



Canal Head North, Kendal, Cumbria LA9 7BY

**Lessons, recreation, racing
and freestyle for adults,
families and juniors**

Due to insurance restrictions, there is no recreational skiing or boarding for non members.
New members are always welcome.



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Contacts

Please note that all KSC officials are volunteers and most have full-time jobs. This means that they will not always be available when you want them but please leave an answerphone message or send an email and they will get back to you.

General Enquiries

Club Secretary - 0845 6345 173 (answerphone) or Email: sec@kendalski.co.uk

General correspondence to:

The Secretary, Kendal Snowsports Club, Canal Head North, Kendal LA9 7BY
(Please send any membership matters direct to the Membership Secretary)

KSC Schools and Groups

Kendal Snowsports Club - Canal Head North, Kendal LA9 7BY
0845 6345 186 (answerphone) or Email: sandg@kendalski.co.uk

KSC Membership Secretary

membership@kendalski.co.uk

Snowboarding (Lessons only)

08456 182 891 (after 6:30pm) or Email: boarding@kendalski.co.uk

Saturdays Children's Classes

Enquiries through the club secretary or Email: sat-am@kendalski.co.uk

Junior Development

Enquiries through the club secretary or Email: junior-dev@kendalski.co.uk





Kendal Snowsports Club

KSC was formed in 1984 when a small enthusiastic group called a meeting at The Brewery Arts Centre in Kendal and put forward the idea of forming a club and building their own slope. Since those days the slope has been extensively enlarged and remodelled, having several terrain features, ramps, ridges, a freestyle 6 meter box and 'C' rail, moguls and jumps. The surface is the user friendly Snow Flex with a misting system, two button tows and a rope tow. The lodge is equipped with high quality skis, boots and snowboards for hire and the lodge has hot and cold drinks machines available.

The club is run on an entirely voluntary basis, including its professionally qualified instructors. Membership is open to all and the club provides snow-sport facilities and instruction from beginners up to and including advanced skiers and snowboarders.

Annual Membership

From 1st September to 31st August

Some beginner's packages include membership - See details enclosed

IMPORTANT

Any membership not renewed before 31st October 2008 will be considered lapsed and the joining fee will be payable on renewal

Children's Ski Lessons/Coaching and Tubing

Entry Level Beginner	Saturday morning session's allocation to classes will be based on star awards held or instructor assessment.
1 star award	10 sessions of 1 hr - Sept to Dec
2 star award	10 sessions of 1 hr - Jan to April (No half term Saturdays)
3 star award	Charges per 10 week sessions - Booking only accepted with full payment

Full programme, enquiries and booking contact: sat-am@kendalski.co.uk

4 Star Award	Saturday evening sessions
Developing further skiing skills, parallel all terrain	10 sessions of 1 hr - Sept to Dec
4:30pm - 5:30pm	10 sessions of 1 hr - Jan to April (No half term Saturdays)
Junior Development	Saturday evening sessions
Adaptive alpine skiing all terrain features, monthly race sessions and other activities	10 sessions of 1½ hr - Sept to Dec
5:30pm - 7:00pm	10 sessions of 1½ hr - Jan to April (No half term Saturdays)

Full programme, enquiries and booking contact: junior-dev@kendalski.co.uk

Tubing	Saturday afternoons only
Great fun for young and old, introduces children to the slope and travelling at speed.	
3:00 - 4:00pm	



General Information

All juniors receiving instruction must be members of Kendal Snowsports Club. Minimum age for entry is 7. All juniors aged 7 must have head protection. Head protection is also mandatory for all juniors taking part in any form of race training.

Demand can often exceed capacity and a waiting list operates. Lessons cannot be booked in the ski lodge.

Ski Lessons for Adult & Family Groups

Lessons for all levels of skier available

All levels available Monday and Wednesday mornings and Monday, Tuesday, Wednesday and Friday evenings. All lessons must be booked in advance. Pre-lesson enrolment evenings in September/December in the lodge - See summary of main dates insert or our website for dates. After this contact the club secretary or the lodge for places.

