School/Group Information Package

370 Ski Martock Rd. RR3 Windsor NS B0N 2T0
(PH) 902-798-9501 EXT 0 (FAX) 902-798-9510
Email: admin@martock.com
Website: www.martock.com
Foreword

Skiing, snowboarding are lifetime activities. They provide recreation, fitness and a chance to enjoy the outdoors during our Nova Scotia Winter. These activities also meet many of the physical education curriculum outcomes defined by the Nova Scotia Department of Education.

This School Trip Safety Guidelines presentation has been prepared by Ski Martock as an information package to be distributed to students prior to a school-organized ski trip. The information contained here should be used as a tool for all students/group members and teachers/volunteers/supervisors to prepare them for a visit to Ski Martock. They should study this material and be familiar with all ski area signage such as levels of difficulty for trails and freestyle terrain, caution and warning signs, and lift loading and unloading. Students should also be aware of expected skier/rider etiquette, proper clothing to wear and what to do if someone gets hurt. It is our goal to inform all students of what to expect at Ski Martock and how to ski or ride as safely as possible.
Booking Procedures

Reservations are required for this program and can be made during the following times:

Off-Season - Monday – Friday - 9:00am - 4:00pm
In-Season - 7 days a week - 8:30am - 5:00pm

To book please call 902 798 9501 ext. 0
Martock Trip Information Session

It is recommended that an information session be held for all Students/Group Members, Teachers, Volunteers, and Supervisors involved in the school trip. At this session, information on the trip including reviewing safety procedures, guidelines (including the Alpine and Martock Lift Use Guidelines) and handing out required forms. All information, forms and waivers can be found in this guide and are downloadable. It is also required that all trip participants view the Martock Trip Video. This video is available and can be viewed anytime at https://www.martock.com/schoolsgroups/trip-visit-video/
Waivers/Forms

All waivers and forms must be completed and handed in at Martock’s Main Service Counter on arrival/check-in.
Martock School / Group Agreement

School / Group Name: ____________________________ Date: / / 

School’s / Group’s Authorized Representative: ____________________________

School Phone #: ____________________________ On site cell phone #: ____________________________

Arrival Time: ____________________________ Depart Time: ____________________________ # in Group: ____________________________

SCHOOL / GROUP RELEASE OF LIABILITY AND AGREEMENT
PLEASE READ CAREFULLY

I verify that I have provided Nova Ski Ltd, o/a Ski Martock with a properly completed "Note to Parent/Guardian and Student/Group Member" agreement form for each student/group member.

I am aware and have explained to each student/group member that alpine skiing, snowboarding and cross-country skiing involve risks, dangers and hazards and that injuries are a common and ordinary occurrence of the sports.

I understand and have explained to each student/group member the "Alpine Responsibility Code, Cross-Country Skier’s Responsibility Code, Freestyle Code, Martock Safety Rules and Martock Lift Use Guidelines" and that adherence to these codes and guidelines while skiing, snowboarding or cross-country skiing could reduce the likelihood of injury to each group member and to others.

I understand that it is the law in Nova Scotia to wear a properly fitted, properly fastened, certified snow sport helmet while alpine skiing or snowboarding.

This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of Nova Scotia and no other jurisdiction; and any litigation involving the parties to this Agreement shall be brought solely within the Province of Nova Scotia, and shall be within the exclusive jurisdiction of the Courts of the Province of Nova Scotia.

It is understood and agreed to that I am authorized to sign this "School/Group Agreement" on behalf of each student / group member and each equipment user on the behalf of the School Board or any other organization named in this agreement. It is understood and agreed that by my signing this "School/Group Agreement", it is binding on each group member and equipment user, the School Board or any other organization which I and each student/group members are part of.

Signed on behalf of the School / Group

X Date / / 

Witnessed on behalf of Nova Ski Ltd.

