



1

2025-26 School Programs

Parents' Guide

Welcome to WinSport

In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

WinSport's School Programs are directly aligned with Alberta Education's Programs of Studies and Safety Guidelines for Physical Activity in Alberta Schools. Our passionate team helps children develop a lifelong passion for sport and play through our programming and world class facilities. Our School Ski and Snowboard Program provide certified instruction in small group sizes from arrival to departure. Our program is nearly a full-day experience when considering bus arrival, equipment fitting, lunch, and departure.

We are excited to welcome your child and their school to WinSport. This guide contains all you need to know about your child's upcoming trip to WinSport.

As our Day Lodge project continues and we eagerly await its completion, please click [here](#) to access the most up-to-date information on potential updates ahead of your child's School Program visit.

What is included in the School Program?

- Lesson instruction
- Lift pass for the duration of the lesson
- Rental equipment for the duration of the lesson, including a snow sports helmet
- Instructor supervision from bus arrival to bus departure (including lunch time)
- Progression Card handed out at the end of the lesson:
 - Informs parents of what skills their child worked on
 - Indicates the next level to register their child in

Our School Programs are highly subsidized from our standard youth lessons (save \$65 compared to a regular 2-hour lesson).

Student Participant Information Form

Please accurately complete the Student Participant Information Form provided by your child's teacher, including weight, height, shoe size, birthdate, chosen sport (ski or snowboard), and ability level of your child. Also indicate if you permit your child to switch from their chosen sport on the day of their school's visit (possible only if WinSport can accommodate the switch).

WinSport Consent and Acknowledgement of Risk Form

A signed WinSport Consent and Acknowledgement of Risk Form or WCAoR is required for each student (not applicable to CBE, CCSD, or RVS Schools) participating in a School Program. **Please ensure your child's name on the WCAoR is the same as on the Student Participant Information Form.**

Level Information

When choosing your child's level, keep in mind that they may not have skied or snowboarded since last season. If necessary, we will move them to a more appropriate level once they are on the hill.

Please note that our highest level for School Programs is Intermediate. We recommend that your child take this opportunity to try the other sport if they are at an Intermediate or higher level in the sport they usually participate in (e.g., advanced skiers are encouraged to try snowboarding).

Register into the Level that describes your Child's current ability:

Ski Levels Guide

First Time

- Your child has never skied before

Beginner

- Your child has skied once or twice
- Still working on the basics

Novice

- Your child can perform a controlled pizza/wedge stop on a small incline
- Your child can walk and slide on flat snow with skis on
- Your child has been introduced to turning

Intermediate

- Your child can control speed and can stop on bronze, silver, and gold carpets
- Your child can sidestep uphill
- Your child can link turns on all carpets
- Your child is interested in going up the chairlift

Snowboard Levels Guide

First Time

- Your child has never snowboarded before

Beginner

- Your child has snowboarded once or twice
- Still working on the basics

Novice

- Your child can stop on a small incline on both heelside and toeside
- Your child can comfortably skate with one foot strapped in
- Your child can change direction on heel and toe edge

Intermediate

- Your child can come to a full stop while remaining balanced
- Your child gets up without assistance
- Your child can confidently demonstrate heelside and toeside turns
- Your child is interested in going up the chairlift

Adaptive, Small Groups & 1:1 Lessons

At WinSport, our goal is to give every child the opportunity to participate fully in our school programs. We strive to create a safe and welcoming environment where all students feel included, and we work with families and schools to provide the right support so each child can have a positive and successful experience.

What We Can Offer

- Clear instructions, encouragement, and supportive group environments.
- Extra guidance or smaller groups when pre-arranged and staff are available.
- Simple strategies to help students transition smoothly and build confidence on the hill.

What We Cannot Provide*

- One-on-one support for the entire day.
- Support for unsafe or violent behaviors.
- Personal care assistance.

**If adaptive equipment or specialized support is required, coordination may be possible- please let your child's teacher know. Your child's teacher must contact us as soon as possible at inclusion@winsport.ca with schoolprograms@winsport.ca included in the email.*

Support Planning

To prepare the right supports for your child, we ask that schools share any special needs at least four (4) weeks before the visit (earlier is always better). Teachers will complete an Inclusion Intake Form so our team can plan ahead and have strategies ready to make the day successful.

If there is anything you would like to share directly with us, you are welcome to email inclusion@winsport.ca. We can also arrange a phone call if you'd like to talk through your child's needs.

If additional staffing or specialized support is needed, we will do our best to arrange it, but this depends on availability. If we cannot provide the necessary support, we may need to work with the school to find an alternative solution for safety reasons.

On-Snow Lesson Student Support

If your child receives full-time support at school, the same level of support must be arranged for WinSport.

- Support workers must be able to ski or snowboard at the child's level, except for students in First Time and Beginner levels, who may be supported on foot in our beginner area. If unable to ski, support workers must be available outside in a spectator area ready to support.
- WinSport provides the lift pass, but families/schools are responsible for arranging the aide.
- All support workers must complete a Vulnerable Sector Check (may take 1-3 weeks to process).

