Greetings Teachers

Welcome to the Sovereign S'Cool Ski Program. We are excited to have your class join us for your upcoming cross country ski and snowshoe lessons at Sovereign Lake Nordic Club (SLNC) this winter.

SLNC S'Cool Ski Programming provides students with the opportunity to learn the concepts of cross country skiing and snowshoeing in a fun, safe and inclusive environment. This S'Cool Ski curriculum is part of a nationally sanctioned Cross Country Canada (CCC) program and follows the Long-Term Athlete Development (LTAD) model, currently supported by all Sport Canada Programs.

OUR PROGRAM

Our program allows for lessons in both cross country skiing and snowshoeing, geared to students from grade 3-8. Both sports introduce dynamic balance, cardio-vascular exercise, and strength through play and fun on the snow. Our skilled instructors will teach students the skills of balance on varied terrain for a fun, safe and enjoyable day. Our goal is that these skills will encourage a lifelong pursuit to be active for life both on and off the snow.

Inclusiveness is an SLNC value and priority. It is our hope that all students can access our S'Cool Programs. Please contact the S'Cool Ski Coordinator to discuss additional needs that your students have so that we can set them up for success.

PROGRAM FORMAT

We are excited to offer 2 options for our students and schools. Lesson options are built on the assumption of approximately 50 students (2 classes in total) attending each day.

Option 1: This option spans across 2 days. Offering students 2 cross-country skiing lessons on one day and 2 guided snowshoeing lessons on the other.
For example Day 1: Class A Snowshoes both lessons, Class B XC skis both lessons.
Day 2 Class A XC Skis both lessons and Class B Snowshoes both lessons.

Option 2: This option spans 1 single day. Offering students 1 cross-country ski lesson and 1 guided snowshoeing lesson on a single day.
For example Class A Snowshoe 09:30-11 and XC ski 11:30-1
Class B XC ski 09:30-11 and Snowshoe 11:30-1

DATES and LESSONS

The S'Cool Program will run Monday-Friday from the beginning of December to mid March.

Here's a glimpse at our daily schedule:

- **First lesson 9:30-11**
- **Lunch break from 11-11:30**
- **Second lesson 11:30-1:00**

We understand that weather conditions and other factors can create delays. We will remain flexible in these situations, ensuring that students receive their full lesson time whenever possible. For schools that must travel longer distances to the mountain, we will prearrange alternate times to accommodate your school. Please contact the S'Cool Ski Coordinator for more information.

PRICING for the 2025/26 season

APPLIES TO STUDENTS/ADULTS FOR BOTH CROSS COUNTRY SKIING AND SNOWSHOEING

	TOTAL COST PER DAY/PARTICIPANT
RENTALS	$5.00 + PST + GST
TRAIL FEE	$6.00 + GST
LESSONS (2 lessons, each lasting 90 minutes)	$14.00 + GST
Each class is allocated FIVE free adult chaperones daily FEES APPLY TO ALL ADDITIONAL ADULTS (to be paid at front desk upon visit)	

For more information please contact Ally: schools@sovereignlake.com

CHAPERONES

Chaperones and parents are a great help for students. We provide 5 complimentary tickets and rentals for chaperones per class. During lessons, we request 1-2 teacher/chaperones to assist the instructor in each lesson group, and one chaperone to remain in the lodge. If extra parents join us, they can ski freely and explore the trails during lessons.

BOOKING

We can't wait to have the students here! Please email your preferred date requests and to Ally at schools@sovereignlake.com. Requests will be processed in order of submission and will be looked at starting September 23, 2025. Once all dates have been confirmed via email requests, we will ask teachers to fill out and submit the Final Booking Confirmation Form.

ARRIVAL TIME

Please arrive approximately 15-20 minutes before your lesson time begins. Our S'Cool Staff will be on hand to welcome you and assist each class in finding their respective lodges. Bus parking is in the lower parking lot to the left as you enter SLNC.