Beginners Ski Package - Paid in advance

First steps to skiing, use of equipment, introduction to skiing to plough turning, using tows, control of speed and direction.

Six 1 hour lessons, all equipment including annual Kendal Snowsports Club membership.

Pre-lesson enrolment evenings in September/December in the lodge - See summary of main dates insert or our website for dates. After this contact the club secretary or the lodge for places.

Intermediate Level 1 Ski Courses

To develop continually linked ploughing to basic parallel turns on easy to moderate slopes.

Intermediate Level 2 Ski Courses

Parallel turning, continuously linked turns on moderate to steep slopes and over varied terrain.

Intermediate Level 3 Ski Courses/Advanced Ski Workshops

Developing adaptable skiing suited to all terrain and conditions. An examination of the many and different techniques making up the skills of an all mountain skier.

Family Group Ski Courses

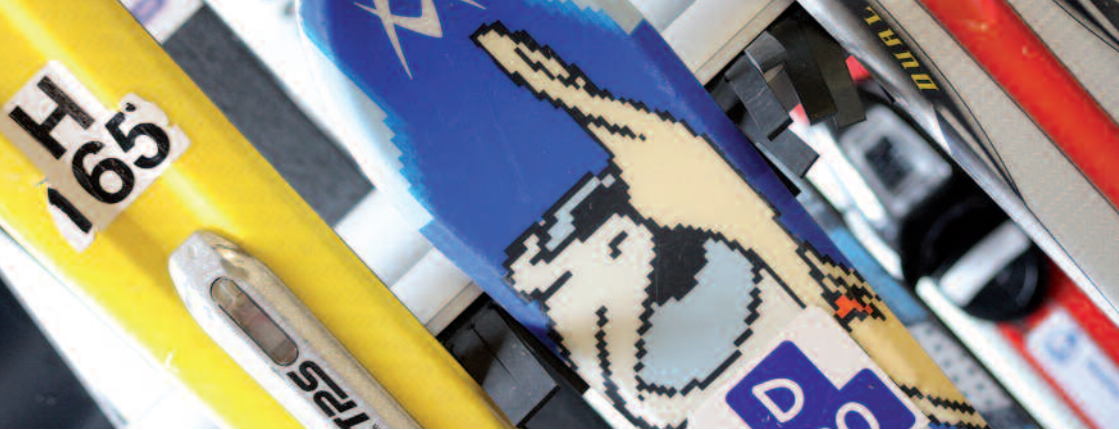
Family group sessions are held on Monday and Friday evenings. At least one skiing adult must be part of the family group, skiing at the same time not necessarily in the same level family class.



General Information

Lessons are available to members and non-members. Minimum age for family groups is 7, minimum age for an adult class is 14, and juniors in an adult class pay adult prices. All sessions are 1 hour duration. Please be at the club 30 minutes before your session is due to start. Level 1, 2 and 3 skiers can join classes after the start subject to availability.

All charges are on a pay as you attend basis, except beginners ski package.



Recreational Skiing

These sessions are open to members only and no instruction is available during these times. This is the time when members can come down and use the slope, please see table for session times.

- Great for practising the skills learnt in lessons or just honing your own skills.
- Great for having fun with the family, or a group of friends, also if you have guests stopping over bring them down and make use of the taster sessions.
- Great health benefits, an hour and half of brisk skiing can burn between 500 and 1000 calories.
- Beginners have exclusive use of the designated beginner's area between 10am and 1pm on Sundays.
- When practising your skills don't be afraid to ask the slope supervisor for tips and help.
- The wetter it is, the better it is, put on the waterproofs and go for it! (The skiing is easier when the slope is nice and wet).

