



Rainbow Ski Trip Safety Information

Before leaving the school checklist:

Please check that all students have:

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| ✓ Thermals | ✓ waterproof gloves/mittens |
| ✓ a waterproof jacket | ✓ a packed lunch with energy bars |
| ✓ waterproof trousers | ✓ two drinks |
| ✓ thick socks | ✓ an extra set of clothing for the trip home. |
| ✓ a warm hat | ✓ all children need to know their running shoe size (younger ones should have it written on their hand) |
| ✓ eye protection (sunglasses/goggles) | |
| ✓ sun protection | |

The Snow Shop on the mountain sells essential items (goggles, sunglasses, hats, gloves etc).

Communications:

The last place with cell-phone reception is the Tophouse T-intersection. There is no cell-phone coverage on the mountain, however landline and internet access is available on request for any urgent matters, please ask our friendly staff.

Mountain staff communication is via Radio contact, this is available at the car park via the shuttle bus operators, your ski school leader, any lift operator and Ski Patrollers on-field.

Travelling via vehicle:

Rainbow Location: situated at the top of the South Island just off highway 63. It is about 1 hour 30 minutes drive from Nelson airport, 1 hour 20 minutes drive from Blenheim, 1 hour 40 minutes from Picton and 1 hour 20 minutes drive from Murchison. Turn right onto Rainbow Valley Road (left if coming from Blenheim) and drive along the 12km sealed road. The road passes through five fords before reaching the mountain road car park at Six Mile Creek. The mountain road winds up alongside Six Mile Creek through native beech forest up towards the ski area above the tree line.

It is our mountain policy that all vehicles carry the appropriate sized chains, should conditions change. If you need to hire chains please see www.skirainbow.co.nz/aboutrainbow/location.aspx. Please make sure you are wearing your seat belts and not distracting the driver.

Travelling via Rainbow Shuttle bus:

Remain in your seats and follow our driver's instructions. Please make sure that children have warm clothing and suitable footwear with them. Our qualified shuttle drivers have procedures in place in case of accidents or emergencies. All shuttle buses are fully equipped with first aid kits and fire extinguishers.

Please make sure students are under appropriate supervision at the bottom car-park and top mountain facilities to ensure a timely departure.

Skiing/Snowboarding Lesson:

Please make sure the students are wearing suitable warm waterproof clothing, waterproof gloves, eye protection and sun protection. Students may have a few minor falls or collisions. Please make sure the students are following ALL instructions from our instructors. Our trained instructors carefully assess students' abilities and their recommendation of terrain should be taken seriously.

Lunch-time:

The Mount Robert Lodge is your group's base for the day to leave all your belongings. Because of the altitude, cold temperatures and the energy expended it is essential that students stay hydrated during the day. The Rainbow Mountain Café has a variety of hot and cold food and drinks available for purchase. There is fresh alpine water supplied car-park side of the rental building for replenishing drink bottles.

Free skiing after your lesson:

Do not let students ride up the intermediate platter lift or the T-bar lift unless okayed by a senior instructor or a member of staff. Ski within your limits and remain in the designated marked areas. Please be aware that the weather may change quickly so extra clothing may be required. Most basic ski field rules and etiquette are covered in The Snow Responsibility Code on the last page.

On-field safety:

All our Ski & Snowboard instructors are fully qualified to instruct and are qualified first aiders. When an accident occurs, Ski Patrol staff will provide prompt efficient first aid and assist with rescue and/or evacuation. Rainbow Ski Patrol have all required equipment & facilities and are PHEC qualified (Pre-Hospital Emergency Care). Teachers and parents can be confident that any incident will be dealt with in the most professional manner. Rainbow Ski Area is well serviced by Regional Emergency Services and we can have external support as and when required.

N.B. The Ski Patrol room is on the beginners slope side of the rentals building.

Rainbow Ski Area's Health and Safety System:

Rainbow Ski Area's Health and Safety System is designed to manage and promote the safety of:

- All operations and activities at Rainbow Ski Area concession area.
- All employee, voluntary or contract staff at Rainbow Ski Area.
- All clients and visitors using the Rainbow Ski Area facilities and features including their use of the access roads.
- Any work by any employee working in any other location including the travelling to or from that location.

Please refer to the below risk matrix which has been put together specifically for school groups visiting our ski field.

ACTIVITY	HAZARAD	RISK	MANAGEMENT STRATEGIES
Travelling in Vehicles	- Road Accident.	- Injury to body. - Delay.	- Seat belt on at all times. - Don't distract driver.
Shuttle Bus	- May lose traction due to snow and ice. - Bus becoming stuck.	- Injury to body. - Children waiting in cold. - Walking back down to car-park.	- Remain in seats and follow driver's instructions. - Ensure children have warm clothing and suitable footwear with them.
Mountain Lifts (Rope-tows, Platter & T-bar)	- Improper use of lifts. - Lack of concentration.	- May fall off lift. - Injury to body. - Damage to lift infrastructure.	- Ensure students follow instruction from mountain staff. - Identify informational signage to ALL students about correct use of lifts. - Ensure students have full concentration when using lifts.
Skiing/Snowboarding	- Falling over at speed. - Exposed rocks in snow. - Other skiers.	- Sprains, cuts and breaks. - Crashing over objects. - On-slope collisions.	- Ski within your limits. - Remain in designated area. - Follow ALL instructions from Instructors and mountain staff. - Ensure equipment is carefully adjusted.
High altitude activity	- Sudden change in weather conditions. - Drop in temperature.	- Hypothermia due to cold condition in inadequate clothing.	- Check that ALL children have appropriate clothing before leaving school. - Check they have spare clothes to change into.
After lesson Skiing/Snowboarding	- Change in snow conditions. - White-out condition.	- Becoming dis-orientated or lost.	- Keep vigil watch for changes in weather. - Ski/Snowboard within the marked areas. - Make sure assigned parent helpers remain with student groups at all times.

Note: These are just some of the daily hazards on an Alpine Ski Area and have been selected for school trip administration.

For any further enquiries don't hesitate to ask: P: 027 521 1861 E: admin@skirainbow.co.nz

This is the NZ Snow Responsibility code that every Skier & Snowboarder must obey:



THE SNOW CODE

Visit: www.mountainsafety.org.nz

The Snow Responsibility Code

- 1. STAY IN CONTROL AT ALL TIMES**
Know your ability, start easy, be able to stop and avoid other people. Losing control is the number one cause of falls.
- 2. PEOPLE BELOW YOU HAVE THE RIGHT OF WAY**
The Skier or boarder downhill of you has the right of way. Don't forget to look above before entering a trail.
- 3. OBEY ALL SKI AREA SIGNAGE**
Signs are there for your safety. Keep out of closed areas.
- 4. LOOK BEFORE YOU LEAP**
Scope out jumps first. Ensure the area is clear of others and use a spotter on blind jumps.
- 5. STOP WHERE YOU CAN BE SEEN**
When stopping, try to move to the side of the trail and make sure you can be seen from above.
- 6. DON'T LOSE WHAT YOU USE**
Equipment must be secured while walking or stashing. This goes for rubbish too! Remember to take all your waste with you so it doesn't become a hazard for others (or the environment).
- 7. STAY ON SCENE**
If you are involved in or witness an accident, remain at the scene and identify yourself to the ski patrol.
- 8. RESPECT GETS RESPECT**
Right from the lift line, to the slopes, and through the car park - treat others as you would want to be treated.