



## MMC- Shames Mountain School Group Program 2019-2020

**Skiing or Snowboarding at MMC-Shames Mountain** in the Pacific Northwest Coastal Mountains! Perfect way to enjoy winter!

Our Goal is to make Skiing and Snowboarding affordable and accessible to all **Grade 4-12** students in the Northwest Region. We want to allow a student the knowledge and confidence to promote their own health and well-being by maintaining healthy habits.

To empower a student the opportunity to develop a personalized understanding of what healthy living means to them as individuals and members of society in the 21<sup>st</sup> Century.

You will find all the information needed to book and organize a day at the Mountain for your School Group. In the interest and safety of the School Program Students, it is **mandatory** that all students receive a Lesson.

A Pre-Snow Day classroom session will be scheduled prior to your visit. A representative from MMC-Shames Mountain will visit your class to instruct this informative and fun educational session. This session will include: what to expect at the Mountain and what the students need to know to properly prepare for their day at the Mountain.

### HOW TO BOOK

We have limited space in our School Group Program, so the earlier in the season that you schedule your day(s), the greater your chances are of getting the date(s) you wanted. If you can give us a rough estimate of student numbers, this will be helpful so that we can provide quality lessons and rental equipment for all.

Our School Group Program is available Mondays, Thursdays and Fridays in January & February; Monday March 2<sup>nd</sup>, 9<sup>th</sup> and 30<sup>th</sup> and Friday March 6<sup>th</sup>, and 13<sup>th</sup>. This program is NOT available in December or during Spring Break March 16-27.

Lesson start times are at 10am for School Group Program. Lessons are 1.5 hours long.

**In the interest and safety of all students, it is mandatory that all students receive a lesson. No exceptions will be made.**

Please contact our Downtown Terrace Office by phone: 250-635-3773, or by email at [frontdesk.shames@citywest.ca](mailto:frontdesk.shames@citywest.ca) when you are ready to book your class. We will review your request and then email a Booking Confirmation to you.



**My Recreational Mountain Co-operative**  
4805 Highway 16 West, Terrace BC V8G 0H3  
Ph: 250-635-3773 Fax: 250-635-9773 Email: [shamesmountain@citywest.ca](mailto:shamesmountain@citywest.ca)  
[www.mymountaincoop.ca](http://www.mymountaincoop.ca)

## PARTICIPANT SIGN-UP FORM

All students, teachers/coordinators, and chaperones **must** complete a Participant Sign-up Form in full. Student Participants that do not have a completed and signed Participant Sign-up Form will not be allowed to participate.

Teachers/Coordinator's, please download a copy of this form for each participant, including **all Chaperones/Teachers/Supervisors** in your School Group.

Once the Participant Sign-up Form has been completed and signed, they are then returned to the Teacher/Coordinator in a timely manner.

For legal purposes all completed **Participant Sign-Up Forms must be delivered to either the Ticket Office Counter on the day of your School Group Program, or dropped off at the Downtown Terrace Office prior to your scheduled School Group Day.**

## PARTICIPANT SPREADSHEET

Teachers and/or Coordinator's must transfer over **all information** from each Student Participant Sign-up Form **onto** a Participant Spreadsheet. A digital copy will be included with your package, if you prefer.

Teachers/Coordinators and Chaperones information from their Participant Sign-up Forms, **must** be transferred over onto a **SEPARATE** Participant Spreadsheet.

Please complete all Participant Spreadsheets in **full** to avoid delays on your scheduled School Group Day. If there is information missing once you have sent the Participant Spreadsheet to us, we will follow up with you to get this information. ***Any and all changes to the Participant Spreadsheet must be received 48hrs prior to your scheduled School Program date. These changes must be provided on a SEPARATE Participant Spreadsheet.***

**Participant Spreadsheets must be received 14 days prior to your School Group Day.** If you require help, please contact us.

## WHAT TO EXPECT AT THE MOUNTAIN

### WEATHER CANCELLATIONS

MMC-Shames Mountain will consider closing when temperatures and wind-chill are below -25C. Early morning weather confirmations can be arranged between school administration staff and MMC-Shames Mountain staff for a Go or No Go decision. Please call our Snow Phone: 250-638-8754 or Toll Free 1-877-898-4754 for up-to-date weather conditions.

### METHOD OF PAYMENT

Prior to your visit, we will be issuing you an Invoice based on your filled out **Participation Spreadsheets**. If there are add-ons of students once we have received your Participation Spreadsheet you will be charged on a separate Invoice. Please send all add-ons on a **SEPARATE Participation Spreadsheet**.

Payment will be due 14 days from receipt of this Invoice and can be made at the Downtown Terrace Office only. A School cheque or Credit Card (Visa, MasterCard) are preferred methods of payment. Please make cheques payable to: My Mountain Co-op.

**Please Note:** Lift Vouchers, Gr. 4/5 Snow Pass, Gift Cards & Book of 12 Vouchers will NOT be accepted as payment.

Each student will be charged the printed prices regardless of age.



**My Recreational Mountain Co-operative**

4805 Highway 16 West, Terrace BC V8G 0H3

Ph: 250-635-3773 Fax: 250-635-9773 Email: shamesmountain@citywest.ca

[www.mymountaincoop.ca](http://www.mymountaincoop.ca)



## NORTHERN SNOW ANGELS PROGRAM

The Northern Snow Angel Program is available to all School Groups and/or Organizations across the Northwest Region.

