

ONLINE

WINTER 2025/26



P R O V I E W



Board of Directors | Funding | Concussion Recovery | Grouse | Northern Fest | Project Y
Shaping the Future of Snow Sports | Speed & Collision | Hall of Fame | Bonus Day

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MESSAGE FROM THE CHAIR



As the days start to become shorter and the summer toys get packed away, images of snowy slopes, bottomless powder and fresh tracks start to swirl in our heads like snowflakes caught in the wind. It's a time of anticipation as the excitement builds for the season ahead and the nerves start to build as opening day approaches. Do my boots still fit? Where did I put all the winter stuff? Are the skis tuned? Do I remember how to do this? And then the exhilaration as you slide off the lift and do your first turns and reacquaint yourself with the mountain.

Last season was a great one in many ways with good snowfall and conditions right into spring. Membership numbers hit a record high of 21,431

and programs saw a record with 17,257 course participation of which 28% (4,850) were in the BC/Yukon region. Regional events were successful with 441 members attending from Ignition Day right through to Spring Fling and we were able to help 52 members through our Scholarship and Bursary programs. Project Y reached 19 members, and we successfully introduced the Big Mountain Pro Day which is being developed into a multi-day development course. (Stay tuned for more information)

This summer the board looked to build on the momentum of last year as we look to continue evolving with a focus on community, support and member engagement.

“the passion and shared joy of skiing displayed. The feeling of camaraderie and community reminded me of what makes this organization great, the people.”



The Scholarship and Bursary programs have been expanded to reach more members seeking financial aid to continue their professional development. We are also working with Snow Schools to provide additional scholarship and training opportunities through our Resort Support and Pro-for-a-Day programs.

Regional events will visit more resorts all across the region. The Spring Fling is being re-visioned to offer a bigger celebration of the season, including fun competitions and the Hall of Fame ceremony.

Our regional website has been updated to make it easier to navigate for the latest information including a new event calendar. Check it out for all the latest information.

We are collaborating with industry partners across Canada to promote several national initiatives. The first is working with Canada West Ski Area Association and ski areas across Canada to promote and strengthen the culture of awareness and responsibility around speed and collisions. (Please take the time to read the article)

The membership is the heart of the alliance and together with national, we are looking through the results of the membership survey to see how we can better engage, support and create value for the membership. Our mission is to foster a culture of community, inclusivity and diversity that unites passionate ski instructors, inspires lifelong learning, and elevates the skiing experience for all. We look forward to working with our members to grow and strengthen our ski community.

I recently attended the course conductor training in Banff and was inspired by all the passion and shared joy of skiing displayed. The feeling of camaraderie and community reminded me of what makes this organization great, the people. I'm excited about the possibilities and opportunities this season brings and look forward to sharing some turns with you at one of the many CSIA BC/Yukon events.

PROJECT Y

Project Y? You might be wondering what is Project Y

or maybe you are wondering how you can participate or how someone from your snow school can participate? Here's everything you need to know about Project Y.



My first exposure to Project Y was as a course conductor at Castle Mountain in Alberta. I didn't know much about it at the time and I wasn't sure what to expect but the mandate seemed simple enough; create a fun learning environment, explore different skiing avenues and build conversations around a career in the ski industry. I was partnered up with another course conductor and together we had a dozen participants, instructors between the age of 14 and 30 from all over Alberta. All with different strengths and backgrounds. That day, turned out to be one of the most exciting and rewarding days of my ski instructing career. We were lucky to have great snow conditions allowing us to ski perfect groomers and soft bumps, as well as finding powder in the trees and challenging ourselves in the snowpark. We did it all that day but what made it truly special was witnessing the connections that were made, the experiences that were shared and the support networks that were built. At the end of the day, as I watched the participants exchange their contact information and photos they had taken throughout the day I thought to myself: the British Columbia region needs this too!

So what exactly is Project Y? Project Y is a one day event for ski instructors under the age of 30 who have been nominated by their snow schools based on their dedication and engagement, as well as having shown an interest in moving through the CSIA pathway. The aim is to help candidates discover the timeline of what a career can really look like within the ski industry.

Why is this important? Instructors under 30 represent a large percentage of our organisation and yet very few of them will continue to teach as they move further into adulthood, often due to barriers such as lack of financial resources or lack of peer support and representation.

Project Y gives them the opportunity to meet like minded individuals going through similar experiences and challenges. It gives the opportunity to make new friends, whether it is someone also working on their next level of certification or just someone to ski with on your next ski trip. It creates a space to talk about the challenges of starting a career within the ski industry all while exploring different career options. It gives opportunities to get out of your comfort zone and explore different aspects of skiing and ski teaching. Instructors under the age of 30 are the future of our organisation and by creating a space for them to grow, learn and belong we aim to create lifelong ski instructors.

