

Parent Information Guide – Mt. Seymour Adventures

“For over 40 years Mt Seymour has guided students to success in the positive, encouraging and safe environment created by our certified instructors and experienced guides. We are dedicated to building a culture of outdoor recreation by engaging children with their natural environment. Mt Seymour is the ideal classroom - clean mountain air, healthy activities, professional instruction and lasting life skills.” – Mt. Seymour Staff



The Plan –

Four family visits to Mt. Seymour on January 14 and 28 and February 11 and 25, 2019. These visits include the following options (please note that each group needs a minimum of 5 participants to run):

4x full-day skiing or snowboarding lessons for children in Grades 2 and up.

Mt Seymour hosts some of the best teaching terrain around. The gentle slope and covered Magic Carpet lift makes our beginner area safe and accessible. Opened in 2012/13, the Mystery Express Quad Chair makes getting to our intermediate terrain faster and easier than ever. We offer guided-mileage programs for the experienced skiers and snowboarders in your class. Four days of lessons (once per week, 10am-12pm and 1pm-3pm) is ideal and achieves the goal of teaching students how to get around the mountain independently, and how to ride the chair lifts safely.

4x half-day learn to ski program for younger children.

This option will keep children in Kindergarten and Grade 1 on the Magic Carpet and gentle Bunny Hill. They will have four days of lessons, once per week, at 1pm-3pm. Families may choose to just come in the afternoons in time for the lessons, or enjoy other Mt. Seymour activities in the mornings before lessons.

Parents

1. You may join our learn-to-ski adult afternoon lessons (1pm-3pm) – which include lift tickets and equipment rentals.
2. You may help students get ready in the morning and help supervise at the lunch hour to take advantage of the 50% volunteer discount on rentals and lift tickets. Using that, you can ski on your own while students are in lessons. *We will be provided with a limited number of free passes on the day of the lessons and the attending Home Quest teacher will share those with you on an alternating basis. Please let us know if you wish to be on that sharing list.*

Details –

All lessons include rentals and lift tickets, so you are welcome to stay and ski together after lessons have ended for the day.

Students in Grades 4-8 receive a free Mt. Seymour Child Season Pass when signing up for the full-day programs. Details are attached.

Students may either pack a brown-bag lunch, or pre-order a hot lunch for an additional \$12/day. The menu is attached. Students make their choices at the cafeteria at lunch time. The menu includes the options that will be available if you pre-order the hot lunch.

All students should bring a refillable water bottle.

The waiver form from Mt. Seymour will be in the office. You will need to pick one up and fill it out to be registered in the ski/snowboard lessons.



Weather –

You MUST have winter tires on your vehicle to access Mt. Seymour. They recommend you carry chains with you, as well, if possible. Mt. Seymour will notify Home Quest the night before a lesson if the mountain will be closed due to weather conditions. We will then have the option of rescheduling. Mt. Seymour DOES offer bus service from the base of the mountain, so if you do not have winter tires, you can still come, just be sure to plan accordingly. Please check their website for more information.



Fees –

Home Quest will pay for a portion of these adventures, but families who sign up will have \$116 deducted from their accounts for each participating child. Non-enrolled siblings will cost \$216 in Grades 2 and Up and \$160 for students in K-1. The adult lessons are the same as the K-1 - \$160. Lunch is \$12/day and cannot be taken from funding. These fees will need to be paid to Home Quest in cash or cheques made out to "Delta School District". Mt. Seymour is a full-package deal. They do not offer alternative prices for families who already have equipment or passes.

Please check the following pages for more information directly from Seymour.



LIFTS

- A** Brockton Chairlift
- B** Mystery Peak Express
- C** Goldie Magic Carpet
- D** Lodge Chairlift
- E** Tube Park Tow

- Easiest
- More Difficult
- ◆ Most Difficult
- 🌙 Night Runs
- Gladed Terrain
- Ski Area Boundary