Day	Time on	Time off	Activity
Thursday	5:30pm	8pm	Mixed ski and boarders freestyle session No recreational skiing/boarding or ski hire
Thursday	8pm	10pm	All ski levels
Sunday	10am	4pm	Recreational skiing. First time skiers unable to meet the minimum standard are limited to the designated beginners area between 10am and 1pm

No freestyle or jumping during recreational skiing sessions. No inverted manoeuvres at any time. All users must meet the minimum slope requirements (See slope rules).

Taster Session

A one off taster session is available for both first time skiers and visiting skiers to try the great facilities of the club during the recreational skiing sessions. A £5 off membership voucher will be given to all those who participate in a taster session. This is a great opportunity to bring your friends and guests to the club and introduce them to the great sport of skiing.



Snowboarding Lessons

Snowboarding Beginners Package - Paid in advance

Six 1 hour lessons, all equipment and annual Kendal Snowsports Club membership.

Over the 6 weeks you will learn heel and toe edge side slipping, diagonal side slipping, falling leaf and progress to basic turns. You will be able to use all the tow lifts with confidence. By the end of the 6 weeks you will be at a standard to attend open boarding sessions and continue to practice what you have learnt from the lessons.

Minimum age 8 and please be at lodge 30 minutes before the start of each lesson.

Tuesday 6pm - 7pm and Sundays 5pm - 6pm

Snowboarding bookings are by telephone or email only. Call 0845 618 2891 or email: boarding@kendalski.co.uk. Please also enquire for possible follow up lessons.

Recreational Boarding and Freestyle

These sessions are open to members only and no instruction is available during these times. This is the time when members can come down and use the slope to, please see table for session times.

- Make use of the following slope features, the kickers, the quarter/spine/bowl, the new 9-metre rail, the new up-rail, the 6-metre box, the c-box and the moguls.
- Great for practising the skills learnt in lessons or just honing your own skills.

Day	Time on	Time off	Activity
Thursday	5:30pm	8pm	Mixed ski and boarders freestyle session No recreational skiing/boarding or ski hire
Saturday	1pm	3pm	Recreational Snowboarding only
Sunday	6.30pm	9.30pm	Mixed ski and boarders freestyle session. No recreational skiing/boarding or ski hire.

Freestyle - Boarders and skiers join together in acrobatic riding and skiing that can include moguls, jumps, ramps and 'C' rails with aerial manoeuvres such as twists. No ski hire during these sessions.



Schools and Groups

Bookings from Schools and other organised groups will be accepted subject to the rules of the Club and availability of instructors and/or supervisors. Availability for snowboarding for groups is extremely limited. Contact - sandg@kendalski.co.uk or Tel: 08456 345 186

Skis, boots and boards

Are of a good quality with an ample supply for most groups

Leaders

Leaders are responsible for the safety and behaviour of their groups on and off the slope and must cause no disturbance to local residents. Leaders who hold a National Qualification for ski instruction and approval from Kendal Snowsports Club may use the slope without supervision by a Club Official subject to the rules of the Club.

The Slope

The slope is available and can be booked by Schools, Society's, Corporate Groups and Social Groups at the following times, from September through to June:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 - 18:30	9:00 - 17:30	9:00 - 10:00	9:00 - 17:30	9:00 - 18:30	20:15 - 21:45
		11:00 - 18:30			

Group Membership

Affiliated membership is available for official schools and groups

Affiliated Membership only relates to group booking sessions and not to any other club sessions or activities. The nominated person (only) applying for affiliated membership has one vote at the Annual General Meeting and any other official club meetings of members. Please ask for application form or telephone 08456 345 186

Invoices

Invoices for all groups will be sent at the end of each month. Payment must be made within 28 days of invoice date. A non arrival or late cancellation charge of £20 will generally be applied.

Clothing

Gloves (not fingerless) must be worn by all. Sleeveless shirts and shorts are not allowed. There is a misting system used on the slope so waterproof trousers are recommended together with a waterproof jacket in case of rain.



Disabled & Visually Impaired Skiers

Kendal Snowsports Club has strong links with **Snowability** and other local disability groups.

