



WELCOME TO SUNRIDGE!

We hope you have a fun day but there are also some rules that must be followed.

The rules are in place for the safety of yourself and others. And, remember that respect for the ski hill, your teachers, fellow students, Sunridge staff, and other skiers/riders is very important.



WHAT KIND OF SKIER/SNOWBOARDER ARE YOU?

DISCOVER

You have never ever skied or snowboarded before.

BLUE

You have skied or snowboarded 5 to 9 times and have been on the chairlift before.

GREEN

You have skied or snowboarded 1 to 4 times before.

BLACK

You have skied or snowboarded 10 times or more and are comfortable on the chairlift.



WEAR APPROPRIATE CLOTHES

Wear layers that will keep you warm and dry. Either a few thick, warm layers or many thin layers. The outside layer should be waterproof.

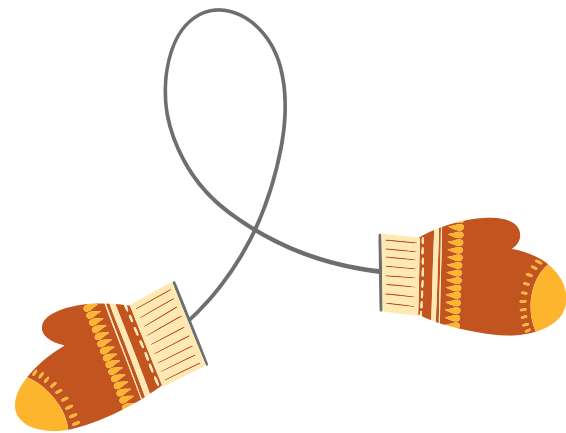
Helmets are mandatory at all times on the hill. It is important to wear a toque/beanie and hairstyle that will fit under your helmet. (No pompoms, top buns, thick hair clips, or tassles.)