“The aim is to help candidates discover the timeline of what a career can really look like within the ski industry.”

In 2024, the BC/Yukon region hosted its first pilot project Y day at Grouse Mountain. Following the success of the event two

more events were added for the end of the season in Kimberley and during the Spring Fling at Big White. In 2025, Project Y was back in British Columbia with three more events at Panorama, Grouse and Silverstar for a total of about 45 participants over both seasons. For the 2026 season we have chosen three new locations with the aim of targeting different

regions of our province and giving the opportunity for new members to participate. The dates and locations are as follows:

- January 26th: Seymour
- February 27th : Revelstoke
- March 5th : White Water

Interested in participating in Project Y in 2026? Reach out to

your snow school director or to the BC/Yukon region board of directors by email csiabcregion@gmail.com or on instagram [@csiabc](https://www.instagram.com/csiabc). Nominations can be made by snow school directors, supervisors, course conductors and peers.

written by Julie Bernasconi



NEWS FROM THE NORTH



We are excited to introduce Jen Duncan as the new Northern Representative.

As a lifelong skier, instructor, and educator based in northern British Columbia, I am passionate about promoting the growth and sustainability of ski instruction in our region.

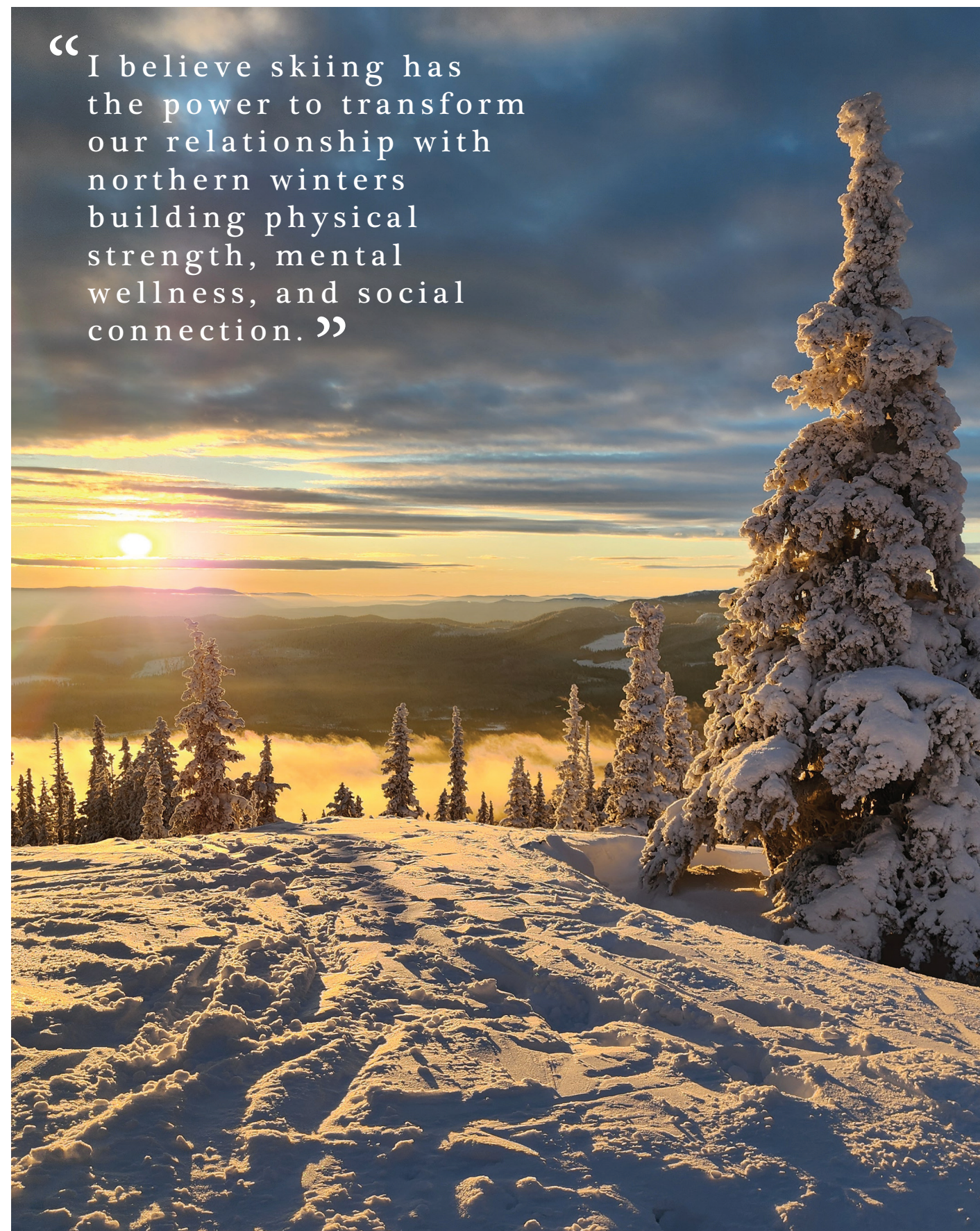
I began my journey as a ski instructor at Mt Seymour in the early 1990s and have since remained deeply involved in skiing through my work with the Murray Ridge Ski Area and as President and Head Coach of the Murray Ridge Alpine Team.

