

Springvalley Middle School Outdoor Ed Academy

Sovereign Lake Cross-Country Skiing and Snowshoe

On January 17 and January 31, Outdoor Ed will be traveling to Sovereign Lake Nordic Centre for cross-country skiing and snowshoeing.

There is no cost to students as the fees are covered by the initial OE fee collected at the beginning of the year. This pays for the pass, rentals, lessons and transportation.

OE students need to bring a lunch and a water bottle. It is very important that everyone dress appropriately for the weather (see next page). It's a good idea to check the morning forecast on the Sovereign Lake Nordic Centre website.

Please wear winter boots for snowshoeing – January 31 (snowshoes will be strapped onto the boots).

Gloves and a warm hat are mandatory. Also, denim is not allowed. Do not wear jeans!!

Sovereign Lake also requires every student to fill in a Liability Form with parent signature. Return to Mr. Taylor or Mr. Aeckersberg ASAP.



Regards,

Al Aeckersberg

Ryan Taylor

What to Wear Skiing

Sovereign Lake is located in Silver Star Provincial Park by Silver Star Mountain resort. The weather can be quite different at the top of the mountain than down in the valley. Even when it is nice and warm in the valley please dress your child for winter.

“Layering” - Wearing several layers of lighter clothing in combination is usually better than wearing one or two bulkier pieces of clothing that can also restrict movement. With layering, air is trapped between the layers which helps insulate the body.

Layer 1 – Next to Skin

It is a good idea to wear “sport” underwear which allows perspiration to evaporate away from the body, keeping the layer next to the skin dry.

Clothing made of cotton is NOT suitable for skiing as it absorbs and retains moisture very easily.

Layer 2 – Inner layer

A skier’s second layer will help keep them warm by increasing insulation. For the upper body this layer is usually made up of turtleneck, fleece sweatshirt or wool sweater. The second layer covering the lower body may include gym pants or fleece pants. For freedom of movement skiers should wear stretchy or looser clothing. This is particularly the case for second layer covering the lower body. **Jeans should NOT be worn;** they are generally tight and restrict movement.

Layer 3 – Outer Layer

The final layer should generally be some sort of windproof clothing to which snow will not stick. The pants are especially important as students may be spending some time in contact with the snow.

80% of body heat is lost through the head. Skiers should cover their head with a toque.

Mitts are generally warmer than gloves.

Food for Skiing

- Skiers should start the day with a nutritious breakfast.
- They should bring along a good lunch with plenty of snacks such as dried fruit and nuts.
- Students will also need a litre or so of fluids. It is preferable to have several smaller fluid containers as compared to one large one.
- Healthy snacks and drinks are also available for sale at the Nordic Centre.

A well-nourished skier is a happy and warm skier. Without adequate food and fluid, the body struggles to find energy to keep itself warm.

Clothing Checklist:

- Warm toque
- Neck warmer
- Water resistant mitts, ski gloves
- Sunglasses, goggles
- Long underwear
- Turtleneck, fleece, sweatshirt, wool sweater
- Gym pants, fleece pants
- Shell jacket
- Windproof or water resistant pants
- Suitable socks

Sovereign Lake Nordic Club

Notice to skiers – Exclusion of Liability – Assumption of Risk

Please read carefully

As a condition of use of the ski area facilities, the user assumes all risk of personal injury, death or property loss resulting from any cause whatsoever including but not limited to the inherent risks of skiing, collision with natural or man-made objects, or with skiers or other persons, travel within or beyond the ski area boundaries, or negligence, breach of contract or breach of statutory duty of care on the part of Sovereign Lake Nordic Club and their employees and agents (hereafter collectively known as the "ski area operator". The User agrees that the ski area operator shall not be liable for any such personal injury, death or property loss and releases the ski area operator and waives all claims with respect thereto. The User agrees that any litigation involving the ski area operator shall be brought within the Province of British Columbia and further agrees that these conditions and any rights, duties and obligations as between the ski area operator and the User shall be governed by and interpreted with the laws of the Province of British Columbia. I hereby agree to abide by all the Rules and Regulations of Cross Country Canada (hereafter called CCC), Cross Country BC (hereafter called CCBC), Biathlon Canada (hereafter call BiC), Biathlon BC (hereafter called BiBC) and Sovereign Lake Nordic Club (hereafter called SLNC) and to participate in the events, activities and programs sanctioned by CCC, CCBC, BiC and BiBC in accordance with SLNC's Rules, Regulations and Bylaws. In consideration of CCC, CCBC, BiC, BiBC, and SLNC, acceptance of me as a registered member of SLNC, and my being permitted to take apart in SLNC events, activities and programs, I hereby, for myself, my heirs, executors, administrators and assigns, forever release, discharge, hold harmless CCC, CCBC, BiC, BiBC, and SLNC, its directors, officers, employees, volunteers, representatives or agents. Sovereign Lake Nordic Club's Liability is excluded by these conditions. Please ski carefully.

Child's Name

Date: _____

Parent/Guardian's Name

Parent/Guardian's Signature