What to Wear Skiing

Winter Jacket



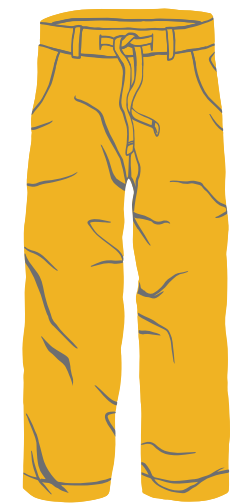
Warm Winter Gloves



Long Socks



Snowpants

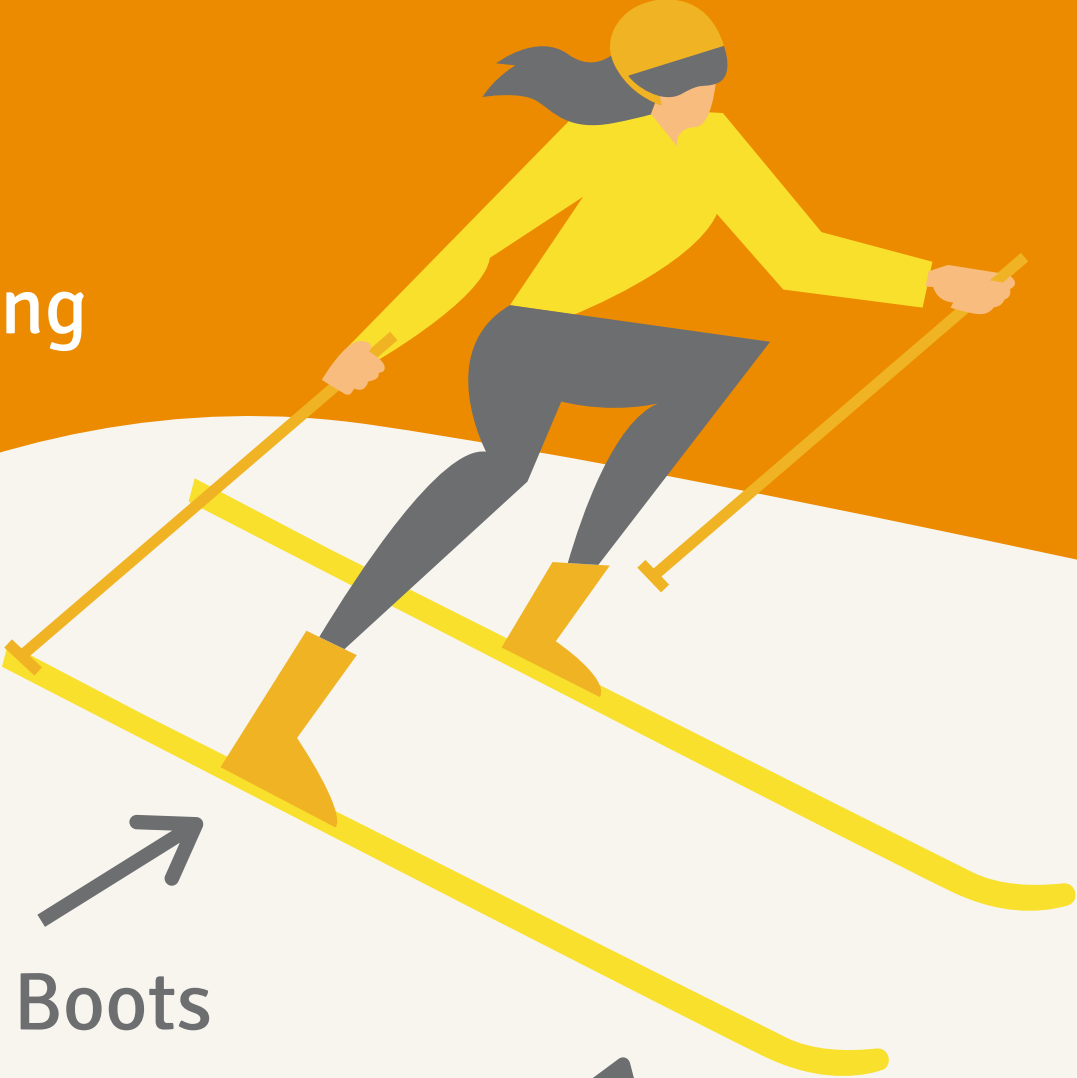


KNOW YOUR EQUIPMENT

Snowboarding

What is the difference between skiing and snowboarding?

Skiing



Ski Boots

Skis



Snowboard

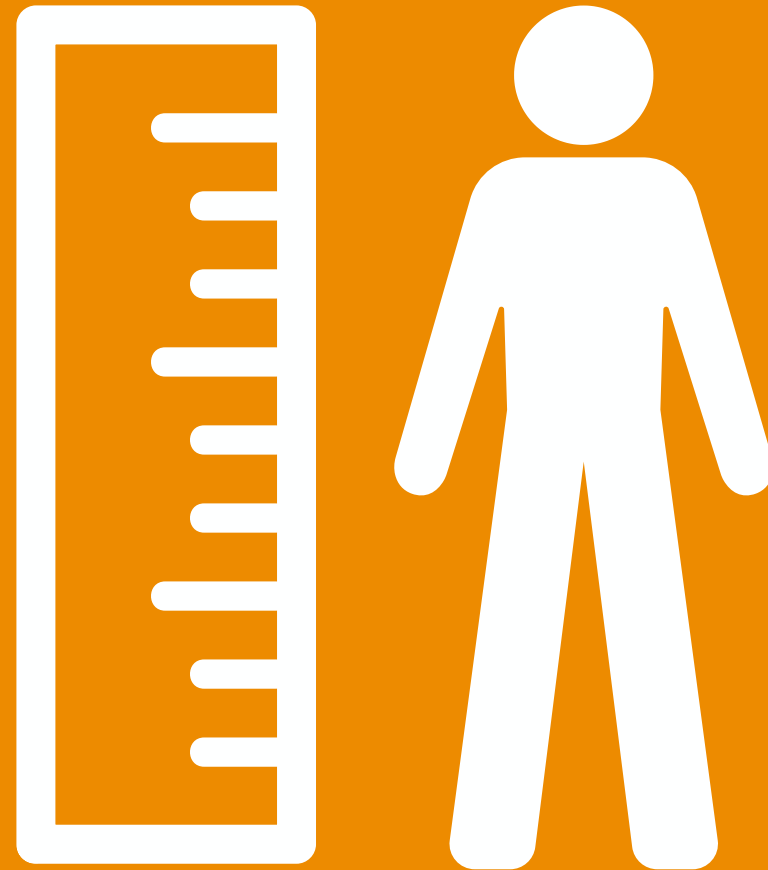
Snowboard Boots

WHEN RECEIVING YOUR EQUIPMENT, IT IS HELPFUL TO KNOW:

Your Shoe Size



Your Height



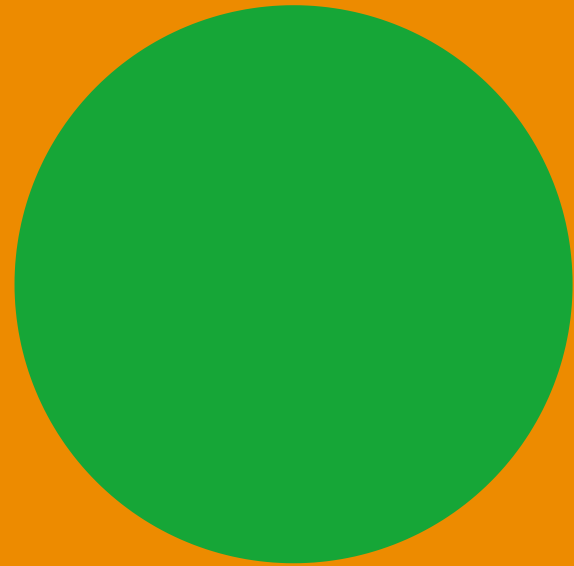
Your Weight



Ski Hill Etiquette

Good behavior and manners expected while skiing or snowboarding.

