



### **Suggested Half Day Itinerary:**

Arrive at Otway Nordic Center:	9:30 a.m.
Equipment Sign Out:	9:30 - 10:00 a.m.
Lesson Begins:	10:00 - 10:30 a.m.
Ski on trails with coach:	10:30 - 11:30 a.m.
Return equipment:	11:30 - 11:45 a.m.
Return back to school:	12:00 - 12:15 p.m.

### **Suggested Full Day Itinerary:**

Arrive at Otway Nordic Center:	9:30 a.m.
Equipment Sign Out:	9:30 - 10:00 a.m.
Lesson Begins:	10:00 - 10:30 a.m.
Ski on trails with coach:	10:30 - 11:30 a.m.
Lunch at the lodge:	11:30 - 12:00 noon.

Ski out to "Gravel Pit Playground" with parent supervisors and school teacher for free skiing and marshmallow roasting: 12:00 - 1:30 p.m.

Return Ski Equipment:	1:30 p.m. - 2 p.m.
Return to School:	2 p.m.

Other programs are available upon request.



### Process Upon Arrival:

1. From the parking lot, student should proceed to the Rotary Lodge Rental Room, downstairs and be seated on the benches provided.
2. CNSC Instructors will demonstrate how to fit boots and how to carry skis and poles and give a brief orientation of the facility.
4. Students should line up to sign out boots first, if the boots do not fit then line up again for a different size. Once boots are fitted, students should line up again to sign out skis and poles.
5. Skis and poles must be carried out by the students to the flat area in the middle of the stadium where the instructors will assist in putting on the skis and poles.

Teachers are responsible for dividing their students up into groups of compatible abilities. This should be organized prior to arriving at Otway, and should have as close to equal numbers/group as possible and still stay within compatible abilities.

The CNSC School Ski Program requires one parent supervisor per 10 children to assist the children with sizing of rental equipment, help oversee the group during lessons, pull up the rear on the trails, provide assistance to children putting on and taking off gear. Please remember though, that the lessons are for the children, and parents need to be comfortable enough on skis to manage themselves.

CNSC will outfit one parent supervisor/group of ten students at no charge. All other visiting parents will receive a special rate of \$10.00/half day for rental equipment and trail fee, or \$14.00/full day for rental equipment and trail fee. (includes classic, waxless skis only)

**In case of emergency, it would be appreciated if teachers/supervisors had all relevant medical information of the children accessible.**