

QAST

QUEENSTOWN ALPINE SKI TEAM

HANDBOOK



WELCOME TO THE QUEENSTOWN ALPINE SKI TEAM (QAST)

The QAST Handbook has been designed to be a resource for the members of QAST. We have written it primarily with the parents of new athletes in mind. We often hear how overwhelming it is for those new to ski racing and new to QAST. Our hope is that this handbook will introduce you to QAST, the sport of ski racing and that it will be a resource when you have questions. It is a work in progress and we are always open to suggestions for edits or additions. We look forward to your participation and involvement with our age group programs.

Have a great season.

Damien O'Connell

Chairman

MISSION AND VALUES:

The Queenstown Alpine Ski Team (QAST) is an autonomous, not for profit, incorporated sporting body administered by a voluntary committee. It provides quality training programs for alpine skiing.

QAST has a strong relationship with both NZSki staff and management and Snow Sports New Zealand (SSNZ) and we are grateful for their on-going support and co-operation.

OVERALL EXCELLENCE:

Is our mission statement and this is strived for in all areas - training, coaching, competition, management and administration.

The QAST team consists of local and national athletes from throughout New Zealand with a growing number of foreign athletes also joining the team each season.

The program offers a holistic approach to the sport of skiing, providing the support and skills needed to help individuals reach their goals.

Team Mission:

- To maintain a quality coaching program for all athletes
- To provide an environment of friendship and fun
- To provide a level of skiing which gives each individual maximum enjoyment from the sport
- To initiate overseas training programs
- To build and consolidate the entry level program
- To produce elite athletes to National Team level
- To develop coaching as a profession

QAST COMMITTEE:

The role of the Voluntary Committee is to formulate policy, program development and maintain the economic stability of the team; to serve as liaison between parents and also within the community; to facilitate communications between ski area management as required; to promote the team; to approve and oversee the annual operating budget; to hire qualified staff.

During the season the Voluntary Committee meets monthly, most meetings are open to all financial members.

Please enquire at the QAST office for meeting dates and times.

2017 QAST Committee Members:

Damien O'Connell	Chairman
Jeremy Ullrich	Coach Liaison & Athletic Sub-Committee Chair
Erika Harris	Sponsorship & Athletic Sub-Committee
	Race (National Youth Series ROC Chair)
Alan Garrick	ROC Chair NZ Nationals, Coronet Cup
Damien O'Connell	High School Academy & Junior Academy
Nick Flight	Vehicles & Equipment
Ray Key	Treasurer
Simon Botherway	Policies

NZSki Representative: Toby Arnott

Patron: Paddy Strain

INFORMATION & UPDATES:

Our website is www.qast.org.nz - Website, Email, Facebook and text messaging are our ways of keeping in contact. You will be updated with regular news throughout the season. We ask you to provide us with a frequently checked email address and cell phone number for text messages. Keeping you well informed is our priority. Please check your email and the website frequently. Please contact the office should you have any questions.

OFFICE & CONTACTS:

The office is located at Sherwood Queenstown, 554 Frankton Road, Queenstown. The office hours are generally 9am to 2pm Monday to Friday during the winter season.

Telephone: (03) 442 8182
Email: admin@gast.org.nz
Website: www.qast.org.nz
Postal Address: PO Box 848, Queenstown 9348
Administration: Bridget Newman

COACHES:

Age Group Alpine Coaches

Angus Rose	Senior Head Coach FIS	New Zealand
Bjørn Nordahl	FIS Coach	Sweden
Marco Tomasi	Head Coach Under 16	Italy
Federico Detragiache	Lead Coach Under 14	Italy
	Part time Coach Under 14	
	Lead Coach Under 10/12	
Andy McKinley	Part time Coach Under 10/12	United Kingdom
Tai Juneau	Part time Coach Under 10/12	New Zealand
Mario Hanausek	Head Coach/Program Director	Austria

