Whitefish Mountain Resort Parent’s Guide to Lessons

What should my kids wear?

At the Whitefish Mountain Resort the weather can change very quickly. It is important to be prepared for a variety of weather conditions and temperatures. Our strongest advice is to dress in layers so you can add or remove as needed throughout the day.

We also recommend wearing:

- Absorbent wool or synthetic fiber socks, not cotton. You may be tempted to have them wear two pairs of socks but we discourage this as the socks can cause their feet to hurt if they bunch up in their boots.
- Insulated, water-resistant gloves or mittens should always be worn, even on warmer days. Avoid wearing knit gloves or mittens as they will get wet and not keep their hands warm.
- A helmet will keep their head warm and protect them. We have helmets available for rent if you do not own one.
- A foldable facemask which can fit in your child’s pocket when not being used.
- A water resistant jacket with a high collar.
- Water resistant ski pants or snow bibs to stay warm and dry.
- Goggles or sunglasses. Protect them from the sun’s rays and other elements with a good pair of goggles and/or sunglasses.
- Sunscreen

What time should I get to the mountain? Where do lessons meet?

If this is the first day of your vacation with us, please give yourself at least 30-60 minutes prior to the start of the lesson to get registered for lessons and fitted for equipment.

- Ski/Board and Play lessons (3-6yrs old) meet on the second floor of the base lodge in the Kids Center. Morning lessons meet at 9AM and afternoon lessons at 1PM.
- Junior lessons (7yrs +) meet on snow below the Magic Carpet. Morning lessons meet at 10AM and afternoon lessons at 1PM.
- Want to make your first day smoother? Pick up your child’s rental equipment the afternoon before their first lesson.

How will my child be assigned to a group?

We will talk to you and your child at check-in to assess skier/rider experience and make a preliminary assignment. Once check-in is complete, we take the groups onto the mountain to observe their skiing. We watch to see how they ski without prompting from an instructor. We then group children together based on age and who will be working on similar skills and tasks.
If your child skied with us the day prior, we will try to match them with the same instructor if possible.

**Can I watch my child ski?**

Of course! But be mindful that you may want to do so discretely and from a distance. We are focused on the group as a whole and want to ensure our students receive our best effort. Without meaning to do so, sometimes a well-intentioned parent may detract from that goal.

**Special tips for younger children**

It is our policy not to force children to ski. We will do everything we can to encourage participation and to make it safe and fun.

All of our students must be completely potty trained and self-sufficient with respect to bathroom needs.

If a child is tired/sleepy, we will bring them into the Kids Center to rest but be aware that we do not provide dedicated sleeping facilities. We will contact you to make a plan for their comfort.

Aggression and/or hitting is NEVER tolerated. If this occurs, our staff will contact you to discuss such situations.

**What if my child becomes sick or is injured? My child has allergies and requires medication and/or special foods.**

If a student is not feeling well, our instructors will return them to the Kids Center located in the Base Lodge. Once there, our staff will contact you to make a plan for retrieving your child.

If a student is injured, we call Ski Patrol to provide medical assistance. We will also contact you to make you aware of the situation.

Our instructors are not trained medical professionals and cannot administer medication. Should your child require that assistance, we can plan to meet with you so that you may provide the medication. If your child has an epi pen, please see the Kid Center desk to follow company protocol.

If your child has dietary restrictions, let us know what they are at check-in. If they bring their own meal, we can get it to them at lunch. If they have vegetarian or gluten restrictions, we will try to accommodate their needs. Your older children need to advocate for themselves and let us know their needs. We allow nuts in our facility.

**Will my child always ride the lift with an adult?**

Your child will not always ride ski lifts with an instructor, or an adult. If you want your child to always ride with an instructor, you must arrange for a one-to-one private lesson.

**Is there anything else we should do to prepare?**
Talk to your children about expectations. This is a lesson in a group setting and safety is our first priority. Kids need to be prepared to follow the instructor’s guidance and to behave safely. Let them know it is okay to “speak up”. We can best meet your child’s needs if we understand them.

The ability to communicate clearly and directly with our students is critical to ensure that your child has a safe and fun experience. Although there are instructors on our staff who can speak languages other than English, we cannot guarantee that your child’s group lesson instructor will speak your child’s native language. If your child is unable to understand and communicate in English, we recommend that you look into private lessons with an instructor who is able to speak with your child in their own language. This is especially important for our youngest guests to feel safe and secure.

Hydrate. It is very important at this elevation and while skiing to stay hydrated. This starts the night before and continues throughout the day.

Rest. Get a good night’s sleep before a lesson. We often see kids who have arrived late the night before a lesson who do not have the energy for a full day on the slopes.