**AMA 101:**

**Supervisor:** MC Barron 819-325-3333

**Head Coach:** Cameryn Higgs 778-668-4785

**Schedulers:** 604-905-2206

Thank you for coming to help.

AMA age range is 14-18. Flaiks are not needed.

**Time Line:**

**7:40 –** Meet outside Whistler kids. Find head coach Cameryn

Ask Cameryn which of your athletes have signed release forms, these athletes may leave unsupervised at the end of the day (from roundhouse or below – no alpine releases)

**7:45 –** Upload gondola

**8:00 –** Meet at whistler lightboard for warmup. Spilt into groups for morning session.

**9:00-9:05 –** Meet athletes outside chickpea hut

**9:15-11:00 -** Ski with group

**11:00 -** Lunch (any location)

Athletes must clean up after themselves

**11:30/45 -** Back out to ski

**2:30 -** Meet at Whistler lightboard for release/pickup if required.

Note: Only athletes with a signed release form may leave uncanopied.

**2:40-3:00** - Ski down/download to whistler village

Note: If athlete is going down to Creekside and has not signed a release form they can be dropped at the top of Creekside gondola. Watch athlete download.

**3:00 -** Final pickup for remaining athletes. (As above)

**3:00-3:10 –**Debrief with Cameryn if any issues had occurred throughout the day.

**AMA Rules**

* Nothing new after 2
* Buddy system for skiing trees
* No side hits on cat tracks, slow zones and in learning area’s
* Athletes are ok to ride chairs unsupervised if they can put the bar down. They have already received lift evacuation training.
* Athletes with signed release forms may leave from anywhere on the mountain – with the exception of alpine areas.
* Don’t be afraid to refer to your safety manual (injury/separations, etc.)
* Terrain guidelines:

AMA athletes have no terrain limitations. Terrain decision must be able to be justified.