Through my coaching, event organizing, and mentorship, I've encouraged many local skiers to pursue their Level 1 certification and discover the personal and community benefits of becoming instructors.

I believe skiing has the power to transform our relationship with northern winters—building physical strength, mental wellness, and social connection.

I'm looking forward to serving as the Northern Representative, supporting the CSIA's mission by connecting instructors across our region, facilitating professional development opportunities, and celebrating the vibrant ski culture that defines our northern communities."

New Northern Representative on the CSIA
BC/Yukon Regional Board



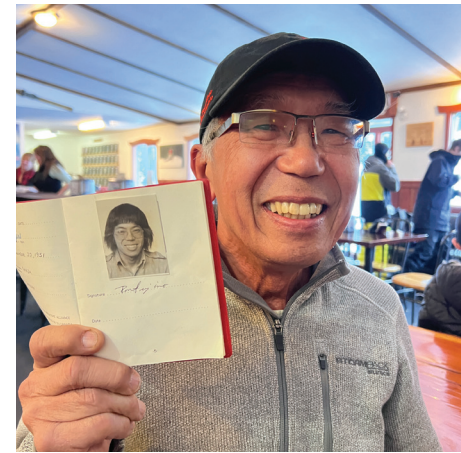
NORTHERN FESTIVAL TROLL

Northern Festival is all about celebrating the passion of the North and creating a welcoming space for members to connect, share experiences, all while providing a great training opportunity for skiing and teaching development.

On March 15, 2025, Troll opened its slopes to host the CSIA BC/Yukon Region Northern Festival, and what a reception it was. We rolled into the parking lot with fresh snow blanketing the slopes and the smell of cinnamon buns drawing us into the lodge. 22 members participated over the two days which included a Saturday night dinner at the lodge, complete with live music and dancing.

The conditions were great as the groups moved around the mountain switching between long groomers and fresh snow off-piste. T-bar rides provided a great chance to connect with someone new or catch-up with an old friend. Overall, everyone had a great time with lots of laughs and smiles all around. A big thanks to Hildur and the whole crew at Troll for it such a great event. And if you haven't had the chance to try one of Hildur's cinnamon buns...well, you need to change that pronto.

For the 2025/26 season, Northern Fest will return to Hudson Bay Mountain on January 31 – February 1 and then Troll will host a Spring version on March 14-15. We hope to see there.



50 Year Member Ron Fujino still going strong and teaching 3 days a week at Hart Ski Hill.

“A big thanks to Hildur and the whole crew at Troll for it such a great event”



Do you need financial assistance for your next CSIA course?

Here are some ways to apply for some help in offsetting your course costs.
(See the website for more details)



Application deadline is **December 5, 2025**

The CSIA BC/Yukon Scholarship Program grants selected applicants with a promo code, applicable on one or more Certification Programs of their choice, up to a value of \$500 (\$1000 when applied towards Level 4).

An extra \$3,000 in scholarships allocated to current members taking a Snow Park Certification course.

If you are planning to take a course this season, apply.

Six Regional Bursaries of \$1,000 are available to members who wish to continue their professional development within the CSIA and have distinguished themselves by their initiative and involvement in their Snow School.

Looking to attend the annual WIS Summit? Additional Women in Skiing (WIS) bursaries are available for those attending the Summit or looking to continue their professional development.

Application deadline is **February 28, 2026**



BURSARY

COMMUNITY CHEST



One of the strengths of the BC/Yukon ski community is that strong sense of community. A community that bands together in times of need offering support and assistance.

Application deadline is **February 28, 2026**

Member Assistance – Do you, or do you know a member, in need of assistance? Need help to cover travel costs to a course? Let us know your challenge and how we can help.

Request for Funding – Is your Snow School/Resort organizing a staff or local event? Whether is providing funding, prizing or trainers, let us know how we can contribute to the success of your Snow School event.