X Date / / 

June 2012
Parent/Guardian Release and Rental Form

This form must be completed by a parent or guardian of each student taking part in the Martock trip. It contains a release of liability, waiver of claims and information required for renting equipment and lessons. If the group has more than one trip planned for the winter, parents/guardians can list all trip dates in the Acknowledgement section of this form.
A copy of this form for each trip participant must be brought on the day of the Martock Trip.

Downloadable here
School Booking Participant Confirmation Form

This form provides us with information to efficiently process your group by providing us with information that allows us to be ready for you when you arrive.
School Booking Participant Confirmation Form

We need your help... For us to efficiently organize your group, please fill out this form for your Ski, Snowboard & Nordic program. This information will help us to effectively schedule instructors and prepare for the arrival of your group.

<table>
<thead>
<tr>
<th>Organizer's Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Name:</td>
</tr>
<tr>
<td>School Phone:</td>
</tr>
<tr>
<td>Fax:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>City:</td>
</tr>
<tr>
<td>Postal Code:</td>
</tr>
<tr>
<td>On-Site Cell Phone:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Trip Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Trip:</td>
</tr>
<tr>
<td>Estimated Arrival Time:</td>
</tr>
<tr>
<td>Departure Time:</td>
</tr>
<tr>
<td># of Skiers that have a Season's Pass</td>
</tr>
<tr>
<td># of Snowboarders that have a Season's Pass</td>
</tr>
<tr>
<td># of Volunteer Supervisors/Chaperones</td>
</tr>
<tr>
<td># of Special Needs Children</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Parent Drivers?</th>
<th>Bus?</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Terrrain Park Policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Martock permits students in freestyle terrain if they have had previous instruction in this terrain, have demonstrated advanced skiing/riding skills to their instructor, are accompanied by an instructor, chaperone/volunteer supervisor or teacher and their parent or guardian has completed the Access to Freestyle Terrain section of the Parent Permission and Release of Liability Form. The instructor will identify these students with an Orange Sticker on their lift ticket/season pass. The use of helmets is mandatory at all times while skiing and riding. Are your students allowed access to the Terrain Park?</td>
</tr>
<tr>
<td>Yes</td>
</tr>
</tbody>
</table>

Do you have any students with special needs or medical concerns? If YES, please contact the School Bookings Office at (902) 798-9501, ext 1

| PLEASE FAX THIS FORM 1 WEEK PRIOR TO YOUR VISIT! |

Student Abilities:
1 Non-Skier/Snowboarder: Have never skied/snowboarded before.
2 Beginner: Have skied/snowboarded once or twice. Can stop & turn with some success.
3 Intermediate: Have skied/snowboarded on many occasions at a variety of ski resorts. Can turn & stop under control using recognized formal technique.
School/Group Rental Form

• Two rental forms per page. These forms must be printed and divided into two separate forms.

• One form must be completed by a parent or guardian for each student/group member renting equipment.
Please bring a completed form for each participant. To be printed on 8.5”X 11”. 2 forms per sheet.
Downloadable [here](#)
School/Group Trip Sheet

This is used by the trip leader to keep a record of participants taking part in your Martock trip.

The trip leader can record participants age, whether they require lift tickets, lessons, rentals, what activity they are taking part in, whether a permission form was completed and that they have paid.
School/Group Trip Sheet

Please print this form. It can be brought on your Martock Trip and kept for your records.

Downloadable [here](#)
School Group Rates

All of your school group participants MUST be ages 8+

Rates – Alpine Skiing & Snowboarding

Day Pass, Instruction & Rental of Equipment (including helmet) $25.00
Day Pass & Instruction $15.00
Rental of Equipment & Instruction $15.00
Helmet Rental $5.00

Alpine skiing and snowboarding are available daily from 9am-9pm.
Non-School Group Rates

All of your group participants **MUST** be ages 8+

Rates – Alpine Skiing & Snowboarding

Day Pass, Instruction & Rental of Equipment (including helmet) $37.00
Day Pass & Instruction $27.00
Rental of Equipment & Instruction $27.00
Helmet Rental $ 5.00

Alpine skiing and snowboarding are available daily from 9am-9pm.
NSSAF Training and Competition

Alpine Skiing and Snowboarding

Competitive skiing and snowboarding are NSSAF sanctioned sports for Junior, Intermediate and Senior athletes. Regional events as well as Provincial Championships take place each winter. Events follow the rules and regulations defined by Alpine Ski Nova Scotia and Snowboard Nova Scotia with NSSAF specific regulations.