Continued: Adaptive, Small Groups & 1:1 Lessons

What to Expect

- Lessons take place outdoors in winter conditions on uneven terrain.
- Students will use carpets and chairlifts.
- Sessions are active and physical for the full time on snow.

Ski and Snowboard Equipment

Your child may bring their own ski or snowboard equipment. Please ensure all equipment is in good working order. If you are not experienced with ski or snowboard equipment, take it to a shop for a professional assessment. If your child is bringing their own equipment, it must be a complete set including both the boots and skis or snowboard. Our Rental Shop is unable to adjust personal equipment to fit with rental equipment. A CSA-approved snow sports helmet (no bike or hockey helmets) is mandatory and will be provided by WinSport, but your child is welcome to bring their own. Students who bring equipment which is not in good working order will be provided with rental equipment. Rental equipment is included in the cost of the visit, so feel free to utilize it!

We provide the following rental equipment:

- CSA-approved Snow sports helmet
- Skis and ski poles or snowboard, with appropriately fitting bindings
- Ski or snowboard boots

The use of proper equipment can help prevent injuries. We use the Student Participant Information Form to collect information about your child including height, weight, shoe size, age, and ski or snowboard level to properly fit them with rental equipment. It is important that this information is correct. It is equally important that students do not trade equipment during the day, as their gear is set up for them.

Dressing for Success

Dress for extended periods of outdoor exposure. This program runs in nearly all weather conditions. Dressing appropriately for the weather will keep your child warm and help prevent cold-related injuries such as frostbite. On the other hand, overheating can cause your child to become too warm, so dressing in layers is ideal.

Please check the forecast for temperature and windchill – it could be different at the hill than at your home or school. WinSport will use the hourly forecast issued by Environment Canada: [Environment Canada - Bowness](#).

It is **required** that your child has the following items to participate:

- Snow pants (or other waterproof pants).
- Mitts or gloves (preferably waterproof).
- Snow jacket.
- Hoodie or long-sleeve layers (on warm days, students may ski or snowboard without a jacket).
- Long socks. Avoid wearing multiple socks at once; this will increase the likelihood of cold feet and blisters.

Continued: Tips to Help Prepare for the Day

The following items are highly recommended:

- Snow goggles or sunglasses
- Buff, neck warmer or balaclava
- Athletic clothing under ski pants
- Hand/toe warmers
- Sunscreen! Even on cold days, students can get sunburnt from the snow reflecting sunlight
- Please see our [Dress for Success 101 page](#) for tips on what to wear when skiing and snowboarding

If a student isn't equipped with the above items, they may not be permitted to participate in the program.

If any belongings are forgotten at WinSport, please email us as soon as possible at schoolprograms@winsport.ca. We collect what is left in the School Programs area and keep it for a few days before taking items to Lost and Found.

Lunch and Snacks

We recommend packing a good, healthy lunch and multiple snacks. A day on the hill uses a lot more energy than sitting in the classroom, as does being outside in the cold. Please clearly label your child's belongings and pack them in a backpack ready for the day.

Please note that lunches are currently unavailable for purchase and there will be no access to refrigerators due to the ongoing Day Lodge project. Please click [here](#) for the latest details before your child's School Program visit.

How Your Child's Day Will Unfold

- Upon arrival, students will be met on the buses by WinSport instructors.
- Students will get organized into groups before going to the Rental Shop.
- Once rental equipment is picked up, groups will go on snow for their lessons.
- Students will be on-snow for approximately 60-90 minutes, then take about a 30-minute lunch break inside.
- Students will return to snow, until 30 minutes before bus departure.
- Rental equipment will be returned to the Rental Shop, and students will meet their instructors to get their progression cards.

Tips to Help Prepare for the Day

- Read the Alpine Responsibility Code with your child. These are the rules they agree to follow as a skier or snowboarder.
- Read our [Dress for Success 101 page](#) for tips on what to wear when skiing and snowboarding.
- Students are expected to listen to instructors and follow all safety rules.
- Help your child choose comfortable warm shoes, keeping their feet and socks dry before skiing! Socks can make a big difference in being comfortable, more is not better!

Continued: Tips to Help Prepare for the Day

- Pack them an extra pair of socks to change into afterwards.
- Tell your child to take care walking in ski or snowboard boots, they may not be used to them!
- Help your child understand that it's okay to fall and not to get discouraged! Learning how to ski or snowboard often involves a lot of falling over, trial and error, and most importantly: getting back up to try again! Our fantastic instructor team is there to provide encouragement as they share their passion and experience of snow sports with you.
- Ensure your child gets a good night's sleep and eats a good breakfast in the morning of the trip.