Date: Monday December 8, 2025

Time: 4:30pm PT

Location: Delta Whistler Village Suites

Join us after Ignition Day for the CSIA BC/Yukon 2025 AGM
Meet'n'Greet function from 3:30pm to 4:30pm
AGM Information Package available on the website

CITY LIGHTS

Seymour - January 13, 2026

Mt Washington - February 6, 2026

Grouse - February 10, 2026

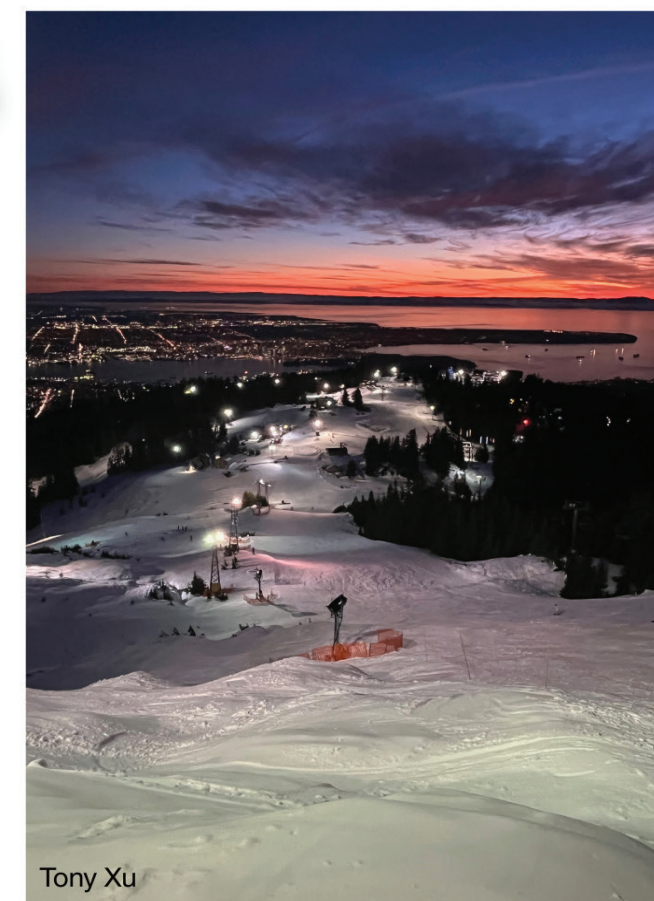
Cypress - March 3, 2026

Time: 4 - 8:30pm

\$50

Join us under the lights for a fun filled evening that wraps up with a laid-back social après to celebrate community and shared passion.

www.snowprobc.com for more info



Tony Xu

HALL OF FAME

The CSIA BC/Yukon Hall of Fame is dedicated to preserving the history of our region, inspiring and encouraging the development of young instructors, and recognizing members from British Columbia or the Yukon, who have made a significant contribution to the growth and well-being of the CSIA on a regional scale and to the sport of skiing and ski teaching.

At the 2024 AGM, the first Hall of Fame dinner was held in honour of the first two inductees.

- Gerda Koch – Builder
- Sandy Millar – Inspirational Leader

Both Gerda and Sandy are lifelong Instructors CSIA Members. Both have made significant contributions to the CSIA BC Membership. The evening included some great tributes, heartfelt acceptance speeches, complete with some good humour, and lots of laughs and shared memories. Congratulations to both Gerda and Sandy for their outstanding contributions to the CSIA in British Columbia and the Yukon.

Gerda was instrumental in the success of the CSIA in BC in the role of CSIA-BC Level 1 Coordinator for 33 seasons. Originally from Switzerland, Gerda and her husband Werner emigrated to Canada in 1973. In 1974 Gerda attained her CSIA Level 2 certification in Gray Rocks and instructed at Blue

Mountain from 1974 to 1977. In 1977 Gerda and Werner moved west and established themselves at Grouse Mountain. In that same year Gerda attained her CSIA Level 3 certification at Sunshine Village Banff. She then became a CSIA Level 1 Course Conductor. From 1980 to 1985, Gerda was the Ski School Director at Hemlock Valley.

In 1979 Gerda became the Level 1 Course Coordinator for British Columbia. And she held that role for 33 years until 2012. During this time, she also was the PDP Coordinator for BC.

Gerda was instrumental in the establishment of ProView Magazine. CSIA BC Regional Programs such as Ignition Days,



City Lights, Women's days, and Level 1 Course Conductor Training were all established under Gerda's administration.

Under Gerda's administration over 25,000 skiers became certified as CSIA Ski Instructors.

“Gerda was instrumental in the success of the CSIA in BC, dedicating 33 seasons to helping over 25,000 skiers become certified instructors.”

Sandy served three terms on the CSIA BC/Yukon Board, two of the as Chair and continues to support the industry with his work in the insurance field. While Sandy has contributed so much to the success of our organization, it is his leadership that stands out. It inspired, guided us and helped us grow.

Here are some excerpts from the evening that speak to his outstanding leadership and how he inspired others. Congratulations to Sandy! This is a well-deserved recognition of the efforts, hours and above all leadership you have provided to the CSIA and specifically to the BC members.