The goal of this program is to help provide free skiing/riding by offering Lift, Rentals and Lessons to those School Groups and/or Organizations who want to participate in this snow sport, but are unable to afford the cost. There is limited funds in this program, so please be responsible when applying for this program.

By making skiing/riding more accessible to our Youths/Juniors, we are able to introduce a whole new generation to skiing/riding, giving them a positive outdoor experience. Please contact us [shamesmountain@citywest.ca](mailto:shamesmountain@citywest.ca) for more information regarding this program.

Supported by:



## LESSONS AND LIFT POLICIES

**Lessons are mandatory for all students.**

Beginner/Novice lessons begin at 10:00am. At 12:30pm, Intermediate and Advanced lessons will begin. All Lessons are 1.5 hours.

All Beginner/Novice students must have a mark of approval from an instructor before riding the chairlift (i.e. **C=Chair**).

If a student is still on the bunny hill after their lesson, they can still receive a mark on their pass when an instructor checks on them later that day.

We want to provide a fun and exciting experience for all students.

## UPON ARRIVAL

### Arrival by Bus:

Everyone is asked to stay on the bus, and they will be met by a MMC-Shames Mountain representative.

Teachers/Coordinators in charge, will be given Lift Tickets for each participant, including those students that have a Season Pass. Lunch Cards for those students who **pre-ordered** a lunch will also be given to the Teacher/Coordinator in charge.



Teachers/Coordinators will also receive instruction on the procedures to follow for obtaining rental equipment and lesson grouping.

Teachers/Coordinators please remember that arrival times directly affect time on the snow.

**Please Note:** Teachers please stop by the Ticket Office and drop off your Participant Sign-Up Forms.

### Arrival by Multi Vehicles:

If your school arrives in multiple vehicles please group together in the lower lodge. Have a Teacher/Coordinator inform the Ski School Director in the Rental Shop when everyone has arrived.

Teachers/Coordinators in charge will be given Lift Tickets for each participant, including those students that have a Season Pass. Lunch Cards for those students who **pre-ordered** a lunch will also be given to the Teacher/Coordinator in charge.

Teachers/Coordinators will also receive instruction on the procedures to follow for obtaining rental equipment and lesson grouping.

Teachers/Coordinators please remember that arrival times directly affect time on the snow.

**Please Note:** Teachers please stop by the Ticket Office and drop off your Participant Sign-Up Forms.

**My Recreational Mountain Co-operative**

4805 Highway 16 West, Terrace BC V8G 0H3

Ph: 250-635-3773 Fax: 250-635-9773 Email: [shamesmountain@citywest.ca](mailto:shamesmountain@citywest.ca)

[www.mymountaincoop.ca](http://www.mymountaincoop.ca)

## DEPARTING

Our Chair Lift stops loading at 3:30pm (4pm after March 1<sup>st</sup>). Teachers/Coordinators should be aware it is a 15 minute ride up the chairlift and beginners can take up to an hour to ride down.

It is recommended that Teachers/Supervisors wait at the bottom of the chairlift to inform students of last run.

All rental equipment must be returned to the Rental Shop prior to the School leaving the Mountain. All Students returning rentals MUST provide their name to the rental shop staff so they can be crossed off the list and presumed safe & off the Mountain.

For rental gear that is lost or misplaced there will be an additional cost of any gear rented out to a student that is not returned by the end of the day of that particular school's visit. These charges will be reflected on a separate Invoice.

Please remember to check the lodge and rental shop for forgotten items before departure.

## CANCELLATION POLICY

Our daily intake of students in our School Group Program is limited. All rentals and instructors are pre-arranged prior to your arrival.



It is therefore very important to contact us **at least 48 hours in advance** if you are not coming or there is a difference in numbers. Best way to contact us is by email: [shamesmountain@citywest.ca](mailto:shamesmountain@citywest.ca)

## FREE Season Pass for GRADE 5 Students

In an effort to help promote healthy living and active lifestyles in our Northern Youth, My Recreational Mountain Cooperative will continue to offer a FREE Season Pass to all students enrolled in Grade 5 during the 2019-2020 operational season.

We will be waiving the cost of the Season Pass for Grade 5 Students and will only be charging the nominal pass processing fee of \$20 plus GST. All we

need is a photocopy of a document that states the student is in Grade 5.

## CHAPERONES

Chaperones that are on a Participant Spreadsheet received before the scheduled School Ski date will receive a Free Lift Ticket and Rentals (if needed).



Chaperones who are **NOT** on a Participant Spreadsheet will be charged our **Group Rate** for their Lift Ticket and Rentals (if needed). **Payment will be required on the scheduled School Ski date.**

## WHAT IS EXPECTED OF CHAPERONES

- Assist** with getting students ready for a day on the Mountain.
  - Jackets, pants, toques, gloves/mitts
- Assist** in the Rental Shop by helping students find pre-set equipment that is marked with their name.
- To act as** a representatives of the school, in case of injuries or any other situation.
- Assist** in the supervision of students on the mountain and in the lodge.
- Assist** with students needing help riding the Lifts.
  - Students should always be on the Lift Operators side

## Why are Chaperones so Important to us?!

Being a Chaperone, you are volunteering your time for your children and Our Mountain.

Your volunteer hours are counted and used in our Grant Applications.



**My Recreational Mountain Co-operative**

4805 Highway 16 West, Terrace BC V8G 0H3

Ph: 250-635-3773 Fax: 250-635-9773 Email: [shamesmountain@citywest.ca](mailto:shamesmountain@citywest.ca)

[www.mymountaincoop.ca](http://www.mymountaincoop.ca)