



Ready to take your skiing to new heights?

Frequently asked questions – updated for COVID-19:

1. What level of skill is required to join?

Our focus is fun and skill development for established skiers from age six to adult. Intermediate skiing ability is recommended (mostly parallel) and comfortable with speed on all Glen Eden terrain. Milton Heights programs are a natural progression from Glen Eden’s Snow School, especially the Academy programs. We can help with assessing skills and partner with Glen Eden’s Snow School if development is required.

2. What equipment will I (or my child) need?

Development Program – a helmet with hard ears and no equipment mounts (e.g., GoPro), goggles, one pair of junior skis (race skis not required), soft flex ski boots (racing boots not required), recreational ski poles.

Competitive Programs – U8/10 – as above.

U12 and up – athletes generally grow into the sport and acquire equipment as they go. Mandatory hard ear helmet with FIS sticker, goggles, skis (U12 multi-event, U14/16/19 both slalom and GS racing skis), ski boots (soft flex up to strong intermediate, race boots for advanced), slalom and GS ski poles, shin/face/pole guards, a racing suit. Mouth guards and back protectors are recommended.

3. What is the cost to join?

Because we are a non-profit, programs are roughly priced for the Club overall to break-even.

PROGRAM:	2021 / 2022		
	Early Bird Opens: Feb 22	Regular Season Opens: May 1	Notes
Family Fee	\$180.00	\$180.00	Plus HST
Ski – Competitive¹			Plus Alpine Ontario fee
U8/10/12/14	\$919.00	\$1,019.00	
U16/19	\$959.00	\$1,059.00	Plus HST for kids born in 2004 and earlier
Ski – Development			
All Ages	\$619.00	\$679.00	Offered Saturday only
Ski – Adult			
Tuesday Night Training (TNT)	\$259.00	\$299.00	

¹ price includes Dryland Training in the fall and Christmas camp (extra cost for lift tickets on two away training days for camp)

4. What is the schedule? (Schedules depend on weather, snow conditions, and subject to change)

Development Program – Regular season is eight weeks, generally starting the second week of January; Saturday morning from 9 – 12.

Competitive Programs – optional “dryland training” on Sunday mornings from late September – November (no extra cost) and Christmas camp Dec. 27-31 (with two “away” training days requiring lift ticket). Regular season is nine weeks starting the first week of January; U8/10/12 are Saturdays + Sundays from 8:30-2:30; U14 on Thurs 6:30-9 +Sunday 9:30-3:30 and U16/19 on Wednesday 6:30-9 + Sunday 10:30-4:30.

5. What COVID-19 protocols is the Club following?

The Club will be following guidance from both Alpine Ontario and Glen Eden, which includes reduced capacity indoors, increased cleaning and masks while indoors when not eating. To minimize touchpoints, the canteen will also be cashless this year. Delivering a safe and fun environment for our athletes and member families remains our top priority. The club's position is that vaccines are a safe and effective means to combat this pandemic and we encourage all eligible people to be fully vaccinated. We will require evidence of vaccination for all participants 12 and over in order to enter the clubhouse. In the absence of a vaccine certificate, evidence of a negative test for COVID-19 that is less than 48 hours old would also be acceptable. This is consistent with current provincial health guidance. Vaccine certificates are not required for outdoor activities. Similarly, they are not required for kids under 12 who are not eligible for vaccination. Those accompanying unvaccinated children will need to provide their vaccine certificate (or negative test) to enter the clubhouse.

6. Do I need a lift pass?

Yes, a valid lift pass from Glen Eden is required. Glen Eden's Advantage Season Pass offers great value, and the "family" and "early bird" options make it even better value. Visit Glen Eden's website for details and to purchase. Glen Eden operations will no doubt be modified this year due to Covid, check their website for details.

7. What is the volunteer fee and why is it needed?

Milton Heights is Southern Ontario's most affordable alpine racing program. This is because we are a non-profit organization where the majority of activities are performed by parent volunteers. This is a great way to keep costs down, have parents interact with the kids and have fun with other families at the club. The fee ranges from \$150 to \$350 and required hours range from 7 to 22, both depending on how many athletes are registered and for which programs. The Volunteer Fee is only charged in cases where volunteering hours are not completed – it is rare for this fee to be charged since most families have fun getting involved.

8. What races will I (or my child) participate in?

Development Program – two timed fun races per season, both at Glen Eden

Competitive Programs – Race schedules will potentially be different this year. Alpine Ontario has indicated that interclub racing will follow public health guidance. Our expectation is that races may be later in the season and possibly on weekdays. We are making plans to ensure that our athletes still get to compete in timed environments. Every effort will be made to offer opportunities for in-house and interclub competitive events.

TNT for Adults – two races per season at Glen Eden. Due to COVID 19 Masters regular race schedules are impacted this season with competitive events to be determined during the season.

9. Are Milton Heights Coaches certified?

Yes. Milton Heights Coaches are employed by Glen Eden and contracted to Milton Heights. All have achieved certification and accreditation through Alpine Canada (ACA) and/or the Canadian Ski Instructors Alliance (CSIA).

10. How do I (or my child) become an instructor / racing coach?

Milton Heights and Glen Eden partner to offer a pathway for our young athletes to become snow school instructors and racing coaches. At age 13 as a Volunteer and age 14 as an Apprentice, our athletes can begin to develop the skills and experience required. We will help our athletes learn about Canadian Ski Instructors Association and Alpine Canada Ski Coaches accreditation requirements.