2017 GUIDE TO ALPINE AGE GROUP CLASSIFICATIONS:

Age Categories

Under 10 (U10)	8 & 9 years old as at 31 December 2016	2008 & 2009
Under 12 (U12)	10 & 11 years old as at 31 December 2016	2006 & 2007
Under 14 (U14)	12 & 13 years old as at 31 December 2016	2004 & 2005
Under 16 (U16)	14 & 15 years old as at 31 December 2016	2002 & 2003
Senior (FIS)	16 years and older as at 31 December 2016	2001 – older

QAST offers a range of programs catering for athletes from U10 to FIS. This starts with the NZSki Intro Program during the July School Holidays, this program is designed as an entry level program for those wanting to join our QAST age group programs. Our season long programs include both full time senior and junior academy programs and part time weekend options.

ENTRY REQUIREMENTS:

- All prospective athletes wishing to join the QAST training program must have previous race experience or undergo a ski test and the discretion is that of the Head Coach/Program Director. Please contact QAST administrator for further information.
- It is standard practice for all new athletes entering the program to serve a probationary period. QAST is a performance development program that provides enhanced training and competitive opportunities for alpine ski racers. The first two weeks of your term with QAST are considered the probation period. If at the end of this period the Head Coach/Program Director deems a member does not prove satisfactory and met expectations, your fees will be refunded in full, less the day rate for the number of days skied.
- Children must be able to ski independently and competently across all terrain at Coronet Peak and The Remarkables and be physically strong enough to cope with the demanding age group specific training schedules and varying snow and weather conditions.
- Older athletes can enter the program at the discretion of the Head Coach/Program Director. It is preferable that athletes start at the U10/U12 level and move progressively through the structured age groups but there is an entry pathway open to older athletes.

- Wherever possible we endeavour to put children together with others in their age group, however for the development of your child and at the discretion of the Head Coach/Program Director it may be necessary to place him or her with skiers of a similar ability.

JUNIOR TRAINING:

Daily Training Program:

- Groups usually meet at 8:45am (7.30am once First Tracks is underway) in the Base Building at Coronet Peak ready to load the lift at 9am (8am once First Tracks is underway). We train until approximately 11.30am and after a short lunch break, resume training until 3pm.
- Punctuality is essential at all times. If an athlete is late, they should wait for their coach/group at the bottom of the lift where the group is training.
- The QAST program is designed to get juniors excited about ski racing and to develop the physical and mental skills needed to compete as a ski racer at a higher level.
- With the emphasis on fundamentals for the junior skiers, this program seeks to continue to develop the athletes' basic technical skills over the course of the entire season. Groups are divided by age and ability.
- Skills are strengthened and refined through supervised free skiing, technical drills and experience in Slalom and Giant Slalom training courses with powder skiing enjoyed when conditions prevail.
- Dry-land training (when arranged) usually starts around 3:45pm, although each age group may have different arrangements. Coaches will advise athletes of location and times, keep an eye on the QAST website under 'Calendar'. Wear appropriate clothing and footwear suitable for current weather conditions - Remember to bring a **water bottle**.
- During the School Holidays there is at least one rest day per 4 – 5 days of scheduled training/racing

SCHOOL SKIING:

- Athletes who attend local Primary Schools or Wakatipu High School are able to ski with QAST on their School Skiing Days offered as part of the school curriculum (additional fees apply).
- Parents should notify their respective schools if their child will be taking up this option. QAST provides respective schools with names of those attending.
- Prices vary between schools so please check the QAST website under Programs for further information.

SENIOR ACADEMY (NEW ZEALAND ALPINE SPORTS ACADEMY):

- QAST has been instrumental in setting up a Senior Academy at Wakatipu High School to enable athletes to train and race while continuing with their High School education.
- The Senior Academy has been running since 1998 and has helped produce numerous National Team Members and Olympians.
- The Senior Academy Representative is **Damien O'Connell**.