MARKED RUNS

- 1** Sterns Stairway
- 2** Hang Ten
- 3** Cliff House
- 4** Sammy J
- 5** Maverick
- 6** Brockton Gully
- 7** Sunshine Ridge
- 8** Sammy's Express
- 9** Exit 22
- 10** Backdoor
- 11** Manning 🌙
- 12** Scooter
- 13** Noel's Flight
- 14** Velvet Gully
- 15** Northlands 🌙
- 16** Friendly Nuthouse 🌙
- 17** Mystery Lake
- 18** Nutcracker
- 19** Looper Express
- 20** Devil's Drop
- 21** Wonger
- 22** Pete's
- 23** Elevator Shaft 🌙
- 24** Earl's
- 25** Unicorn 🌙
- 26** Gun Barrel
- 27** Crowfoot
- 28** Slingshot
- 29** Boomerang
- 30** Towerline
- 31** Goldie Meadows 🌙
- 32** Flower Basin 🌙
- 33** Mushroom 🌙
- 34** Rookies 🌙
- 35** Lower Unicorn 🌙
- 36** Chuck's Place 🌙
- 37** Trapper John's 🌙
- 38** Seymour 16's 🌙
- 39** Cabin Trail
- 40** Mistletoe

TERRAIN PARKS

- TP1** Mushroom (Beginner)
- TP2** Rookies (Intermediate)
- TP3** Rockstar (Advanced) 🌟
- TP4** Northlands (Advanced)

PARKING

- P1** Snowshoe/Backcountry
- P2** Snowplay
- P3** Downhill Ski/Snowboard
- P4** Downhill Ski/Snowboard
- P5** Snowshoe/Backcountry

FACILITIES

- F** Alpine Activity Centre
Ski & Snowboard Rentals, Downhill Area Passes, Lesson & Camp Inquiries, Equipment Service & Repairs, Retail Store
- G** Season Pass & Ticket Office
Season Passes, Area Day Passes, General Inquiries
- H** Three Peaks Lodge **👉 HQ meeting spot**
Rock Chute Bar & Grill, Grillworks Cafeteria, Whiskey Jack Room
- I** Snowshoe Centre
Rentals, Tours, Programs, Trail Passes
- J** Bears Den & Wonder Carpet
- K** BC Parks Trailhead & Kiosk
- L** Enquist Lodge
- M** Enquist Tube Park
- N** Washrooms
- O** Enquist Toboggan Park
- Q** Lesson & Camp Check-in
- P** Learning Area

MOUNTAIN STATS

Top Elevation	1265m ~ 4150ft
Base Area Elevation	1020m ~ 3347ft
Bottom Elevation	935m ~ 3066ft
Average Annual Snowfall	10m ~ 394in
Total Ski Area Terrain	200ac ~ 81ha

mtseymour.ca | snow@mtseymour.ca | 604.986.2261



BC PARK TRAILS

BC Park Trails are located outside Mt Seymour's Controlled Recreation Area & official boundary. These trails are not patrolled or maintained by the resort. A valid area pass is required to be in the Controlled Recreation Area. There is no access to the resort outside of the scheduled hours of operation. www.bcparks.ca



DISCOVERY SNOWSHOE TRAILS

- | | | |
|------------------|-------------------------------|----------|
| Ole's Pass | A Explorer Trail | G |
| Cabin Trail | B Windfall Trail | H |
| Creek Trail | C Flower Lake Loop | I |
| Goldie Lake Loop | D Trapper John's Trail | J |
| Cougar's Pass | E Cabin Connector | K |
| Goldie Shortcut | F | |



SCHOOL LUNCH MENU

2018 ~ 2019

MT SEYMOUR IS PLEASED TO OFFER AFFORDABLE LUNCH OPTIONS FOR YOUR SCHOOL GROUP

└ CHOOSE ONE OPTION BELOW ┘

HAM & CHEESE WRAP ~ MACARONI & CHEESE ~ VEGGIE CHILI

YOUR LUNCH COMES WITH FRIES, YOGURT & FRUIT. PLEASE BRING YOUR OWN WATER BOTTLE TO FILL. THANK YOU FOR HELPING THE ENVIRONMENT.