All rules and regulations can be found in the current NSSAF Handbook. Martock provides coaching and training space for school snowboard and ski teams. Training lanes are available Monday and Friday afternoon and evenings. Coaching is provided by certified ski and snowboard coaches.

For more information, pricing and to book your team’s training please contact:
902 798 9501
November to March snowschool@martock.com
April to November andy@martock.com
## NSSAF Training and Competition Rates

### Alpine Skiing & Snowboarding

#### Lift Tickets & Rentals

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lift &amp; Rental</td>
<td>$25.00</td>
</tr>
<tr>
<td>Lift only</td>
<td>$15.00</td>
</tr>
<tr>
<td>Helmet</td>
<td>$5.00</td>
</tr>
<tr>
<td>Coaches</td>
<td>2 complimentary tickets per team</td>
</tr>
</tbody>
</table>

#### Training - Monday and Friday, 4:00 - 8:00 per hour

<table>
<thead>
<tr>
<th>Coaches</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Coach</td>
<td>$40.00 (includes training course/lane)</td>
</tr>
<tr>
<td>2 Coaches</td>
<td>$60.00 (includes training course/lane)</td>
</tr>
<tr>
<td>Lane Only</td>
<td>$40.00</td>
</tr>
</tbody>
</table>

#### Competition

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team of 5</td>
<td>$40.00</td>
</tr>
<tr>
<td>Single</td>
<td>$10.00</td>
</tr>
<tr>
<td>Coaches</td>
<td>2 complimentary tickets per team</td>
</tr>
<tr>
<td>Course Volunteer</td>
<td>1 complimentary ticket</td>
</tr>
</tbody>
</table>
Group Leaders, Teachers, Chaperones, Volunteers, Supervisors

The required ratio of teachers/chaperones to students by the Nova Scotia Department of Education is 8:1. Martock recommends this same ratio for all groups. For every 8 student/group members 1 complimentary package goes to a teacher or volunteer supervisor. Regular group rates will apply to teachers or volunteer supervisors accompanying the group beyond this ratio.

All of our School/Group members **MUST** be ages 8+
Step 1 - Arrival

Upon arrival, the Trip Leader(s) checks in at the Main Service Counter to complete any required paperwork and receive instructions on where to assemble the group.

Please ensure the trip leader has all the Parent/Guardian Release and Rental Forms and a School/Group Rental Form for each group member including Teachers and Volunteer Supervisors. Upon completing of the registration process including payment, the group will begin the rental process.

It is strongly recommended that a Teacher/Volunteer Supervisor establish a “base camp” in the lodge. This person will remain in a pre-determined area of the lodge with the on-site mobile phone and be available should Martock staff or members of the trip need to contact them. If one person is not available for this position it is recommended that Teachers and Volunteer Supervisors take shifts.

**Groups are booked to arrive at specific times. Groups arriving early cannot be processed until their scheduled arrival time. Groups arriving late may have to wait until scheduled groups are processed. Please ensure you arrive at your scheduled time.**
Step 2 - The Rental Shop

Please ensure all student/group members have their rental forms entirely and accurately completed prior to arriving.

Group Leaders, Teachers and Volunteer Supervisors play a very important role in the efficient processing of the group members through the Rental Shop.