INCIDENTS/ACCIDENTS PROTOCOL:

- In the event of an accident that requires Ski Patrol assistance, a QAST Coach will stay with the injured athlete until Ski Patrol arrives and takes control of the accident site. The QAST Coach will make arrangements for the rest of the group before traveling with Ski Patrol and the injured

athlete to the on mountain medical facility. The QAST Coach will contact the Head Coach/Program Director who will in turn contact the parents of the injured athlete to inform them of the accident and advise them that Ski Patrol has control of the situation. Once the athlete has been assessed, Ski Patrol will call to update the parents on the athlete's condition, location and further treatment requirements.

AMENDMENTS/UPDATES/CANCELLATIONS TO SCHEDULES:

- Changes to the program may occur due to various unforeseen reasons usually weather or snow conditions, athletes and parents need to check the website and their emails and text messages daily for any changes. Please contact QAST administration if you have any questions.
- Coaches will also keep athletes in their individual age groups informed of changes as they occur.
- In the event that the mountain is closed, on snow training will be cancelled, however dry-land training may go ahead. Your coach will advise you of the training program in the event the mountain is closed. No refunds will be given for inclement weather.
- All coaches are responsible for on-going communication with athletes in their respective groups Example: Changes to training schedules, race times, help with selection of equipment etc.
- Should you wish to discuss your child's progress or have any issues regarding the program, in the first instance please contact the QAST Head Coach/Program Director.

TRANSPORT – CORONET PEAK/THE REMARKABLES:

QAST Van service is provided for: *(in order of priority)*

- Senior Academy
- Competition Travel
- Weekend Programs

Van bookings on weekends are **ESSENTIAL** and must be made via your coach by way of text message or phone no later than **6:30pm** the evening before you require a ride. If you do not hear from the coach you know you have a seat. You will receive a text message if the vans are full. Space is strictly on a first come first served basis.

Van fees for the 2017 season are unchanged and are as follows:

Senior Academy - \$595 based on Three Days per week (Tues/Wed/Thurs)

Coronet Peak - \$12.50 each way – Pick up points QAST Office/Bottom of Coronet Peak Rd

Remarkables - \$15.00 each way – Pick up points QAST Office/Frankton Bus Stop

Race Events – Per kilometre price and based upon athlete numbers

NZSKI SEASONS PASSES:

- These are not included in the QAST program. They are available for local school children at a discounted price, please check with your respective school and/or NZSki.
- A First Tracks Pass is required for all athletes U14 and older and all Academy athletes. A First Tracks Pass enables athletes access to early morning training throughout the season (Once First Tracks Opens). First tracks at Coronet Peak is \$249.00 for the season.

DRY-LAND TRAINING:

Physical conditioning is a crucial factor for the sport of alpine skiing. Dry-land training is included in our programs and for older athletes begins well before they are on the snow. A high standard of overall fitness helps the athletes in many ways:

- endurance for a long days training
- strength and body awareness to improve technical and tactical skills faster
- maintaining concentration during training
- prevention of injury
- prevention of sickness due to tiredness from cold or long training days
- **recovery**

Athletes need to look at 4 major areas of fitness in relation to skiing:

- Strength: Control of force and speed in a turn
- Quickness/Speed: Execution of movement and technique
- Balance and Co-ordination: Motor skills and agility
- Flexibility: Injury prevention and that inevitable nose plant in powder

Skiing racing is a very challenging competitive sport with many different aspects involved in training and competition. For this reason, physical training begins when athletes are young through a variety of activities to encourage general motor skill development and continues through to the use of structured, specific training methods for older athletes.

Physical training (often simply cross-training through other sports) prior to the season can make a huge difference to on snow training. We don't ski to get fit; we ski to go faster and without good conditioning injury may result!

Pre-season training sports include:

- Balance/Agility: Gymnastics, ice-skating, roller blading, slack line
- Strength: Weight training/Resistance training (Generally U16 and older)
- Speed: Ball games, sprinting, interval training
- Endurance: Cycling, swimming, jogging, hiking
- Other: Circuit classes, athletics
- Just about everything helps the dry-land training aspects of your skiing skills
- All other sport`s

Athletes should be involved in physical activity a minimum of 4 days per week. Senior athletes must be on a full time training program.