- Order your school lunch for \$12 per student
- Teachers please let us know how many of each entree above before your visit. Lunch boxes will be prepared and ready for your group
- Includes reserved seating in our Whiskey Jack Room
- Buffet-style Pizza Lunch available for groups of 50 or more



FOR MORE INFORMATION OR TO BOOK YOUR LUNCH OPTION, PLEASE CALL OR EMAIL:
MTSEYMOUR.CA | 604.986.2261 x 214 | SCHOOLS@MTSEYMOUR.CA

General Reminders

- Eat a good breakfast and bring a lunch, snacks, & water bottle
- Don't bring valuable items such as money, cell phones, iPods
- Know your school's meeting place and times on the mountain

Equipment & Clothing

- Dress in warm, waterproof layers and bring goggles & gloves
- One pair of socks is enough; no scarves, ball caps, stretchy mitts, loose hair
- Students have the option to use Mt Seymour ski and snowboard equipment or to bring their own. Rentals are included in the lesson package price (boots, skis or snowboard, poles if needed, helmet).
- No poles for beginners. Instructors decide when students are ready for poles.
- Students must wear a snow sport helmet. Mt Seymour will provide one free of charge.
- If rental equipment doesn't fit, let our staff know right away.
- Ski and snowboard racks are available outside at the top of Lodge Chair to store equipment during breaks and lunch. Students may want to bring a ski/board lock if using their own equipment.
- Back packs are stored on open shelves in Rentals. Coin lockers for \$1 are available.
- All rental equipment must be returned to Rentals each day, not left on the hill or taken home.

Ski Tickets/Passes

- Wear your lesson pass each time you come up the mountain for a lesson. If you lose your lesson pass, let Mt Seymour staff know right away.
- Your ID number on the pass matches the ID number on your equipment. All rental information is on the pass (child's name, equipment location, school name).
- To receive the free season pass please remember to visit Mt Seymour guest services to sign a waiver and have your child's photo taken. Not required for school lessons.

Mt Seymour Instructional Safety Video - 6 minutes <http://vimeo.com/75526215>.

A Little Respect: Think First Video presented by Canada West Ski Areas Association
A safety program designed to promote safe and responsible skiing and boarding
Suitable for ages 6-12 years, 17 minutes in length. DVD copies available.
https://www.youtube.com/watch?v=xN6DDL_jl5o

SKI/SNOWBOARD
PROGRAMS

ABSENT/SICK POLICY

- Students must sign up for all days in a lessons package.
- Students who miss a lesson may redeem the unused lift and rental portion of their pass on another day of their choice.
- There are no make-up lessons.
- Refunds are considered in case of physical injury or illness with a Dr.'s note.
- If a student misses the first lesson and he/she is a Beginner, there will be an additional \$20 charge to "catch up" this child during the second lesson. We will attempt to return the child to their group mid-way through the second lesson.

Grade 4-8 Season Pass Information

We are looking forward to your school's field trip to Mt Seymour this winter! Your child is eligible for a complimentary Child Season Pass. Mt Seymour wants your child to have the opportunity to continue developing his or her skiing/snowboarding skills with family & friends.

Below explains the process for obtaining your Child's Free Season Pass:

Step 1 - Complete the Pass Form

Please complete the attached form. It is essential that all of the information is included.

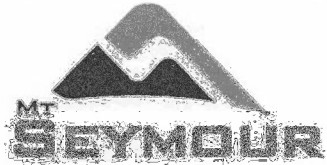
Step 2- Return the Pass Form to your Child's Teacher

Your child's teacher will in turn send this form to Mt Seymour. Your child's information will be kept on file at Mt Seymour. ***IMPORTANT - MT SEYMOUR GUEST SERVICES STAFF WILL NOT ACCEPT THESE FORMS IN PERSON***

Step 3- Get your Child's photo taken and sign a Waiver at Mt Seymour

Please bring your child to Guest Services (check hours of operation at www.mountseymour.com/fags or call 604-986-2261). Mt Seymour is located at 1700 Mount Seymour Road, North Vancouver. You must come in person to get your season pass. A parent or guardian must be present to sign the season pass waiver.

Step 4- If your Child already has a Mt Seymour Season Pass, we have two options for you: a gift card for the value of the amount paid on the original season pass or transfer the pass to a sibling or friend. Please indicate your choice on the attached form. Gift cards can be used towards any goods or services on the mountain and must be picked up in person. If transferring your child's season pass, please have the designated child visit us with their parent or guardian and instruct them to give your child's name to our guest services staff.



