

CARIBOO SKI TOURING CLUB

BOX 4611, QUESNEL, BC V2J 3J8

Process Upon Arrival:

1. From the parking lot, student should proceed to the Hallis Lake Lodge Rental Room, downstairs and be seated on the benches provided. Students will keep their shoes/boots on.
2. A CSTC Instructor will outline the session at the Ski School.
3. Students will be Instructors will demonstrate boot tying in the fitting area.
4. The class is divided into two groups, one group has a snack while the other is fitted with boots
5. Students should line up to sign out boots first, if the boots do not fit, then line up again for a different size.
5. Once boots are fitted, instructors will introduce themselves and call the names of students in their groups. Instructors will request that once a student has their skis and poles they meet the instructor outside.
6. Instructors will demonstrate how to put on skis and poles in the fitting area and how to carry equipment. One hand skis, one hand poles. Avoid banging the skis on the floor.
7. Students should line up again to sign out skis and poles. Shortest to tallest.
8. Skis and poles must be carried out by the students to the flat area in the middle of the stadium where the instructors will assist in putting on the skis and poles.
9. After the lesson, the students should bring in the equipment, put their boots on the dryer and hang up the poles. The skis are put away by the rental attendant.

Teachers are responsible for dividing their students up into groups of compatible abilities. This should be organized prior to arriving at Hallis Lake, and should have as close to equal numbers/group as possible and still stay within compatible abilities.

The CSTC School Ski Program requires one parent supervisor per 8/10 children to assist the children with sizing of rental equipment, help oversee the group during lessons, pull up the rear on the trails, provide assistance to children putting on and taking off gear.

Please remember though, that the lessons are for the children, and parents need to be comfortable enough on skis to manage themselves.

CSTC will outfit one parent supervisor/group of eight to ten students at no charge. All other visiting parents will receive a special rate of \$10.00/half day for rental equipment and trail fee, (includes classic, waxless skis only).

In case of emergency, it would be appreciated if teachers/supervisors had all relevant medical information of the children accessible.