



Vector Research Ski S'Cool

Frequently asked questions (and answers)

1. What do the students need?

All skiers must be dressed properly to be outside for up to 60 minutes.

-A one piece snow suit is recommended especially on cold days.

-Mitts (preferred over gloves) must be worn.

-Wool socks are best (two pair - thin socks next to skin, thicker pair over these are often better than one pair)

-A toque must be worn and a neck gaiter or scarf is recommended.

-Students should have something to eat, a drink of water and visit the washroom before coming skiing.

2. When and where should we arrive?

All sessions are for 1 hour, 15 minutes. You should arrive with your class right around the scheduled start time – e.g. 10:45 for morning sessions, 1:15 for afternoon sessions. We meet at the Ski S'Cool hut located at the south end of the Canada Games Centre parking lot.

3. What does a ski S'cool session look like?

As an example, a morning session would go like this:

10:45 – 11:00 Students arrive and put on boots and skis.

11:00 – 11:45 on snow skiing.

11:45 – noon Return skis and boots, prepare to get on bus to return to school.

4. When would sessions be postponed or cancelled?

Three factors play a part in this:

- **Temperature**

Whitehorse Cross-Country Ski Club has decided on -20C as a temperature cutoff for ski instruction. As our time outside is 45 minutes or more, we feel this is a reasonable cutoff.

- **Wind chill**

Most schools have a wind chill cutoff of -25C. We feel this is reasonable but consideration of how long we are outside (45+ minutes) should be taken into account.

We use the Environment Canada website for weather information as it is generally the most accurate.

- **Trail conditions**

We generally receive enough snow to ski on but thaw and freeze cycles or periods of time without new snow can make our ski trails hard packed and difficult to ski on, even with regular grooming. Like any activity, cross-country skiing carries an element of physical risk. It will be our decision to postpone a session if we feel the trail conditions are not safe.

5. What about adults?

At least one adult (EA, parent) in addition to the teacher must accompany the class, preferably on skis. This is so that each of the two class groups has at least two adults present in case of injury, emotional issues, cold fingers or other circumstances.