

# COVID-19 PROGRAMS PROTOCOL

ount Washington Snow School's priority is to deliver our lessons as safely as we can for both our guests and employees. Guests are encouraged to reserve ski and snowboard lessons ahead of time to save up to 10%! Reserving ahead helps us deliver the same excellent lessons you know and love while keeping our students' and instructors' safety as the top priority with small class sizes.

### Instructions for lesson day

- · Pre-registration is encouraged for all lessons. Private lesson bookings may be accepted day of if space allows.
- · Proof of Vaccination (PoV) is required for programs offering lunch for studens ages 12+.
- · Class sizes will be smaller for the safety of our guests and employees as well as to meet lift loading requirements. Kids and Tots classes will only ride the lift with their instructor and will not be loaded with members of the public. If you are uncomfortable with your child riding the lift with other children in the class, please book a private lesson.
- Lesson lengths have been shortened to reduce the need for washroom use and warm-ups.
- Parent participation classes such as Wee Ski/Ride and Parent and Tot can only have one parent per child participating in the lesson.
- We will be offering more lesson times to reduce congestion at check-in and to facilitate social distancing in the outdoor meeting areas.
- If you do not require rentals or a lift pass you can proceed directly to the outdoor meeting areas. There is no need to check in inside the building.





## COVID-19 **RESORT PROTOCOL**

At Mount Washington Alpine Resort, we bring people together. We welcome guests and staff from around the world. In doing so, we have a duty to provide a safe environment for our community and an obligation to provide a safe workplace for our employees. All instructors and other employees will be fully vaccinated. Guests will not be required to provide Proof of Vaccination to recreate at Mount Washington during the 2021-22 winter season.

Masks are required in all public indoor settings for all people born in 2009 or earlier (12+). Considering the dangers of the COVID-19 pandemic, plus related Provincial Health Orders, guests are required to show Proof of Vaccination at sit-down dining establishments including Ted's. Similar guidelines apply to Lessons and Programs with an included lunch option.

We will manage the number of people on the mountain, as well as those entering buildings including base lodges and restaurants, in accordance with provincial capacity guidelines and guidelines for safe recreation as established by the Canada West Ski Areas Association and partners.

Please stay up to date on resort protocols at www. mountwashington.ca/expectations

Reservations are encouraged. Please go online to www.mountwashington.ca to book or call (250)338-1386 ext 384, to speak with a lesson specialist. Class sizes are limited to ensure fun and safety.

# HOW TO BOOK A LESSON

eservations for 2021/2022 Snow School Lessons and Programs are now open, book online! All guests are encouraged to create a Guest Profile for you and your family members on our website if you don't already have a login. We recommend booking now and at least one week in advance of your arrival, reserving ahead saves you time and money booking your lesson! Plus, reserved space will be limited in each lesson to keep class sizes small.

### Head to mountwashington.ca

- 1. Browse lesson products and select the class/program you want to book
- 2. Select the date you are booking a lesson for, or the start date of a program/camp
- 3. Select your lesson time and level
- 4. Select any applicable add-ons
- Click "Set Guest" to select the person who is participating in the lesson you're booking.
   a. For prior Guests of Mt. Washington, search in the

"Existing Guests" portal b. For those new to visiting Mt. Washington, create a

 For those new to visiting Mt. Washington, create a "New Guest". Everyone needs a profile.

- 6. Click "Continue Shopping" to add on additional products for yourself or other people in your group.
- 7. Proceed to the Checkout when all the products you are wanting to purchase are in your cart.
- 8. Once finished, receive a confirmation email with details.

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## HOW TO BUILD A GUEST PROFILE

- 1. Click the MyMW cart in the top left of website desktop
- 2. In the top banner click "create/update profile"
- 3. If you are a new guest, click "create new guest" button
- 4. If you have purchased online in the past you can log in with "existing guests" profile

#### NEW GUESTS

- 5. Fill out your information under Guest Edit and SAVE
- 6. Check to make sure the info is correct on the next page
- 7. IF you are purchasing a season pass select "Upload Photo" in the bottom button.
  - Click "Choose File" and select photo from your device (PLEASE NOTE: the photo must not exceed 50KB so make the image as small as possible.)
  - Click the green "Upload" button
  - Select "Use This Picture" and drag your mouse to frame your face
  - When finished, select "That's Good, Let's Go!" and click "Continue" when image is cropped
  - If you get an error message, your image is too big

Once you've finished uploading photo and personal information, you will be redirected back to the log-in page.

Now use your credentials to log in and shop for your desired service by clicking "Continue Shopping" in the top banner.

Reservations are encouraged. Please go online to www.mountwashington.ca to book or call (250)338-1386 ext 384, to speak with a lesson specialist. Class sizes are limited to ensure fun and safety.