Grade 4-8 Season Pass Form

Please complete this form in full. All of this information is necessary to set up a pass. Should you have concerns about how this information is used please see www.mountseymour.ca/terms-privacy to review Mt Seymour's privacy policy.

PLEASE PRINT CLEARLY

FIRST & LAST NAME:	
SCHOOL NAME:	
PARENT/GUARDIAN NAME:	
DATE OF BIRTH: (mm/dd/yr)	
TYPE OF PASS:	Grade 4-8 Season Pass 2018/2019
ADDRESS:	
CITY & POSTAL CODE:	
PHONE:	
EMAIL:	

I have already purchased a season pass for my child and would like a gift card.

PLEASE RETURN THIS FORM TO YOUR CHILD'S TEACHER OR SCHOOL OFFICE. FORMS WILL NOT BE ACCEPTED ON THE MOUNTAIN.

Height Conversions					
Feet	CM	Inches	Feet	CM	Inches
3'	91	36"	5'	152	60"
3'1"	94	37"	5'1"	155	61"
3'2"	97	38"	5'2"	157	62"
3'3"	99	39"	5'3"	160	63"
3'4"	101	40"	5'4"	163	64"
3'5"	104	41"	5'5"	165	65"
3'6"	107	42"	5'6"	168	66"
3'7"	109	43"	5'7"	170	67"
3'8"	112	44"	5'8"	173	68"
3'9"	114	45"	5'9"	175	69"
3'10"	117	46"	5'10"	178	70"
3'11"	119	47"	5'11"	180	71"
4'	122	48"	6'	183	72"
4'1"	124	49"	6'1"	185	73"
4'2"	127	50"	6'2"	188	74"
4'3"	130	51"	6'3"	190	75"
4'4"	132	52"	6'4"	193	76"
4'5"	135	53"	6'5"	196	77"
4'6"	137	54"	6'6"	198	78"
4'7"	140	55"			
4'8"	142	56"			
4'9"	145	57"			
4'10"	147	58"			
4'11"	150	59"			

Weight Conversions															
KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS	KG	LBS
10	22	21	44	30	66	40	88	50	110	60	132	70	154	80	176
11	24	21	46	31	68	41	90	51	112	61	134	71	156	81	178
12	26	22	48	32	70	42	92	52	114	62	136	72	158	82	180
13	29	23	51	33	73	43	96	53	117	63	139	73	161	83	183
14	31	24	53	34	75	44	97	54	119	64	141	74	163	84	187
15	33	25	55	35	77	45	99	55	121	65	143	75	165	85	187
16	35	26	57	36	79	46	101	56	123	66	145	76	167	86	189
17	37	27	59	37	81	47	103	57	125	67	147	77	169	87	191
18	40	28	62	38	84	48	106	58	128	68	150	78	172	88	194
19	42	29	64	39	86	49	108	59	130	69	152	79	174	89	196

Shoe Size Conversions			
EUROPE	US Boys	US Girls	CM
24	Kids 6	Kids 9	15 cm
25	Kids 8	Kids 10	16 cm
26	Kids 10	Kids 11	17 cm
27-28	Kids 11	Kids 12	18 cm
29	Kids 12	Kids 13	19 cm
30-31	Kids 13	1	20 cm
32	1	2	20 cm
32	1 1/2	2 1/2	21 cm
33	2	3	21 cm
33	2 1/2	3 1/2	22 cm
34	3	4	22 cm
34	3 1/2	4 1/2	22 cm
35	4	5	23 cm
36	4 1/2	5 1/2	23 cm
36.5	5	6	24 cm
37	5 1/2	6 1/2	24 cm
38	6	7	24 cm
39	7	7 1/2	25 cm
39.5	7 1/2	8	25 cm
40	8	8 1/2	26 cm
41	8 1/2	9 1/2	26 cm
42	9	10	27 cm
42.5	9 1/2	10 1/2	27 cm
43	10	11	28 cm
43.5	10 1/2	11 1/2	28 cm
44	11	12	28 cm
45	11 1/2	12 1/2	29 cm
46	12	13	29 cm
46.5	12 1/2	13 1/2	30 cm
47	13	14	30 cm
48	13 1/2	14 1/2	30 cm
49-50	14 1/2	15 1/2	31 cm

Shoe size needed in CM
 Height needed in CM
 Weight needed in KG