



## BanffLIFE Skating Day Trip Information

<b>BanffLIFE:</b>	w-403-760-2423	<a href="mailto:banfflife.intern@banff.ca">banfflife.intern@banff.ca</a>
<b>Location:</b>	Lake Louise	
<b>Departure:</b>	9:00am	
<b>Returning:</b>	3:00 pm	
<b>Transportation:</b>	12-passenger van	
<b>Equipment:</b>	See Gear List below...YOU MUST BRING YOUR OWN SKATES!	
<b>Food:</b>	Please provide water, snacks and lunch	

### What is it?

This is a trip provided for the young adult community to experience one of the most beautiful skating rinks in the world. People come to skate on the famous Lake Louise from all over the world. We want to make sure that our locals get that same experience.

### Safety

Safety is our first priority on all BanffLIFE trips and courses. Please listen and pay attention to the guides and follow their instructions. It is important that you understand that you are skating with the public and that you have to work with the team to make the day safe for everyone.

### A Little about Banff

Welcome to Banff National Park! Established in 1885, Banff is Canada's first and best known national park. It is a part of a UNESCO World Heritage Site that covers 20,000km<sup>2</sup> of some of the most spectacular and ecologically significant areas in the Canadian Rocky Mountains. From the beginning, Banff National Park has provided inspiration, rejuvenation, and relaxation to millions of people each year. It is a place where residents and visitors can participate in activities that help them understand and respect Canada's natural and cultural heritage. Banff National Park is truly a sacred and special place where the richness of Canada's mountain heritage is respected, experienced and celebrated for all time. As new members of the Banff community, you are about to embark on your very own Banff National Park adventure. BanffLIFE is happy to be a part of your adventure and we are looking forward to introducing you to your back yard!

### Risk

All skating activities involve some element of risk. You will be required to sign a waiver where you assume that risk, waive your right to sue, and releases the guides, BanffLife and the Canadian Avalanche Centre of all liability in case of an accident.



## Course Outline

We will meet at town hall at 9 Am. From there we will go over what to expect during the morning and load into the van. Driving out to Lake Louise takes about 45 minutes. The Lake (Ice Rink) is about a 5 minute walk from the parking lot. We have arranged for 3 hours of skating time. We will leave Lake Louise at 1:45 and will be back at Town Hall in Banff no later than 3pm.

## Gear List

### Clothing Systems

- Bring lots of warm clothes! You may be outside for most of the trip and while there are places to warm up its best to be prepared for the cold.
- The clothing you use at the ski hill will work well.
- Layering works best for the stop and go activity of skating. Plan on bringing several thin and medium layers rather than only a couple of thick ones.
- Synthetic fabrics should be chosen if possible, avoid cotton. Participants need to provide the following:

**Long underwear top and bottoms** Wool or synthetic is best.

**Pants** - Your regular ski or snowboard pants will work well. If you have softshell pants or thinner hardshell pants we often like to use those as well, especially in warmer conditions.

**Softshell or fleece jacket** - We like a hooded jacket, but it's not absolutely necessary.

**Insulated parka** - A thick insulated parka is great for when you are stopped for a break or having a snack outside. Down filled or synthetic materials are both fine.

**Shell jacket** -A jacket that keeps the wind and wet out. Again, your ski or snowboard jacket should work fine.

**Hats** - We like having a warm hat to keep the head and ears protected. Let's see how many of us can rock our Banff Ambassador toques!

**Gloves** - Bring warm ski-type gloves. Protect your hands from possible falls on the ice as well as frostbite.

**Skates**- Many ski rental hubs also have Ice skates for rent. You can use your Banff Ambassador passport at some of these shops to rent your skates for the day.

### Other Safety Gear

We will carry first aid equipment as well as a radio and/or cell phone for emergency communications.

### Other Stuff

You also need to provide the following:

- snacks and water
- We recommend a thermos with a hot drink.
- Sunglasses, sunscreen, sun block for your lips
- Heat packs for your gloves come in handy



**Some great web-sites to check out before the program**

Banff Lake Louise Tourism Ice Skating Resource – with list of hubs to rent Ice Skates  
<http://www.banfflakelouise.com/Things-To-Do/Winter-Adventures/Ice-Skating>

Never Skated before? Wiki How has some tips.  
<http://www.wikihow.com/Ice-Skate>

The top 10 most beautiful skating rinks in the world  
<http://www.cnn.com/2013/11/26/travel/beautiful-ice-rinks/>