Dry-land sessions conducted by coaches after on snow training during the winter are also important. This is specific off snow training directly related to skiing, and in many cases the coaches can identify in an individual athlete the problem that is holding him or her back on the snow just by watching them at dry-land training.

EQUIPMENT REQUIREMENTS:

The equipment requirements for each program are set out below.

Skis:

- U10/U12 Athletes will need one pair of junior alpine skis and poles to match – No twin tip skis permitted!
- U14 Athletes you will need one pair of junior Giant Slalom skis and one pair of junior Slalom skis and poles to match.
- U16 Athletes you will need one pair of junior Giant Slalom skis, one pair of Slalom Skis and one pair of junior SuperG skis and poles to match. FIS approved helmets mandatory.
- FIS Athletes skis and poles as per current FIS regulations (Men GS Ski 30m radius 193cm)

Boots:

- A well fitted race boot suitable to your ability, height and weight is essential

Race Suit:

- A race suit ("GS Technical Suit") is mandatory for all U14, U16 and FIS athletes and optional for U10 and U12 athletes on race days.

Protection:

- A FIS approved ski racing helmet and back protector is mandatory! Gate Protection.
- For U14, U16 and FIS athletes other necessary protection includes shin guards, pole guards and a chin guard. Optional protection may include, forearm guards and stealth body armour. **FIS approved helmets mandatory!**

UNIFORM:

The QAST uniform is distinctive and bears the advertising of a number of valued sponsors. Athletes are expected to maintain a high standard of behaviour while wearing the uniform both on and off the mountain and abuse of such is viewed seriously!

Athletes are to wear their issued uniform whenever they are participating in the QAST program. Should you have any questions regarding the uniforms please contact the QAST office.

During training QAST athletes wearing our uniform also have the privilege of using the NZSki Ski School Lane at all lifts when the coach is not available to cycle with the group. Athletes must NEVER cut lift lines when they are not training!

Athletes must wear uniforms at any prize giving ceremony and at any functions as directed by the Committee and the Coaches.

Uniforms returned unclean at the end of the season will incur a cleaning fee.

Uniforms will be issued prior to the commencement of the winter program (Uniform rental fee applies).

Team uniforms are to be used on the mountain only when training with QAST. If an athlete is skiing on a non QAST training day then the QAST uniform must NOT be worn.

FEES, EXPENSES AND INVOICING:

All prices are detailed on the website under 'Programs and Enrolment'. Additional charges throughout the season are billed as follows:

- School Skiing – Billed at the end of the season if not paid in advance
- Extra Training Days – Billed monthly
- Race Camps – Billed at the end of the camp, a deposit may be required to secure your athletes place on any camp
- Race Entry Fees – paid directly by the parent when entering a race through SSNZ
- Van Charges – Billed at increments throughout the season
- Uniforms lost or not returned – Billed at the end of the season

Local athlete fees are very similar to last year with the addition of a 4% insurance premium. Please be aware that if insurance is not paid the QAST injury refund policy will not apply and no funds will be returned, all fees will have to be paid upfront before the start of the season.

Athletes are required to pay a non-refundable 15% deposit by 15th March 2017 and the remaining balance in two equal instalments by 1st June 2017 and 27th July 2017.

Mt Hutt speed camp for 2017 has been estimated at \$1200 per athlete. This is payable by all U16 and U14 athletes with the 2nd instalment. Athletes who decide not to attend the camp will be refunded in full. When the exact cost of the camp is known athletes will be charged or refunded any differential which arises from the estimated \$1200.

Invoices not paid by the due date are charged a penalty rate of 2% per month on a monthly basis. The QAST Committee reserves the right to remove athletes from the program if fees are not paid by the due dates stated above.