We have instructors trained and qualified by **Snowsport England**, providing the opportunity for people with physical disabilities to discover skiing and encouraging members of their family to join in and take lessons enabling them all to join in as a family group.

Training on Kendal's slope is essential to gain the basics before venturing on to the real stuff. Skills such as transferring from a wheelchair to a mono-ski, strapping yourself in and learning to maneuver around - we will also teach you how to stop!



All Disabled and Visually Impaired skiers are welcome at the Lodge by prior arrangement

For further details please contact - The Club Secretary 08456 345 186

Email: sec@kendalski.co.uk or see the website www.kendalski.co.uk

Conditions for use by Schools and Groups

(See also Code of Conduct and General Standards)

1. Groups must be under instruction at all times and the instructor fully insured for the activity. Groups should be at a ratio of no more than 12 pupils per qualified instructor
2. Groups do not have exclusive use of the Slope and will be required to share various areas of the Slope with other users
3. Booked times must be adhered to otherwise additional charges may be payable
4. Skis and other equipment in the Lodge must be left in a tidy state to the Club's satisfaction and ski boots returned properly fastened so that the linings are not warped
5. Leaders must be trained to national instruction standard or accredited by the Club. This shall include satisfaction in the responsible and safe use of slope tows and other facilities.
6. The tow may only be used by people who can perform controlled plough turns from the level of the first 'get off' points.
7. The controls/power from the sprinkler system, tows and all lights must be turned off and locked when leaving the Lodge must be left secured.
8. The current Club Bye-laws apply to all School/Group use of the slope.
9. Details of group numbers and sets of equipment used must be recorded on the Notice Board list after each visit.
10. Helmets (supplied) must be worn by children aged 7 and under

Limit of Liability

Kendal Snowsports Club wishes to inform you that snowsports activities on the slope, in common with all physical sporting activities carries an additional risk of accidental injury. Users should be aware that the characteristics of the surface change with weather conditions.

In the absence of negligence, neither Kendal Snowsports Club nor its members or agents shall be responsible for the death, personal injury or illness of any person while on the Club's premises.

Kendal Snowsports Club, its members or agents, shall not be responsible for any loss, or theft, or damage to money, valuables or any personal property that belongs to you or any visitor while in the Club's premises.

If you are unable to accept these conditions you should not come to our premises.

Code of Conduct

1. Respect all other slope users.
2. Control your speed.
3. Give way to users below and choose a route that will not endanger or alarm them.
4. Leave plenty of room when overtaking.
5. If you have to stop do so at the side of the slope, the runout at the bottom should be clear at all times. This is not a spectator area or a place to store equipment.
6. Look up and down the slope before setting off.
7. You should not walk on the slope. If you have to do this it should be up or down the sides.
8. In the event of an accident all activity must stop. Everyone is duty bound to assist and witnesses must provide relevant information.
9. Kendal Snowsports Club reserves the right to ask you to leave the slope if you are considered by a Club Official/Instructor not to be abiding by the above Code of Conduct or Slope Rules.

Slope Rules

The minimum standards for recreational use of the main slope are:

- the ability to make linked turns and control your speed from your selected start point and
- the ability to use the uplift system (tows)

If you are unable to meet these minimum standards then you must have lessons before recreational use of the main/intermediate slope

