**RDP 101:**

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

**Head Coach:** John Cross 250-913-0200

**Schedulers:** 604-905-2206

Thank you for coming to help.

**Time Line:**

**7:30 –** Meet in Whistler kids. Find head coach John Cross.

Scan flaiks and barcodes. Make sure you know which barcode is assigned to which flaik.

Put flaiks into striped orange and black bucket.

Pro Tip: Take photo next to flaik.

Pro Tip 2: String them together/use a carabiner. Remember your flaik to identify.

**7:40 -** Upload with morning session

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

OR

Go to schoolyard for course setting.

**9:00-9:05 –** Meet kids. Put flaiks on legs and warm up.

Leave at 9:05, if there are kids missing alert MC. Go for a warmup lap and check back in to the lightboard.

Spare flaiks go back in the bucket.

**9:15-11:00 –** Group warmup (Drills, skills and exercises)

**11:00 -** Lunch in roundhouse, Pikas.

Athletes clean up after themselves.

**11:30/45 -** Back out to ski, group warmup before afternoon session.

**2:30 -** Meet at Whistler lightboard for first pickup.

No need for signatures but verbal feedback to parents. Collect flaiks.

13-18yos can be let go if waiver has been singed.

(Not all athletes will be picked up in this location)

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

Note: If athlete is going down to Creekside and has 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)

9-12yos may leave from the bottom is release waiver has been signed.

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

**AMDP 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.
* Don’t be afraid to refer to your safety manual (injury/separations, etc.)
* Terrain guidelines:

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