Teachers and Volunteer Supervisors will escort students/group members to the Rental area and aid the fitting and fastening of boots and helmets. Teachers and Volunteer Supervisors will also ensure that everyone’s personal belongings are safely stored in designated areas. Lift tickets are passed out near the ski pole section of the Rental Shop at the end of the Rental Shop. This ensures that students have their equipment and are ready to exit the shop. It is recommended that a Teacher or Volunteer supervisor is on hand using a marker to record the student’s ski or snowboard number on the back of their lift ticket.
Switching Rental Equipment/Activities

Switching Rental Equipment – Skiing & Snowboarding require a certain amount of physical dexterity. Like all new things, our activities require some time to get the hang of things. Please make it clear to each student that progress can only be made if they commit to the entire lesson. There are some cases where students/group members must switch from one activity to another (i.e. Skiing to Snowboarding). This is only possible if the parent or guardian has checked off an alternate activity on the Parent/Guardian Release and Rental Form. Please ensure that this is completed prior to the trip.

**Students/Group Members who switch activities must attend a lesson or be evaluated by a Martock Instructor. Because of limited availability of rental equipment and instruction it may not be possible to switch activities.**
Step 3 - Lift Tickets

All participants require a lift ticket prior to using lifts or trails. A lift ticket allows access to the Martock Trails and designated lifts; however, there is a responsibility which comes with it. By wearing a lift ticket the participant is agreeing to the restrictions of the mountain that takes on the responsibility of respecting the rights of all other skiers and riders.

A lift ticket will be issued for the day of your trip. The date will be printed on the front of the ticket. On the reverse of the ticket is the Exclusion of Liability. Ski Martock requests that everyone accepting a lift ticket with the intent to use it read this information.

The Exclusion of Liability conditions are also found on a sign at the Main Service Counter and at the bottom of each lift at Ski Martock. Everyone who purchases a lift ticket should be aware of these conditions and realize that they are accepting responsibility for their own safety.
Lift Ticket – Exclusion of Liability

NOTICE TO USERS OF THESE FACILITIES

EXCLUSION OF LIABILITY - ASSUMPTION OF RISK - JURISDICTION

These conditions will affect your legal rights including the right to sue or claim compensation following an accident. Please read carefully.

As a condition of use of the ski area and other facilities, the ticket holder assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to: the risks, dangers and hazards of skiing, snowboarding, tubing, tobogganing, cycling, mountain biking, hiking and other recreational activities; the use of ski lifts, carpet lifts and tube tows; collision or impact with natural or man-made objects or with other persons; slips, trips and falls; accidents during snow school lessons; travel within or beyond the area boundaries; or negligence, breach of contract, or breach of statutory duty of care including any duty of care under the Occupiers’ Liability Act, SNS 1996, c.27 on the part of Nova Ski Ltd., o/a Ski Martock and its associated companies and subsidiaries, and their respective directors, officers, employees, instructors, guides, agents, independent contractors, subcontractors, representatives, volunteers, sponsors, successors and assigns (hereinafter collectively referred to as “the Ski Area Operator”). The ticket holder agrees that the Ski Area Operator shall not be liable for any such personal injury, death or property loss and releases the Ski Area Operator and waives all claims with respect thereto. The ticket holder agrees that any litigation involving the Ski Area Operator shall be brought solely within this Province and shall be within the exclusive jurisdiction of the Province of Nova Scotia. The ticket holder further agrees that these conditions and any rights, duties and obligations as between the Ski Area Operator and the ticket holder shall be governed by and interpreted solely in accordance with the laws of the Province Nova Scotia and no other jurisdiction.

THE SKI AREA OPERATOR’S LIABILITY IS EXCLUDED BY THESE CONDITIONS

Please adhere to the Alpine Responsibility code and be responsible for your own safety in all activities.
Alpine Responsibility Code

A school trip to Ski Martock is exciting and fun; however, there are certain rules that must be followed. These rules are detailed in the Alpine Responsibility Code.

This code of conduct for skiers/riders has been widely publicized and accepted in both Canada and the United States for a number of years. The goal of the Alpine Responsibility Code is to assist in the prevention of accidents and in the creation of a safer and more pleasant skiing environment.

