

Tips for Your First Day

Take a lesson!!! Like anything, you'll improve the most when you receive some guidance. The best way to become a good skier or snowboarder is to take a lesson from one of our professional instructors. You'll safely learn more in a 90-minute lesson than you will all day on your own.

- Obtain proper equipment. Be sure to have your ski or snowboard bindings adjusted correctly. You can rent quality ski or snowboarding equipment at Winterplace.
- Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress in polypropylene underwear (top and bottoms), which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Wear a turtleneck, sweater and jacket.
- Be prepared for changing weather. Bring a headband or hat with you to the slopes, 60 percent of heat-loss is through the head. Wear gloves or mittens (mittens are usually better for those susceptible to cold hands).
- Know your limits. Learn to ski and snowboard in control.
- If you're tired, stop skiing. Stop before you become fatigued. Injuries usually result from fatigue. Have a seat and enjoy the people around you. Most of all have fun!

WHAT TO BRING

Here is our list of recommended items for you to bring skiing or snowboarding in order to guarantee a fun first day on the slopes. If you are in need of anything on this list when you get here, everything on this list is available in our store.

- Hat - if your head is warm the rest of you is likely to stay warm.
- Waterproof Gloves/Mittens - mittens are warmest.
- Warm, dry socks - No cotton. Wear only one pair of socks. Ski boots should have a snug fit.
- Goggles/Sunglasses - Goggles are strongly recommended on cold or snowy days for warmth and increased visibility.
- Jacket/Parka (water resistant)
- Synthetic or wool base layers for top & bottom - it's better to be warm than cold, you can always shed layers. Synthetic materials help to draw moisture away from your skin. Once again, do not wear cotton as a base layer.
- Snow/Water resistant pants - very important, your 1st day will acquaint your butt to the snow, keep it warm & dry.
- Sunscreen - SPF 15 or higher
- Lip Balm
- Snack, Fruit, Energy Bar
- Trail Map - available complimentary in the lodge.
- ID, Wallet, Cash
- Extra Clothes, Shoes - to change into when you're all done, in order to go out and celebrate your 1st day.
- Equipment - If you are not renting: either skis, poles and boots; or snowboard and snowboard specific boot.

SKIER & RIDER SAFETY CHECKLIST YOUR RESPONSIBILITY CODE

Dear Group Leader

Please go over the following information with the people in your group before arriving at Winterplace ski Resort. As you cover these points, put your initials in the boxes provided. Please bring this completed sheet with you to the group sales desk upon your arrival.

- 1. **Always stay in control, and be able to stop or avoid other people or objects.**
If you have never skied before please take a lesson and learn how to ski.
In a 90 minute lesson we can show you what takes 3 full days of trial and error to figure out on your own.
Please stay on the slopes within your ability level.
- 2. **People ahead of you have the right of way. It is your responsibility to avoid them.**
The person in front of you does not have mirrors to see behind them. When passing please give them plenty of room for sudden changes of direction.
- 3. **You must not stop where you obstruct a trail, or are not visible from above.**
When you are waiting on your friends at the top or bottom of a slope please pause on the sides. If you fall where you cannot be seen from above please move out of the way as soon as possible.
- 4. **Whenever starting downhill or merging into a trail, look uphill and yield to others.** Just like crossing a road, check for traffic before starting down any slope.
- 5. **Always use devices to help prevent runaway equipment.**
To help protect others skis need brakes, snow boards and blades need a strap or a leash.
- 6. **Observe all posted signs and warnings. Keep off of closed trails and out of closed areas.** Watch for "slow" skiing areas and slope closed signs. If there is a rope across or on the edge of a slope that is the same as a closed sign.
- 7. **Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.**
Make sure that the lift you are going to ride services slopes within your ability level. Remove pole straps from wrists before loading a lift. When unloading at the top keep your poles in one hand. Once off the lift leave the unloading area immediately so skiers behind you will have room to unload.
- 8. **Driving on the highway carelessly or unsafely may result in someone being hurt or loss of your license.** Skiing is no different. Winterplace has many employees that are around to help remind you of your responsibilities. They are Ski Patrol, Courtesy Patrol, Lift Attendants, Ski Instructors and others. Ignoring Your Responsibility Code may result in a warning, loss of your lift ticket (without refund) injury to yourself or others or WORSE. If something really serious happens and you are found at fault, you could be held responsible.

We should all use common sense and ski and ride responsibly so our day can be safe and fun for everyone!

Print Name

Signature

Date

Group Name

Confirmation #

Please return this to the group orientation desk before your group leaves this area.