QAST is a non-profit organisation. Wherever possible we would appreciate your payment via online banking, cash or cheque to avoid credit card commissions (if you prefer to pay by credit card there will be a 2.2% surcharge). Our bank account details appear on our invoices.

MEMBERSHIP:

- Membership fees are included in the season fee

REFUND POLICY:

QAST is a not-for-profit entity with an all-volunteer committee. We aim to provide a competitive alpine race program at a reasonable cost and we budget for season-long athlete participation. However, injuries and exceptional circumstances do arise and our Refund Policy outlines the circumstances in which you will be eligible for a refund of that portion of your fees for the period that your athlete is unable to train.

You will not be entitled to any refund of fees in the event of an injury that prevents your athlete from training unless you have purchased QAST Injury Insurance at the time of enrolment.

If you have purchased QAST Injury Insurance at the time of enrolment, you are entitled to a refund under the following circumstances:

Injury – Minor injuries are commonplace in alpine ski racing and many athletes will miss some training days as a result of minor injuries. Should your athlete suffer a more serious injury, there is a two-week stand-down period after which you will be eligible for a pro-rata refund of fees paid for the ensuing period of time that your athlete is unable to train due to injury. We require a Doctor's Medical Certificate to support your refund claim.

Exceptional Circumstances – in the event of exceptional circumstances such as a family bereavement, the QAST Committee may at its discretion, refund fees for an athlete who is either withdrawn from the program or is required to be absent for more than the two week stand-down period.

All refund requests must be submitted in writing.

VOLUNTEER HELP AND ROLE OF ALL PARENTS:

Parents with athletes in all QAST Programs are one of our most valuable resources and are critical to the program's success. In a non-profit organisation like QAST, a level of parental commitment is expected to meet our seasonal demand for labour and fundraising.

The key fundraisers for QAST each year are the International Coronet Cup FIS Race and the New Zealand National Championships. QAST, in conjunction with NZSKI are responsible for organising volunteers for this race. It is absolutely essential that on these race days we have enough people to undertake tasks such as gate keeping, timing, marshalling and result recording to ensure the smooth running of these races.

It is a requirement that each family volunteers for a minimum of 2 days per athlete that they have in the program. A race volunteer form is available on the website under the Parents/Forms Tab which you can download, fill out and return to the QAST office. If you do not fulfil your volunteer obligations, the pre-season bond of \$250.00 per athlete invoiced to you with the first payment instalment of the season will be forfeited. It is acceptable of course, for you to organise someone else to carry out your duties. Please remember that the running of these races is vital as a fundraiser for QAST, which directly subsidises your costs for the season.

You have an opportunity to choose the days that suit you best upon early season enrolment. We then distribute the volunteer sheets with allocations and duties closer to the events. It is your responsibility to find a replacement if, for any reason, you cannot make your assigned dates.

RACE AND COMPETITION:

- The SSNZ Race Calendar is on the website under 'Race'. The calendar identifies races and competitions your child is eligible to enter according to their ability and age group.
- Coaches will also advise athletes which races are applicable them.
- On race day's athletes' ski with a coach who assists with course inspection. Race days are part of the QAST program and charged as a normal training day.

- **It is your responsibility to enter your child in NZ Youth Series and Junior Interfield races.** This is done online through the **Snowsports website** (www.snowsports.co.nz).
- It is your responsibility to tell your athlete's coach whether or not your athlete will be participating.

SOUTHERN REGION JUNIOR INTERFIELD SERIES:

This series was established in 1986 to provide race experience for junior skiers in the all districts. It is a fun series using the commercial ski areas and caters for a wide range of age groups (6 -16 years) and skiing abilities. It provides a series of races that can be enjoyed by young athletes as well as every day fee paying recreational skiers.