Sandy has contributed so much to our organization - and really to our professional growth over the years. While I don't remember all of the dates, times and the details of his leadership, when I look and think about Sandy - it was the leadership that stands out. It was inspiring and helped guide us and grow us.

At the CSIA we talk about skiing and teaching - about the certification pathway, the struggles, the accomplishments, the friends and the laughs - all true - but how did we get where we are? It's a good question to ask ourselves - Well its people like Sandy who behind the scenes lead, guide, challenge us to be better - to create possibilities, to create opportunities, to achieve, to rise to the occasion - to move forward, to just get things done!

Sandy was all about leadership



- whether with Ski Esprit, training for courses, training others, helping our industry through insurance solutions - he found ways to do it, to get it done, to ensure we did it. These are the things that Sandy did as a Board member with BC, this was how Sandy represented BC at the National Board. This is Sandy, a leader! He always challenged others to be better - to look beyond what we had or did - to find solutions - Sandy did all this building teams, building relationships, building the CSIA.

There has been a long list of storied names in our profession, and in the CSIA who have contributed - who have handed from one generation to the next what they have learned. They have passed on the knowledge, mentored the next generation - mostly as a volunteer - unsung in their quests to build us bigger, to evolve us, to make us stronger - its people like Sandy who's leadership - leadership with passion - who have worked tirelessly passing on the love of skiing and ski teaching, using their natural leadership skills to bring us together in a way that collectively we are stronger. And now and now Sandy is one of those storied names!

This year, the Hall of Fame Induction Ceremony will take during the Spring Fling. If you know someone who has made a significant contribution to the growth of the industry in BC and the Yukon, more information and nomination forms are available on our website under the Hall of Fame tab.

CONCUSSION RECOVERY FOR SKI PROFESSIONALS

Written by Mike Conway, Theres Leigh, and Bianca Matheson
Back in Action Physiotherapy and Massage, Whistler

Stay Sharp. Stay Safe. Stay on Snow.

As a ski professional, your job demands balance, coordination, quick reflexes, and fast decision-making. A concussion can affect all of these—sometimes in subtle but serious ways. Whether it happens from a fall, a collision, or even catching an edge, it's essential to take concussions seriously, seek early assessment, and follow a structured recovery plan so you can get back to teaching with confidence.

Concussions: Common, But Misunderstood

Concussions are frequent in physical activities, especially snow sports. Historically, they were managed with complete rest and isolation. However, modern research shows that prolonged rest can delay recovery.

Today's best practices focus on active, individualized treatment targeting specific systems affected by concussion—such as the vestibular, visual, cervical, and physiological systems. The earlier these are addressed, the better the outcome. And just as important: letting go of outdated myths that could hold you back.

Concussion Myths That Need to Go

1. "Rest in a dark room until you feel better."

For years, this was the go-to advice. But we now know that complete physical and mental rest for too long slows recovery.

What to do instead: Begin a gradual return to physical and mental activity—supervised by a trained professional—starting shortly after symptoms stabilize.

2. "You weren't knocked out, so it's not serious."

Most concussions do not involve loss of consciousness. Symptoms can appear immediately or hours later and may include dizziness, confusion, fatigue, or vision problems.

What to do: Always seek early assessment—even if you "feel fine" at first.

3. "My scan was normal, so I'm fine."

CT or MRI scans usually appear normal after a concussion because it's a functional injury, not a structural one. It's caused by a rapid shearing of brain cells, leading to an energy deficit that takes time—up to 21 days—to fully heal.

What to do: Trust symptom-based assessments, not just imaging results

Early Action = Better Recovery

Concussion care is no longer passive. It's about identifying and treating the specific systems impacted. A physiotherapist with training in concussion management can help you safely return to work and snow.

Key Systems Affected by Concussion (and Why They Matter)

1. Vestibular System – Balance & Orientation

You need balance to ski, demo turns, and coach safely. Concussions often disrupt this system, leading to dizziness or unsteadiness.

Treatment: Vestibular rehab includes eye-head coordination drills, balance exercises, and movement re-training.

2. Visual System – Eye Coordination & Focus

You scan the slope constantly watching students, hazards, and terrain. Concussions can cause blurred vision, eye strain, or trouble focusing.

Treatment: Vision therapy can restore coordination between your eyes and brain using gaze stabilization and tracking exercises.

3. Cervical System – Neck & Head Movement

Even with a helmet, neck strain is common after falls or whiplash. It can cause headaches or dizziness that mimic concussion symptoms. Treatment: Manual therapy, posture training, and mobility work can help resolve these issues and restore full range of motion.

4. Physiological System – Brain Blood Flow & Energy

You might feel foggy, fatigued, or "off." That's the brain running on low energy after trauma. Treatment: Light aerobic exercise—like walking or stationary cycling—under supervision can restore brain function faster than rest alone.