There are elements of risk that common sense and personal awareness can help reduce. Regardless of how you decide to use the slopes, always show courtesy to others, please adhere to the Alpine Responsibility Code and share with others the responsibility for a safe outdoor experience.
Always stay in control. You must be able to stop, or avoid other people or objects.

KNOW THE CODE. Be Safety Conscious. It’s your responsibility.
People ahead of you have the right-of-way. It is your responsibility to avoid them.
Do not stop where you obstruct a trail or are not visible from above.

KNOW THE CODE. Be Safety Conscious. It's your responsibility.
Before starting downhill or merging onto a trail look uphill and yield to others.

KNOW THE CODE. Be Safety Conscious. It’s your responsibility
If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
Always use proper devices to help prevent runaway equipment.
Observe and obey all posted signs and warnings.

#7 Alpine Responsibility Code

KNOW THE CODE. Be Safety Conscious. It’s your responsibility
Keep off closed trails and closed areas.

KNOW THE CODE. Be Safety Conscious. It’s your responsibility
#9 Alpine Responsibility Code

You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.

KNOW THE CODE. Be Safety Conscious. It’s your responsibility.
You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

KNOW THE CODE. Be Safety Conscious. It’s your responsibility
Accessing Freestyle Terrain

Martock permits students in freestyle terrain if they have had previous instruction in this terrain, have demonstrated advanced skiing/riding skills to their instructor, are accompanied by an instructor, chaperone/volunteer supervisor or teacher and their parent or guardian has completed the Access to Freestyle Terrain section of the Parent/Guardian Release and Rental Form.

The instructor will identify these students with an Orange sticker on their lift ticket/season pass.
Step 3 - Lessons

Martock offers lessons for every skill level and are recommended regardless of the skill level. The Parent/Guardian classifies the skill level of the student on the Parent/Guardian Release and Rental Form. It is required that students attend a lesson to ensure they are skiing and snowboarding in a safe and controlled manner.

Group Leaders/Teachers/Volunteer Supervisors should be on hand to help Martock Instructors in ensuring student/group members are in the proper lessons. We offer lessons for beginner through advanced skill levels and suggest even the best skier/rider can learn from a lesson.

It is recommended that the Group Organizer assigns one Teacher or Volunteer Supervisor for every 8 students and that the Teacher/Volunteer Supervisor keeps a list of those assigned students. It is advised that your Teacher/Volunteer Supervisor know how to ski or snowboard to the ability level of the student/group members. They are responsible for knowing where the student/group members are at all times.
Lessons

When the Teacher/Volunteer Supervisor delivers their student members to the lesson area, it is recommended at least one Teacher/Volunteer Supervisor stay with each group during the lesson. During the lesson period, Teachers/Volunteer Supervisors are welcome to join in the lessons and benefit from the lesson offered.

When the Teacher/Volunteer Supervisor picks up their assigned student/group members after the lesson, the Group Supervisor will also check that all student/group members have been accounted for and return the list of names to the Teacher/Volunteer Supervisor.
Lessons and Evaluations

Ski/Snowboarding for Snow School Lessons

All students must be classified according to the following criteria. These stages are consistent with the operations of Ski Martock. Please check the appropriate classification on the Parent/Guardian Rental and Release Form.

- **Non-Skier/Snowboarder:** has never Skied/Snowboarded before.

- **Beginner:** The student has Skied/Snowboarded once, twice or a few times per year and has experienced and maintained control on a number of novice hills with varying difficulty.

- **Intermediate:** The student/group member has Skied/Snowboarded on many occasions and has experienced a variety of hills and different ski areas. He/She can turn and stop under control using recognized formal techniques.

- **Advanced:** The student/group member is an experienced and competent Skier/Snowboarder. He/She has received formal instruction, knows and understands the Alpine Responsibility Code and can demonstrate ability at an advanced level. Such students can be called upon to assist supervisors.
While on the Trails

Teachers and Volunteer Supervisors should have fun but must serve as a good role model for their students and the skiing and snowboarding public. This means they must observe the Alpine Responsibility Codes.