- Always look around you for your classmates and other skiers/riders to avoid any collisions.
- All runs are marked with a colour and shape, make sure you know which runs you're allowed to go down. (B, G, A, or AA)



Green Runs
(Beginner)



Blue Runs
(Intermediate)



Black Runs
(Advanced)

WHAT DO THE LETTERS MEAN ON YOUR LIFT TICKET?

B - You are allowed on the bunny hill and porcupine hill only.

G - You are allowed on the bunny/porcupine hill and green runs.

A - You are allowed on green and blue runs.

AA - You can use all of the runs on the hill. (Including black runs.)

W - You received a warning related to unsafe skiing/riding.

If you have a "B" on your lift ticket, you are not allowed on the chairlifts.

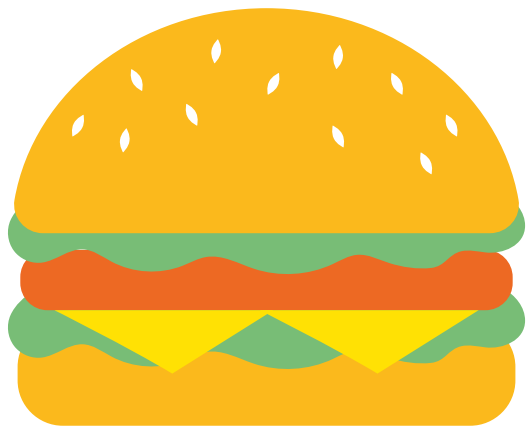
If you do not follow this rule, you will get a "W" on your lift ticket.



LUNCH AT SUNRIDGE

What can you buy at Sunridge's Cafeteria?

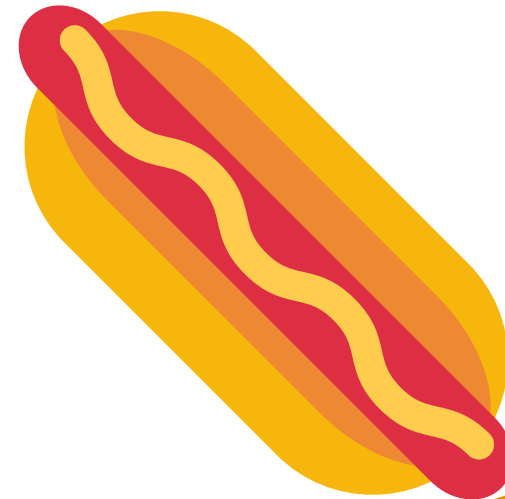
Burgers



Fries



Hot Dogs



Fountain Pop



Grilled Cheese



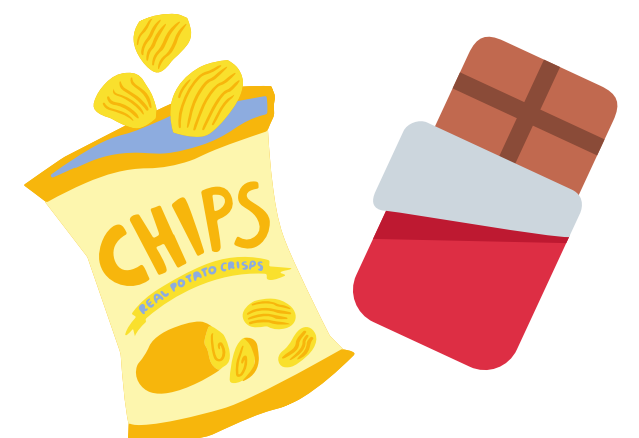
Chicken Fingers



Hot Chocolate



Chips and Chocolate





REMEMBER



Don't be afraid to ask questions

Feel free to ask your instructor if you don't know something or if something is unclear.

Be courteous and polite

Clean up after yourself. Say "thank you" and "please" when appropriate.

Only take your skis/snowboard

Your ski/snowboard number will be written on your ticket. Do not take anybody else's equipment

Keep all ski/snowboard equipment outside

Always put your equipment on the ski racks outside.

Return your skis/snowboard

All equipment must be returned back to the rental shop at the end of the day.

Support each other

Be kind to everyone. Let's encourage and lift each other up.