CANCELLATIONS/CHANGES

If you must cancel or would like to request a change in date, please let us know asap as we may be able to make up or change your dates depending on availability. **Please note the new policy effective for the 2025/26 season. To ensure SLNC has appropriate staffing for your lessons we require final student numbers to be submitted a minimum of 48 hours prior to your arrival date. This form will be sent to you upon booking. Invoicing will be submitted to each school based on this Final Attendance Form. If we encounter a cold weather cut off temperature, we will do our best to rebook your school for a later date. If rescheduling is not possible we will not charge for that day.**

INVOICING

SLNC will send an invoice to your school after completion of each school's last visit. The invoice will reflect the final numbers that each school submits at least 48 hours prior to the lesson dates.

PREPARING STUDENTS

Sovereign Lake is located in Silverstar Provincial Park. We would love to help the students have the best experience possible while on the trails. This starts with dressing for success. The weather can be quite different at the top of the mountain than down in the valley. Conditions can change during your outing. Layering allows you to adjust your clothing as needed. You can remove or add layers depending on your body temperature and the weather:

- **Layer #1**: The base layer. This first layer of clothing, worn closest to your skin, should be made of synthetic polypro or wool material that dries quickly and moves sweat away from your body. Please note that clothing made of cotton is NOT suitable as it absorbs and retains moisture very easily and will eventually leave you uncomfortable and cold.
- **Layer #2**: The middle layer. A skier's second layer will help keep them warm by increasing insulation. Fleece is a great option for a middle layer.
- **Layer #3**. The outer layer. Your outer layer should protect you from wind and moisture. A windproof and waterproof jacket and pants are essential.

In addition to the 3 layers, please ensure that students bring suitable gloves or mittens, sunglasses, winter boots, touque, neck warmer, and suitable socks for a day outside on skis and snowshoes (comfortable, moisture-wicking socks if possible).

WAIVERS

Sovereign waiver forms must be signed and and submitted to Sovereign Lake prior to commencing any on-snow activities by all participants, students, teachers and chaperones..

GROUPS

Before your arrival at SLNC, please provide us with a student list divided into groups based on their abilities and skiing experience. We will inform you of the required number of groups, which is typically around three for an average-sized class. Ensure that the groups are well-balanced by considering the following guidelines and abilities.

For our ski groups we recommend:

- Beginner: Student is brand new to skiing and/or snow sports
- Novice: Student has cross country skied or downhill skied a few times.
- Intermediate/advanced: Students can ski on green and blue trails with moderate climbs and descents downhill.

For our snowshoe groups we will divide into 2 groups, we recommend:

- Recreational pace: For students that prefer more relaxed pace
- Intermediate pace: For students who want a bit more of a challenge

NUTRITION

Students should begin the day with a nutritious breakfast and pack a hearty lunch, lots of snacks like dried fruit and nuts, and a litre of water to stay energised throughout the day.

STUDENT EXPECTATIONS

We're thrilled to embark on this exciting winter adventure with the students. Just like at school, we have expectations for student behaviour to ensure that everyone has a safe and enjoyable experience. We ask that students:

- Show respect towards fellow students, instructors, and other participants.
- Follow the instructions given by instructors and chaperones.
- Stay together while on the trails, never leave the group
- Follow trail rules and etiquette as outlined by your instructors
- Have fun!

WEATHER CONDITIONS

Live weather conditions are available on our website www.sovereignlake.com. Our program cut off temperature is -15 degrees air temperature, wind chill is considered. We do closely monitor the weather and will work with you to determine if the temperature is suitable for your students. If in doubt please email schools@sovereignlake.com or call the front desk at (250) 558-3036. If we do need to cancel due to the cold weather cut off we will not invoice for that day. We will do our best to reschedule for a later date!

STUDENT FINANCIAL ASSISTANCE

Sovereign Lake Nordic Center recognises the need for financial help and rebates may be awarded through SLNS's Jess 4 Kids Scholarship Fund. Follow the link to our Jess4Kids information page here: https://www.sovereignlake.com/programs/jess4kids-fund/
The Scholarship fund is there to subsidise youth when financial assistance is required for participation in our S'Cool Ski Program. Funding may be applied to any aspect of the Program - ie bussing, lessons, rentals, tickets, adaptive program etc. Please inquire to schools@sovereignlake.com or call Ally at the lodge: 250-558-3036

Looking forward to seeing you this winter!