible location and do not block a trail.
6. If you fall, try to fall on your side. Sitting down on your backside or falling backwards can put you into an uncontrolled slide.
7. Obey all signs and stay on the marked trails. Don't ski the trees or enter areas outside the boundary.
8. You **must** check in with the supervising teacher during the lunch hour.
9. Remember **supervising teachers/parents** will be assigned to each area of the hill.

### ACCIDENT PROCEDURE

In case of an accident:

- One person needs to stay with the injured person.
- Someone needs to climb or walk uphill a good distance and cross his/her skis so the injured skier can be seen by all oncoming downhill skiers.

Report first to a lift operator or ski patrol.

Tell them you are with the R.I. Baker group and give them the name of the teacher in charge.

Isolate the location of the injured person with respect to which lift you went up. If you can, name the run you were on, and if possible, name the tower number nearby.