Teachers/Volunteer Supervisors are required to supervise their students on the trails. A good way to identify your group is to have your group wear armbands or bibs. Teachers/Volunteer Supervisors should try to cover as many trails as possible but should restrict themselves to trails designated by their group and Martock. If a Teacher/Volunteer Supervisor is unable to ski or snowboard on a certain trail please ensure Teachers/Volunteer Supervisors who are appropriately skilled use these trails.

Teachers/Volunteer Supervisors should check message boards at the bottom of each lift for updates and messages. These message boards are a good way to contact other Teachers/Volunteer Supervisors and students. Any Martock staff member or members of the Canadian Ski Patrol can aid in the location of a member of your group.

At the end of the day Group Leaders/Teachers/Chaperones can easily remind everyone to take their last run by waiting at the bottom of the lifts and trails.
Skier Type (Alpine Ski Binding Setting Only)

All students renting Alpine skis must be classified by skier type. Skier Type along with the skier’s height and weight determine the correct binding retention settings. Please ensure all information is accurate. Please check-off the appropriate Skier Type on the Parent/Guardian Rental and Release Form.

- **Type I** – Skis Conservatively. Prefers slow speeds and easy, moderate terrain. Favors lower than average release/retention settings. This type of skier corresponds to an increased risk of binding release in order to gain increased release capability in a fall. Type I setting apply to a beginner or non-skier.

- **Type II** – Skis Moderately. Prefers a variety of speeds. Skis on varied terrain, including most difficult trails. All skiers who do not meet all descriptions if either Type I or Type III apply to this category.

- **Type III** – Skis Aggressively. Normally skis at higher speeds. Prefers steeper and more challenging terrain. Favors higher than average release/retention settings. This type of skier corresponds to decreased capability to release in a fall in order to decrease risk of inadvertent binding release.
Magic Carpet Signage

If unfamiliar with use of lift ask attendant for instructions

Secure loose items
Magic Carpet Signage

- Remove Pole Straps From Wrists
- Please Load When Guest Ahead Of You Reaches Pylon
Magic Carpet Signage

Load Here

Remain Standing At All Times
Magic Carpet Signage

Prepare To Unload 3m

Unload Here
If Unfamiliar With Use Of Lift Ask Attendant For Instructions

Secure Loose Items
T-Bar Signage

Remove Pole Straps From Wrists

Fallen Skier Clear Track Immediately
T-Bar Signage

Stay In Track

Unload Here
T-Bar Signage

Safety Gate
Emergency
Stopping Device
Chair Lift Signage

If Unfamiliar With Use Of Lift Ask Attendant For Instructions

Secure Loose Items
Chair Lift Signage

Remove Pole Straps From Wrists
Chair Lift Signage

Lower Restraining Device

Raise Restraining Device
Chair Lift Signage

Unload Here
Chair Lift Signage

Do Not Swing Or Bounce Chairs

Keep Tips Up
Signage – Levels of Difficulty

Alpine

Each trail on the mountain has a level of difficulty assigned to it. This is to let you know what ability level is required in order to enjoy the run safely. Always become familiar with the trails and respect their posted level of difficulty. If you are novice, choose trails designed for your capability. A beginner on an advanced trail may find themselves in a precarious situation where their safety or that of others is in jeopardy. Do not be pressured to go down a trail that is above your ability. The same applies to intermediate and expert skiers/riders. On the other hand, an expert skier or rider in a beginner’s area may be intimidating and potentially dangerous.
Trail Markings

Green Circle – Easiest

Trails marked with this symbol are the easiest at the ski area. These trails are designed for the Beginner/Novice skier or riders.
Trail Markings

Blue Square – More Difficult

Trails marked with this symbol are designated for the Intermediate skier/rider. They will usually have a steeper grade, or can be narrower than the “Easiest” runs.
Trail Markings

