

PARENT GUIDE



EAT AND DRINK

Keep their energy levels up by making sure they've eaten and drank enough before hitting the slopes.



TOILET STOP

Make sure that the children don't need to go to the toilet during the ski lesson, it's easier before than during!

DRESS WARM

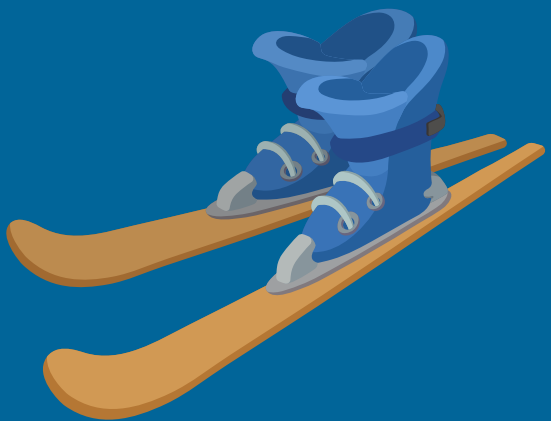
Ensure children are dressed in appropriate clothing to stay warm and happy.

Top tips: Wool is a great base layer, and only one pair of socks should be worn!



PROTECT YOUR CHILDREN EYES

Don't forget to pack those goggles or shades! They're the ultimate shield against snowblindness.



BOOTS THAT FIT

Let your little ones glide down the slopes like graceful snowflakes. But first, ensure their ski boots fit like a glove: not too big for a wobbly ride or too small for a painful squeeze.



BE EARLY

Don't be late to class! Arrive five minutes early at the meeting spot to meet your instructor, ditch the worry, and get all the important details sorted before the lesson kicks off.



TAKE IT EASY AND PRACTICE

Slow your roll when tackling steep slopes! Train and put your newfound ski school skills to the test on safer, familiar terrain first. Once you're comfy, then it's time to hit the gnarly stuff!



BEING DELAYED OR FEELING UNWELL

If your kiddo is under the weather or running late, just give us a call, and we'll figure things out together. Have any queries? Don't hesitate to reach out!



SEE BUT DON'T BE SEEN

For their first time in ski school, younger children sometimes get anxious when leaving their parents. Feel free to stay nearby, or watch the lesson discretely from a distance! We discourage parents taking part in the lesson as it tends to lead to attachment.