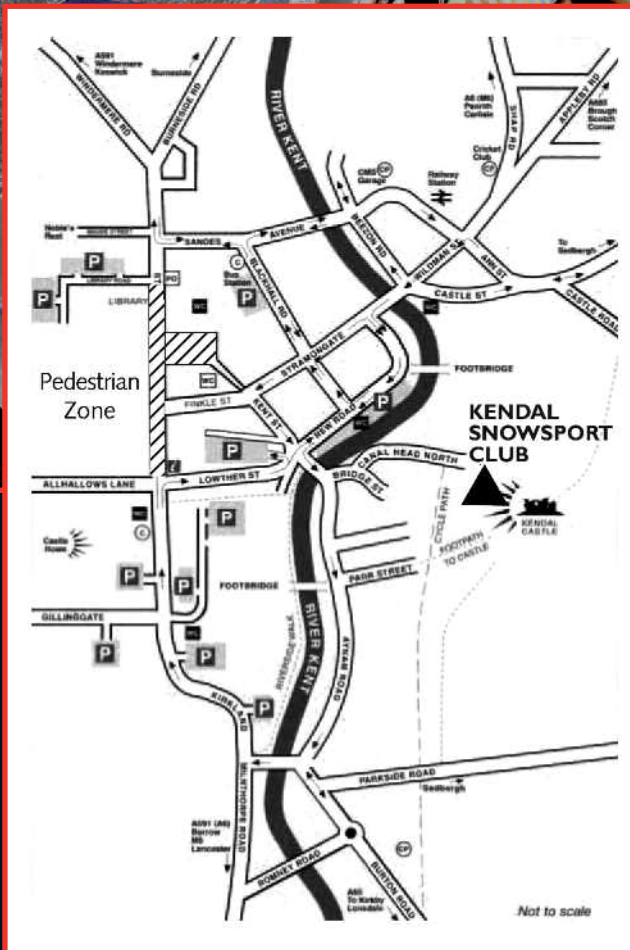
- No straight running downhill at speed
- The jumps will not be open during recreational skiing and open boarding. (See weekly programme for freestyle session times)
- Head protection is mandatory for any slope user doing jumps or involved in any form of racing or race training
- All freestyle participants must note only upright jumps (manoeuvres/tricks) are permitted

General Standards

- First time skiers unable to meet the minimum standard are limited to the designated beginners area on Sundays between 10am and 1pm
- Obey all slope signs, i.e. Use of tows, no smoking etc
- Gloves, full length trousers and long sleeved tops must be worn when using the slope
- All tows carry risk of entanglement. Jackets must be fastened, no dangling straps or toggles, jewellery are permitted. Long hair must be tied back and tucked in
- Only Kendal Snowsports Club instructors or others approved by the Club are permitted to teach on the slope
- Use by individuals is not permitted whilst classes are in progress on the slope
- Only Club ski poles (available free) shall be used. During racing and junior development sessions poles with approved tip protectors must be used.
- Ski poles are not permitted on the designated beginners' area. The club recommends that inexperienced skiers do not use poles
- The user is responsible for ensuring that equipment hired is sized and set correctly for his/her own use. Children 15 and under are not permitted to set up their own or others equipment
- Kendal Snowsports club reserves the right to alter these rules as necessary. Please check latest information on our web site
- If you are unable to comply with these standards designed for the safety of you and other slope users, you will be asked to leave the slope
- Spectators are not allowed on the slope

Children

- A child is defined as being under 16
- Children using the slope for recreational use must meet the minimum standard
- Member children aged 13 to 15 may use the slope without an adult being present subject to minimum standards
- All children 7 or under must wear head protection (provided free)
- A responsible adult who can sign an indemnity on their behalf, must accompany non member children 13 to 15 receiving instruction for the first visit
- All children 12 and under must be accompanied by a responsible adult who must remain on the premises at all times during lessons or recreational activities
- Parents/Guardians are responsible for ensuring that their children understand and adhere to the Code of Conduct and Slope rules
- Children under 16 are not permitted to set up their own or others equipment
- Children are not able to become a member until their fourth birthday



How to Find Us

SatNav Users - LA9 7BY

Access from Canal Head North - Large Free Car Park available.

Club Secretary: sec@kendalski.co.uk
08456 345 173

Website: www.kendalski.co.uk

Lodge during Opening Hours: 01539 732948

Correspondence: Kendal Snowsports Club
Canal Head North, Kendal,
Cumbria LA9 7BY

Always check out the website for late deals, special courses or change of dates.