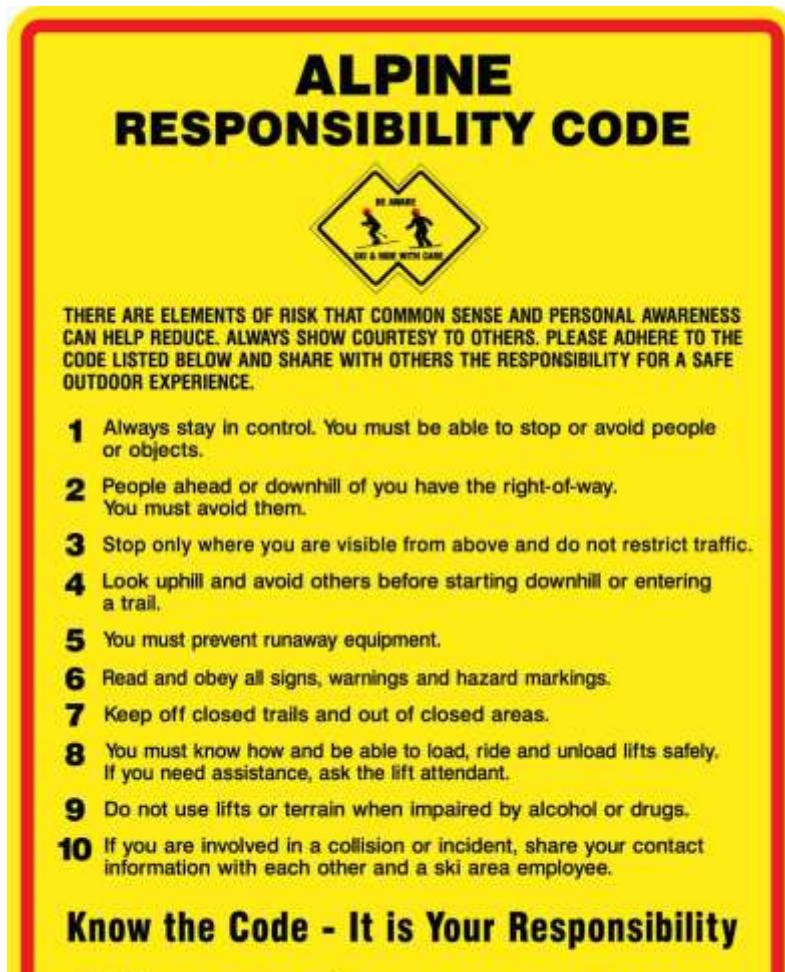
Students Must Remember These Rules

- Always stay with your group and instructor
- Don't go up any lift without your instructor
- Listen to the instructors' directions
- We ask all students to follow WinSport's Code of Conduct and the Alpine Responsibility Code, focusing on respect, kindness, and safety.
- Have fun!

If a child is struggling, instructors will:

- Provide gentle reminders and guidance.
- Use agreed-upon strategies from families and schools.
- Adjust supports where possible.

If a student's behaviour becomes a safety concern, participation may be paused until next steps can be discussed with the school.



Frequently Asked Questions

Does the price of the program change if my child brings their own equipment and/or has a season pass?

No, the price remains the same.

Will students move levels throughout the day?

Students that are not in the correct level will be moved accordingly. Many students will move up or down throughout the day to challenge them successfully.

My child has passed the intermediate level in their sport, what do you recommend they do?

We recommend that students who are at a higher level (intermediate and up) in their sport take the opportunity to try the other sport (e.g., students who already ski at an advanced level are encouraged to try snowboarding).

Can my child change from skiing to snowboarding or snowboarding to skiing on the day of their school's visit?

Yes, your child can switch from their chosen sport on the day of their school's visit, but only if WinSport can accommodate the switch. Prior consent must also be given on the Student Participant Information Form.

Do small groups or 1:1 lessons cost more?

No, the cost remains the same for all students. Small group and 1:1 lessons require coordination by the Teacher in Charge prior to arrival.

Will students use the terrain parks?

Our School Programs will not use the terrain parks as part of their lesson progression. Terrain Park etiquette or park smart safety may be introduced as part of our lessons.

Can my child stay and continue to ski or snowboard after the lesson?

Our School Programs occur from bus arrival to bus departure. Rental equipment and lift passes provided during the School Program are only valid for the duration of the School Program. If your child wishes to stay after their School Program, this must be coordinated with their school or Teacher in Charge.

Can I watch my child on the hill?

A viewing area is available for your convenience. WinSport does not allow foot traffic on our hill. View our Foot Traffic policy [here](#).

School Program Checklist

- Complete the Student Participation Information Form and return it to your child's teacher
- Sign the WCAoR and return it to your child's teacher (*not applicable for CBE, CCSD, or RVS Schools*)
- Review the Alpine Responsibility Code with your child
- Make sure your child has a good night's sleep before the trip, and a good breakfast in the morning
- Pack a good, healthy lunch and snacks for your child's trip
- Make sure your child is dressed for success – hoodie or layers, has extra socks and warm shoes. Read our [Dress for Success 101 page](#) for tips on dressing for the weather!

Your child is ready for the trip!