## **TOTS PROGRESSION GUIDE**

Use our easy-to-follow Progression Guide to rate your tot's ability level for our seasonal and drop-in programs

### SKIING (4-6 years old)

#### **DISCOVER SKIING First-Time Skier**

#### Welcome to the sport of skiing!



• First-time skier who has never skied before GOAL: To consistently snowplow stop

#### **BEARS Beginner Skier**

Skis Green terrain in Easy Acres



- Rides the magic carpet
- Shows a balanced stance in a straight run
- GOAL: Can snowplow stop on their own

#### **MARMOTS Novice Skier**

Skis Green terrain and sometimes Blue



- Can turn left or right snowplow turns on gentle terrain
- Familiar with riding all Magic Carpets
- GOAL: Controlled snowplow turns on their own

### **COYOTES Intermediate Skier**

Skis Blue terrain



- Balanced over turning ski
- Parallel turns on all Green runs
- Snowplow with some parallel turns on Blue runs GOAL: To parallel ski on all Blue runs

#### EAGLES Advanced Skier

Skis Blue and Black terrain



- Shows a variety of turn sizes
- Confident on diverse terrain and skis parallel
- Displays edging skills on Blue runs

GOAL: Linking turns in the bumps, explore the Beginner Terrain Park, and pole-planting

## SNOWBOARDING (4-6 years old)

#### DISCOVER SNOWBOARDING First-Time Rider Welcome to the sport of snowboarding!

Never ever ridden before



GOAL: Side slipping on your toe or heel edge

#### **GROMS Beginner Rider**

Rides Green terrain in Easy Acres

- Has ridden once before
  - Can side slip easily with direction
    - across on the easiest of Green runs
    - GOAL: To be able to link toe and heel edge turns

#### SLIDERS Novice Rider

Rides Green terrain and sometimes Blue



- Can confidently link turns on all Green runs
- GOAL: To be able to confidently ride on all Blue runs while linking turns, and experiment with the Beginner Park

#### SHREDDERS Intermediate Rider

Rides Blue terrain



• Can do fluid linked turns on Blue runs at moderate speeds, consolidating skills

GOAL: To get more performance from the board while exploring more challenging terrain, to learn basic freestyle mechanics, and become comfortable in the Beginner Terrain Park

#### FREERIDERS Advanced Rider

Rides Blue and Black terrain

- Aggressive riding on all Blue runs
- Consolidating and refining skills
- Explore steeper and varied terrain

GOAL: To ride switch on Blue terrain, and venture into advanced park, moguls and challenging terrain







## CHILD/YOUTH/ADULT PROGRESSION GUIDE

Use our easy-to-follow Progression Guide to rate your ability level for our seasonal programs and drop-in lessons

### SKIING (ages 7+)

#### **DISCOVER SKIING First-Time Skier** Welcome to the sport of skiing!



#### First-time skier who has never skied before

GOAL: Speed control in snowplow position

#### **LEVEL 1 Beginner Skier** Skis Green terrain in Easy Acres

- Rides the magic carpet
- Cannot consistently snowplow stop
- Shows a balanced stance in a straight run
- GOAL: Can snowplow stop on their own

#### **LEVEL 2 Novice Skier**

Skis Green and Blue terrain

- Can turn left, or right snowplow turns on gentle terrain
  - Familiar with riding all Magic Carpets

GOAL: Controlled snowplow turns on their own and starting to ski parallel on Green terrain

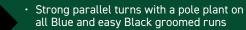
#### **LEVEL 3 Intermediate Skier** Skis Blue terrain

- Able to ski parallel turns with a pole plant on Blue runs
- Tougher Blue runs remain a challenge
- Skis are parallel but skier cannot edge well or ski varied terrain (small bumps, etc.)

GOAL: Explore varied terrain, coordination of movements for edging and pressure control

### **LEVEL 4 Advanced Skier**





- Skis at a moderate pace off piste but are still cautious
- You are confident in your skills in the Green Terrain Park

GOAL: Linking turns in the bumps, explore the Green Park and pole-planting

#### LEVEL 5 Expert Skier (private lessons only) Skis Blue and Black terrain on all mountain areas

- Skis parallel confidently on groomed Black runs
- Can do short turns in Black ungroomed terrain (bumps, powder)
- Can ski at a faster pace on all Black runs and in any conditions

GOAL: Experimenting with different turn shapes on all terrain and working towards instructor certification

## **SNOWBOARDING** (ages 7+)

#### DISCOVER SNOWBOARDING First-Time Rider Welcome to the sport of snowboarding!



Never ever ridden before

GOAL: Speed control through side slipping on toe or heel edge

#### LEVEL 1 Beginner Rider

Rides Green terrain in Easy Acres

- Has ridden once before
- Can side slip easily with direction across on the easiest of Green runs (i.e. power pendulum) GOAL: To be able to link toe and heel edge turns

#### **LEVEL 2 Novice Rider**

Rides Green terrain and sometimes Blue



 Can confidently link turns on all Green runs GOAL: To confidently ride on all Blue runs while linking turns, and experiment with

#### **LEVEL 3 Intermediate Rider**

the Beginner Park

**Rides Blue terrain** 

- Can do fluid linked turns on all Blue runs at moderate speeds
- Consolidating skills

GOAL: To get more performance from the board while exploring more challenging terrain, to learn basic freestyle mechanics, and become more comfortable in the Beginner Park

#### **LEVEL 4 Advanced Rider**

Rides Blue and Black terrain

- Aggressive riding on all Blue runs
- Consolidating and refining skills
- Explore steeper and varied terrain

GOAL: To ride switch on Blue terrain, and venture into the Advanced Park, moguls and challenging terrain

#### LEVEL 5 Expert Rider (private lessons only) Rides Blue and Black terrain on all areas of the mountain

- Riding Black runs and Advanced Park
- Refining and creating variation with skills
- GOAL: To adapt to all terrain and experiment with speed, turn shape and new tricks, become comfortable with Advanced Park and working towards instructor certification