Black Diamond – Most Difficult
Trails marked with this symbol are designed for the Advanced skiers/riders. These trails will be steeper and narrower than the “More Difficult” runs, and will have challenging terrain. Trails marked as **Double Black Diamonds** will be the most difficult on the mountain and are for “Expert” skiers/riders only.
Freestyle Terrain

Freestyle terrain may contain jumps, hits, ramps, embankments, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, freestyle bump terrain and other constructed or natural terrain features. Freestyle skill involves control on the ground and in the air. Prior to using Freestyle Terrain, it is your responsibility to familiarize yourself with all instructions and warnings and to follow the Alpine Responsibility Code.
Freestyle Terrain

This Park contains the following features

**Look Before You Leap!**

**Freestyle Terrain** has four levels of progression and designation for size. Start small and work your way up. It is your responsibility to familiarize yourself with the terrain before attempting any of the features.

Designations Are Relative To This Resort

- Introductory freestyle terrain
- Small features, surface-level rails & boxes
- Less Difficult features

- Small to medium size features
- Ride-on rails & small to medium half pipe
- Difficult features

- Medium to large size features
- Introduction to jump-on rails
- Rail's with gaps & narrow surfaces
- Large half pipe
- More Difficult features

- Largest size features & jumps
- Jump-on rails with gaps & narrow surfaces
- Advanced and Experts only
- Most Difficult features

**Freestyle Terrain Use**, like all skiing and snowboarding, exposes you to the risk of serious injury. **AIRBORNE MANOEUVRES INCREASE THE RISK INVERTED AERIALS SUBSTANTIALLY INCREASE THE RISK OF SERIOUS INJURY AND ARE NOT PERMITTED**

When using the freestyle terrain, you assume the risk of any injury that may occur. The ski area operator's liability for all injury or loss is excluded by the terms and conditions on your ticket or season pass release of liability.

**Freestyle Skills Required**

Freestyle Terrain may contain jumps, hits, ramps, embankments, fun boxes, jibs, rails, half pipes, quarter pipes, snowcross, freestyle bump terrain and other constructed or natural terrain features. Freestyle skill involves maintaining control on the ground and in the air. Prior to using Freestyle Terrain, it is your responsibility to familiarize yourself with all instructions and warnings and to follow the Alpine Responsibility Code.

- The features vary in size and difficulty and change constantly due to snow conditions, weather, usage, modifications, grooming and time of day. It is your responsibility to inspect these features before use and throughout the day.

- You control the degree of risk you will encounter in using these features both on the ground and in the air. Do not attempt these features unless you have sufficient ability and experience to do so safely.

- Helmets are mandatory.

- Only one person should use a feature at a time. Wait your turn and call your start. Do not jump blindly and use a spotter when necessary. **LOOK BEFORE YOU LEAP!** Always clear the landing area quickly.

- Always ride or ski in control and within your ability level.

- Individual features are closed for a reason. Do not enter the Freestyle Terrain or use features when closed.
Trail Markings

Caution!
A sign with this symbol is placed in a spot that requires a skier/rider to proceed with caution. It may be flagging a rock or stump protruding through the snow, or is a caution that the run is narrowing or the slope is changing at the point. Always SLOW DOWN when you see this sign!

![Caution Sign](image)
CAUTION
MARGINAL SKIING/RIDING CONDITIONS

EXPECT SNOW GUNS, HOSES AND OTHER MARKED AND UN-MARKED HAZARDS.

TRAIL WIDTH MAY BE REDUCED
STAY OFF ALL CLOSED TRAILS
What to do if Someone Gets Hurt

Although our goal is to reduce the chances of injury through the promotion of safe skiing/riding, there is still a chance that an accident may occur.