* Note: Snow Sports NZ Membership is required - See the SSNZ Website regarding membership

RACE AND COMPETITION CAMPS:

Athletes may travel away from Queenstown for races and camps in other regions. Sometimes parental assistance is required to help with transport and the supervision of athletes. Accommodation, transportation and meals are arranged by QAST. Prior to any away trip/camp a proposed budget and itinerary will be forwarded to parents and a deposit will be required for each athlete before departing Queenstown. Upon return an invoice detailing costs will be forwarded to parents of the athletes who attended the away trip/camp. Costs will include - Race entry fees, ski passes (If required), accommodation, meals, transportation and a percentage of the overall coaches costs etc. Athletes are required to behave in an appropriate manner when travelling away with the team. The Head Coach/Program Director, Coaches and Parents reserve the right to send any athlete home who does not behave in a suitable manner.

SOCIAL FUNCTIONS AND SPONSORSHIP:

This is a great opportunity to meet other QAST families, Coaches and NZSki Staff. A Meet the Coaches Evening will be held prior to the start of the season. This is an opportunity to meet the Coaches and ask questions. Details will be emailed at a relevant time. An end of season BBQ will be held at Coronet Peak or alternative suitable location. Details will be emailed to parents.

SPONSORS AND SUPPORTERS:

QAST is dependent upon sponsorship from many areas. We acknowledge and greatly appreciate the generosity and support of the following sponsors:

- **Sotheby's International Realty**
- **Wellington Airport**
- **The Community Trust of Southland**
- **NZCT**
- **First Sovereign**
- **The Southern Trust**
- **Night 'n Day**

Numerous other sponsors and supporters in Queenstown and throughout the country lend their support to QAST. Where possible please support our sponsors. You will find a full list of sponsors on our website.

SNOW SPORTS NEW ZEALAND (SSNZ):

Snow Sports New Zealand is the FIS (International Ski Federation) and New Zealand Olympic Committee recognized National Sports Organization (NSO) representing all Snow Sports in New Zealand.

As the umbrella organization Snow Sports provide a wide range of support services and leadership skills to facilitate the activities of the member organisations. For further information about SSNZ, please visit their website. SSNZ Link: www.snowsports.co.nz

BEHAVIOUR EXPECTATIONS, MOUNTAIN SAFETY AND ATHLETE CODE OF CONDUCT:

The Athlete Code of Conduct was created to support the environment of excellence within QAST. One of the many duties of the Coaches in the program is to up-hold and enforce the Code of Conduct.

ATHLETE CODE OF CONDUCT:

- We are a high performance team. A 100% effort must be made both on the snow and during dry-land training sessions ensuring other athletes are not compromised.
- Actions in public reflect on the team and we must work as a team and maintain a strong team image.
- Respect must be used with no exceptions. At all times we will be respectful to: Parents, Coaches, Team Mates, NZSKI Staff, Volunteers, Equipment, Vehicles, Hotels and the personal space of others.
- Responsibility of the individual to do what is best for their training, racing, scholastics, and other needs is expected.
- All members must agree to conduct themselves in a sportsmanlike manner, and are responsible for their actions while attending or participating in all QAST activities.
- Punctuality is essential.
- Athlete curfews and schedules will be established prior to races and training depending on the circumstances (Example: wake up, training, racing, study, quiet periods, vehicle departure, and travel times).
- Boys and Girls are not allowed in each other's rooms after curfew.
- Fireworks and the use of lighters and matches for anything other than ski tuning purposes are forbidden.
- **SMOKING, DRINKING AND THE POSSESSION AND USE OF DRUGS WILL NOT BE TOLERATED.**

For further clarification, unacceptable conduct and related consequences have been classified under three categories as follows:

1. Any offence deemed to be illegal including the use or possession of drugs or other illegal substances, theft etc could result in the immediate dismissal from the team. The offence will be dealt with by the QAST Disciplinary Committee. A final conclusion will be reached and based upon circumstances the result could be expulsion from the program.