Psychological Side Effects Are Real

Concussions can impact mood, focus, and mental clarity. Feeling anxious, irritable, or unmotivated is common, especially when you're off snow longer than expected. What helps: Education, reassurance, and emotional support during recovery. These symptoms are treatable and usually temporary with the right help.

Do Concussions Accumulate? Yes and No.

The idea that concussions "stack up" over time is partially true:

- **If fully recovered, another concussion doesn't automatically cause long-term damage.**
- **But if you return too early, especially within the first 21 days, the risk of serious consequences increases.**
- **"90% better" is not enough. Lingering symptoms—even mild—can affect performance and safety.**

Key Takeaways for Ski Professionals

- **Don't ignore symptoms. Report and get checked early.**
- **Work with a trained concussion physiotherapist to assess and treat all affected systems.**
- **Ease back into skiing gradually, with professional guidance.**
- **Be a role model. Teach your students and colleagues about concussion safety and recovery.**

Your Health = Your Teaching Tool

You lead by example—on snow and off. Taking concussion recovery seriously protects not just your own future but sets the tone for your students and colleagues. With early care and the right plan, you'll be back on snow confidently, doing what you love.


Back in Action
physiotherapy & massage whistler

GROUSE REUNION

On April 11th 2025, a gathering of Grouse Mountain ski instructors took place to honour the recent induction of Ornulf Johnsen into the Canadian Ski Hall of Fame as an important Builder in the Canadian ski industry.



Johnsen, who owned and directed the Ski School from 1966 -87, and all those who worked under his leadership, were invited to attend the reunion. This was the second occasion Grouse ski school staff who worked during “Johnsen years” had met since their first reunion at Sun Peaks Resort in 1998. Johnsen, now in his 90's, was in great form as he stood up to thank everyone for giving him so much support.

In all, there were close to 100 persons in attendance. The afternoon was a casual, apres-ski format with hors d'oeuvres, drinks, videos and draw prizes. For many, it was the first time they had seen each

other since working at Grouse 40 years ago, and for some, it had been over 50 years. Listening to the conversations, and the recounting of vivid memories of all the years working together, was amazing, and endless! Apart from universities, sports teams and the military there are few organizations like Grouse who can proudly boast an alumnus with such a long legacy of connectivity.



One of the members attending was Joe Oetter. Joe began working with Ornulf almost 60 years ago in 1966 as a supervisor in the Grouse Ski School. Other guests included Dave Philips and Olympic Medalist Kathy Kreiner, Rob McSkimming (Whistler/Blackcomb) and Peter Gibson (Mt Washington). Letters of congratulations were read and received from Canadian Ski Hall of Famer's Nancy Greene Raine, Wayne Wong and Jim McConkey. Michael Cameron, General Manager at Grouse, joined a host of speakers and shared his admiration with the audience about the reunion and Johnsen's induction into the Hall of Fame.

Great support for the event came from Grouse Mountain which provided ski passes and the reunion venue, the CSIA BC Region, Destination Sports which donated draw prizes and former Grouse instructor Jan Brussel, who travelled from Montana for the fete and donated a special keepsake ball cap to everyone attending. Thanks to the dedication and efforts of the organizing committee; Rob Wallace, Gerda Koch and Maureen Carse, and to everyone who helped to make the reunion a huge success!

written by Rob Wallace

BACK-TO-BACK BONUS WEEKENDS BRING THE STROKE TO MOUNT WASHINGTON.



“The scene was something special. Crowds gathered, cheering on strangers and friends alike”

While most ski hills across B.C. had already shut things down for the season, Mount Washington kept the good times rolling with not one, but two bonus weekends in June. This gave park riders a rare chance to squeeze in a few more laps before summer fully set in.

Perched at the top of the Eagle Chair, the Mount Washington park crew pulled off what can only be described as a late-season miracle: a five-feature rail park made up of

a turbo tube, down-flat-down, flat-down, rainbow box, and a quarter pipe. Despite the grey skies, patches of fog, and the absence of the spring slush we all craved, the park was buzzing with riders of all levels, from beginners to seasoned locals.

The scene was something special. Crowds gathered, cheering on strangers and friends alike, as everyone pushed each other to get creative and keep the energy high. Riders traveled from across the

province to get in on the action, including a dedicated crew of three snowboarders who drove all the way to the island from Vernon for a couple more days on snow.

Bonus weekends like these don't just extend the season, they remind us why we love the sport in the first place: community, progression, and the shared joy of making the most out of whatever conditions you're handed.

Written by Dace Harle



BIG WHITE SPRING FLING
SAVE THE DATE!
 The battle of the snow school

MARCH 27-29th
Synchro Competition
Pro Days
Banquet Dinner
Hall of fame

Big White
 SKI RESORT
 IT'S THE SNOW

CSIA
 BC/Yukon Region

More info on snowprobc.com coming soon!

