



## **OPHEA GUIDELINES ALPINE SKIING AND SNOWBOARDING WINTER SEASON 2023 - 2024**

Camp Fortune has read and will follow the OPHEA safety guidelines for alpine skiing and snowboarding which are applicable to our winter activities offered to students for school ski trips.

### ***Camp Fortune Snow School***

Camp Fortune snow school instructors are all certified with the Canadian Ski Instructors Alliance (CSIA), the Canadian Association of Snowboard Instructors (CASI) or the Canadian Ski Coaches Federation (CSCF). In addition, all members of our school must stay in good standing with their certifying organization; proof of certification is required before being activated as an instructor each year. Camp Fortune instructors/coaches have a regular training schedule of sessions from early December until March. This is aimed at helping them achieve their next level of certification as well as keeping them up to date.

### ***Camp Fortune Ski Patrol***

Camp Fortune uses the Canadian Ski Patrol System (CSPS). All patrollers must re-qualify every season in order to ensure they are up to date.

### ***Camp Fortune Group Lesson Protocol:***

- 1- Students are grouped by ability as determined by Camp Fortune instructors.
- 2- Lessons focus on one or more of the base skills involved in skiing/snowboarding.  
Priority is given to the skill(s) most pertinent at the time.
- 3- By the end of the lesson students will have a drill or skill to focus on the rest of the day as well as recommended slopes to practice on.

**Please Note:** Group lessons are available to all students at every ability level and are booked in advance by the group organizer. Camp Fortune recommends that all students, especially beginners, take group lessons. However it is the responsibility of the group organizer to ensure students pre register and attend the group lesson.



## OPHEA GUIDELINES

***Rental Equipment:*** All of our rental equipment, including helmets, are Canadian Standards Association (CSA) approved and are maintained throughout the winter season with regular inspections.

***Helmets:*** We strongly recommend the use of a helmet for all snow sport participants. Camp Fortune provides rental helmets. We suggest that group organizers promote a properly fitted helmet as required outerwear and recommend that students come equipped with their own properly fitted helmet.

Camp Fortune meets all the Ontario School Boards Safety Guidelines for alpine skiing and snowboarding. For any further information please contact:

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