2. Any offence deemed to be serious enough as to be of detriment to the positive development of the athlete, other athletes or the program (this would include alcohol, tobacco, or physical abuse) will result in the individual/individuals being sent home immediately. The offence will then be reviewed by the QAST Disciplinary Committee and appropriate sanction will result (suspension for a determined period of time).
3. An offence deemed by the Coaching Staff to be detrimental to the ability, safety or wellbeing of any individual, the team or the program to perform to its optimal level - Such offences would include but are not limited to:
 - Verbal/physical abuse
 - Foul language
 - Manners
 - Attitude
 - Public image

These offences would be first dealt with by the Coaching Staff in direct discussion with the athlete concerned. If a negative attitude persists, the Coaches will then bring the offending athlete's parents into the discussion. Finally and if unsatisfactory behaviour continues, a review of the offences would be brought before the QAST Committee.

PARENT CODE OF CONDUCT:

Parents agree to abide by any decision made by the Coaching Staff, Disciplinary Committee/Committee to maintain a standard of behaviour acceptable to the Coaching Staff and related Committee. Parents should behave in a spirit of good sportsmanship that will not hinder the enjoyment of others or bring a negative influence to the club. If parents have issues with regard to the behaviour of other children, then those issues need to be addressed through the correct channels. In the first instance please take up the issue with the Head Coach/Program Director. The Head Coach/Program Director is the first point of contact for all queries about and issues or complaints with the Program or Individual Coaches and Athletes. Please avoid direct confrontation of sensitive issues with the individual coaches, athletes and parents.

SAFETY AND RESPECT ON THE MOUNTAIN:

NZSKI and QAST work hard to manage the interaction between our athletes, coaches, members of the public and other mountain users.

Because we wear a QAST uniform we are easily recognisable on the mountain. It is particularly important when in the 'Learning/Slow Skiing Zones' that we ski slowly with absolute care and respect for other mountain users and observe all requirements of the Responsibility Code at all times. At Coronet Peak, the Lower M1 Trail and Big Easy Trails are designated as 'Learning Zones'. These areas have high levels of novice skiers and snowboarders, particularly children, skiing fast or irresponsibly will not be tolerated, the loss of ski privileges may be a result of inconsiderate behaviour in any of these areas!

Courtesy Patrol/Ski Patrol are there for the safety of everyone on the mountain so please cooperate with their requests at all times. Failure to do so will result in temporary or permanent loss of seasons pass or lift privileges. While training and racing we have a responsibility to respect safety at all times on the mountain.

NEVER:

- Speed in designated Learning/Slow Skiing Zones
- Recklessly speed or ski close to other mountain users anywhere on the mountain
- Jump onto the M1 and ignore 'No Hit/No Jump' signs
- Raise the safety bar until the chairlift reaches signage near the top station
- Ski a course that is being set by a Coach or the NZSki Race Department
- Ski a course without permission from your Coach
- Push through closed, electronic lift queue gates
- Ride any lift in a reckless manner or unload on the T-bar line
- **Ski in a closed area, avalanche closed area or outside the ski area boundary**

ALWAYS:

- Lower safety bar when using a lift
- When skiing in a group, allow adequate distance between skiers in the group and other mountain users
- Report any injury/ailment to Coaches or Ski Patrol immediately
- Show respect towards other mountain users and ski area staff at all times
- Put your skis on ski racks provided and training bags in the designated area on the main deck

RESPONSIBILITY CODE:

1. Ski in control at all times
2. Give way to others, those below you have the right of way
3. All equipment must have suitable ski brakes
4. Stop where you can be seen and move to the outside of the trail
5. Always use a spotter when jumping
6. Display courteous behaviour to other mountain users and staff at all times
7. Obey all ski area signage

For your convenient reference the **RESPONSIBILITY CODE** is also printed on the back of your season pass.

AMENDMENTS AND CHANGES TO THE HANDBOOK:

The QAST Committee reserves the right to amend, alter, or change the contents of the handbook at any given time without notice. An updated version of the handbook will be available on the website before the commencement of the season.