INTERNATIONAL WOMEN'S DAY

Join us for a fun day on the slopes to celebrate International Women's Day and then wrap up the session with a laid-back social après to celebrate community and shared passion.

The IWD 2026 Give To Gain Campaign encourages a mindset of generosity, collaboration, and reciprocity. Give To Gain emphasizes the power of reciprocity and support. When people, organizations and communities give generously, opportunities and support for women increase. Giving is not a subtraction, it's intentional multiplication. When women thrive, we all rise.

Date: March 8, 2026

Locations: Fernie, Red Mountain, SilverStar, Sun Peaks, Whistler

Cost: \$50



SKICOSMOS IS AN INDOOR SKI TRAINING FACILITY THAT UTILIZES INNOVATIVE TECHNOLOGY, INCLUDING SKI SIMULATORS, TO HELP SKIERS IMPROVE THEIR TECHNIQUE AND PERFORMANCE.

SKICOSMOS METHOD FOCUSES ON DEVELOPING HIP AND ANKLE FUNCTION, STABILITY, BALANCE, AND EXPLOSIVENESS, ALL OF WHICH ARE ESSENTIAL FOR EFFECTIVE SKIING.

BY INCORPORATING THE SKICOSMOS METHOD INTO THEIR TRAINING REGIMEN, SKI PROS & ATHLETES TRAIN MORE VOLUME, REFINE TECHNIQUE, AND BRIDGE THE GAP FROM REHAB TO ON SLOPE SKIING.

www.skicosmos.com

SHAPING THE FUTURE OF SNOW SPORTS: SHARING TURNS, SHARING LEADERSHIP: CANADIAN REFLECTIONS FROM THE INAUGURAL WWSO SUMMIT.

By Lucia Glasse-Davies | CSIA Women in Skiing Committee / National Board representative for British Columbia.



In April 2025, I had the honour of representing the Canadian Ski Instructors' Alliance (CSIA) Women in Skiing Committee at the inaugural World Women's Snowsport Organization (WWSO) Summit, held at the Kitzsteinhorn Glacier in Kaprun, Austria. The event welcomed over 50 professionals from 12 countries — instructors, coaches, researchers, technologists, and advocates — for an inspiring

week of on-snow collaboration, thought-provoking seminars, and meaningful global dialogue.

"This Summit marks a defining moment in the future of snow sports for women," said WWSO Founding member Brenna Kelleher. "Our mission is to lead a united, global movement where women in all facets of snow sports can thrive."

Over 50 women from 12 countries came together for the first WWSO Summit, making history on snow.

Each morning was spent on snow, exchanging teaching approaches and coaching philosophies across cultures. I was proud to share insights from CSIA's learner-centered Canadian Teaching approach and to participate in sessions

led by women from Austria, the UK, the U.S., Finland, Hungary, and beyond. The spirit of collaboration was powerful and reaffirmed something we often overlook, we don't need to reinvent the wheel. So many brilliant minds are already developing innovative solutions — we just need better channels to share them.

Leaders, learners, and advocates — every face tells a story of passion and perseverance in snow sports. (Women of Winter Executive Director, Carolyn Stempler).

Afternoon workshops covered wide-ranging topics like Developing Your Coaching Philosophy and Adopting an athlete mindset. Presented by Christine Feehan, adopting an athlete mindset was particularly

thought provoking and challenged us to look at how coaches can support individuals in achieving their goals in all fields beyond just competitive sport.

The key traits of an athlete mindset are being goal oriented, disciplined and consistent, having a focus on growth, being open to feedback, use of visualization and building resilience by failing through experiences. Helping our learners to build resilience and own their own learning can be vital for mentors and coaches to drive more success especially as learners progress through higher levels of certification or into leadership roles.

Among the most impactful was Fear(less) on Snow, a presentation by Dr. Carol Porter and Kimberley Kay on the psychological and physical impacts of fear in skiing, particularly for women. Their



“ Helping our learners to build resilience and own their own learning can be vital for mentors and coaches to drive more success ”



findings — including that over 60% of women surveyed felt fear negatively impacted their enjoyment — sparked critical discussion around confidence-based coaching and learning environments.

Women from around the world sharing stories, laughs, and lift rides — building friendships and networks for the future.

A highlight for many was the presence of Carv, the digital coaching platform. An all-female team were there to support coach led on-snow demos and educational sessions aimed at improving gender representation in their data and design. By capturing more video and input from women skiers and instructors, Carv is actively working to make their real-time feedback tools more inclusive and effective for all.

“Carv's commitment to equity starts with who they record — and who they listen to.” Another powerful moment came during the live-streamed

panel, The Future for Women in Snowsports. While much of the conversation focused on barriers — from retention and recognition to wages and working conditions — the summit revealed a broader truth: these barriers don't only affect women; they affect the whole snow sports industry. If anyone missed the panel discussion and is interested in listening to the recording, reach out to csiawis@snowpro.com.