If it does, follow these steps:
1. Recognizing the Situation

- Recognize that an accident has occurred. Acting quickly will help the victim.
2. Personal Safety

- Prevent further injuries to yourself, the victim, and other skiers/riders. The international sign for a skiing accident is a pair of crossed skis approximately 10 meters uphill from the accident site. This tells oncoming skiers to avoid the area, as well as alerts the Ski Patrol that assistance is needed.
3. Getting Help

- Advise area employees or the Ski Patrol as soon as possible. Always ask a fallen skier/rider if they require help, or make that decision yourself if they are unable to. Send someone for the Ski Patrol immediately, making sure that they know the exact location of the accident such as the trail that you are on, distance from the top or bottom (i.e. halfway down on the right side).
4. While Waiting

Help by clearing the accident site and keeping it safe. Keep in mind that the Ski Patrol may take some time to arrive, as they will have to ride the lift and ski/snowboard down to the accident scene.

– The victim should be kept warm and if it does not disturb the injury, an extra jacket should be placed on the victim’s shoulders or underneath the victim to sit on. Replacing the victim’s toque or gloves may be appreciated if it does not cause disturbance.
– A victim should never be given anything to eat or drink, even if they ask for something. If people stop to see the accident, politely ask that they keep on going so that they will not create a hazard by blocking the trail.
– Never remove a victim’s skis or board, or unfasten their boots. However, other equipment that is not attached to the victim, such as ski poles or loose skis, should be set aside to avoid someone running into them. This also clears the area for the Ski Patrol.
– If a major accident has occurred, ask around to see if there were any witnesses. Perhaps someone can provide details of how the accident happened. It may be necessary to obtain names and addresses of witnesses.
5. The Ski Patrol Arrives

- Once the Ski Patrol arrives, they will be in charge. They may ask for assistance or details of the accident. Offer to help in any way possible. Spectators are not welcome at an accident scene so if your assistance is not required, please leave the Ski Patrol to do their job.
Step 5 - Departing Ski Martock

The Group Leader, Teacher and Volunteer/Supervisor should take one last look around the lodge to hurry stragglers. Before the bus leaves, ensure everyone in the group is accounted for.

Please ensure all students/group members have returned all rental equipment and have taken all personal items.
Nova Scotia Department of Education Physical Education & Safety Guidelines for Alpine Skiing/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, board, skis and poles of the proper length must be selected for the student. The edges and bases must be in good repair.
- Boots and bindings must be thoroughly compatible.

**Clothing/Footwear**
- No long scarves.
- Long hair must be tied back or tucked in.
- Clothing must be adequate for winter outdoors activity.

**Facilities**
- Only commercially operated ski facilities with suitable teaching areas (gentle slopes) must be used. The area must be patrolled by members of the recognized Ski Patrol.
- Define the skiing area to students so they are aware of the boundaries for activity.
Nova Scotia Department of Education Physical Education & Safety Guidelines for Alpine Skiing/Snowboarding Grades 4-12 Only

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 the Alpine responsibility Code (including lift procedures) and the role of the Ski Patrol.
• Prior to activity, discuss proper clothing and how to recognize and treat frostbite and hypothermia.
• Parents and students 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 and students must be informed of the importance of sun protection.
• The teacher must be aware of students with a history of medical ailments (i.e. asthma, seizures, heart conditions, severe allergies).
• All Students must be tested and grouped appropriately as determined by a qualified instructor. Those identified by the instructor as needing instruction must participate in a lesson.

Supervision

• In-the-area supervision is required for all sites.
• Duties of the supervisor must be clearly outlined. A vehicle must be available for emergency purposes.
• Designate a supervisor (i.e. Teacher/Parent) to transport an injured student to hospital. This must not be the supervisor of the trip.
• Supervisor/Student ratio, 1:8.
Alpine Trail Map

View online here
Conclusion

Now that you have read the School/Group Safety Guidelines, we would like you to keep in mind that winter sports are a healthy and fun way to stay active. Ski Martock welcomes schools/groups to come and learn how to ski and snowboard, however the safety of every student/group member is most important. Make sure you understand the guidelines in the booklet so that as you head to the mountain you are confident of your knowledge of the rules and regulations of Ski Martock and can recognize the safety signage.
Remember to always:

BE AWARE
SKI & RIDE WITH CARE
And...

Have Fun!