Joy on snow: the WWSO Summit was as much about celebration as it was about solutions. Photo Rebecca.



A personal takeaway for me was the need to shift from simply identifying problems to actively pursuing solutions. We talk often about under representation, about fear, about lack of leadership pathways. Through dialogue at the summit, a clearer picture began to emerge, we can address many of these challenges by improving the system for everyone. That means working with ski areas to recognize the value of trained and certified instructors. It means advocating for higher professionalism, better wages, and clear mentorship models. These are industry improvements that benefit women — and benefit everyone else too.

As a CSIA representative, I left Kaprun feeling proud of the work we're doing in Canada, encouraged by the global momentum, and inspired by the women leading the way. The WWSO Summit wasn't just an event — it was a collective step forward. A heartfelt thank you to the WWSO team for building a platform that is both bold and inclusive. I look forward to continuing these conversations and building stronger, more equitable snow sports communities in the seasons to come.

“Connection, collaboration, and a shared love for snow: WWSO Summit participants unite on the Kitzsteinhorn Glacier.”

By Lucia Glasse-Davies | CSIA Women in Skiing Committee / National Board representative for British Columbia.



PRO DAYS CAMP WOMEN IN SKIING SUMMIT COLLINGWOOD, ONTARIO: FEBRUARY 2-5, 2026

The CSIA WIS Committee is preparing for a three-day women's event like no other! Come join us in Collingwood, Ontario and ski the runs of Blue Mountain and Craigleith for our 4th Annual CSIA WIS Summit. The summit is designed to appeal to ALL certification levels, ages and performance levels. Connect with and be inspired by your peers, ski with different coaches, refine strengths and try new stuff!

The aim of this event is to offer opportunities for development and foster a strong community of female CSIA members within our organization to help retain and encourage women.

Bursaries are available for active members in BC/Yukon through our WIS Bursary program.

Cost:
3-day Event - All Ages - \$529+HST
1-day Event - 26+ (Tuesday February 3 ONLY) \$138+HST
1-day Event - 14-25 (Tuesday February 3 ONLY) \$69+HST

Monday, February 2
Registration and Welcome Social - Grand Central Lodge, Main Village
6:00-8:00pm

Tuesday, February 3 - Blue Mountain
9:30am - 12:00pm - On Snow Session

12:00-12:45pm - lunch (not included in registration fee)
12:45-2:30pm - On Snow Session
6:00pm-9:00pm - Après Social at Blue Mountain Convention Center including presentations

Wednesday, February 4 - Craigleith
10:00am - 12:00pm - On Snow Session (Sign up at Après Event)
12:00-12:45pm - lunch (not included in registration fee)
12:45pm -2:30pm -On Snow Session (Sign up at Après Event)
2:45pm - 4:30pm Indoor Session (Yoga and Panel Discussion)
6:00pm-9:00pm - Banquet at Blue Mountain Convention Centre with keynote speaker

Thursday, February 5 - Blue Mountain
10:00am - 12:00pm - On Snow Session (Sign up at Banquet)
12:00-12:45pm - lunch (not included in registration fee)
12:45pm-2:30pm - On Snow Session (Sign up at Banquet)
2:45pm-3:00pm - Goodbye and Thank Yous

Home Teams:
Your Team coach will help you set and build towards your goals for the season. Spend the first full day with your Home Team which will be assembled based on level and by how spicy you like it to get out there on snow!

Electives :
This year we are offering a variety of options for electives! This allows you to customize the summit to your needs and interests.
We will be running two elective

sessions on Day 2 and Day 3. Elective option information will be handed out at our Welcome Reception on Monday, February 2 at Blue Mountain Grand Central Eatery in the Village. Sign up for electives will happen at both the

Après (Tuesday) and Banquet (Wednesday) events for the following days.
We can be reached at csiawis@snowpro.com
Looking forward to skiing with you in Ontario in February 2026!





Congratulations to our InterSki Team

Kristian Armstrong - SilverStar

Guy Dale - Whistler Blackcomb

Lucia Glasse-Davies - Fernie

Sam Lancaster - Kimberley

Roland Searle - Lake Louise

Chloe Sigouin - Whistler Blackcomb

Nico Tavchadandjian - Mt Norquay

Casey Bouius - Craigleith Ski Club

Dominic Éthier - Mont Sutton

Pierre-Luc Grenier - Stoneham

Alison Hunter - Craigleith Ski Club

Fred Lépine - Bromont

Julie Sauvageau - Mont Ste Anne

Stephen Young - Craigleith Ski Club

SPRING FLING

There's no better way to celebrate the end of the season than the Spring Fling. 2025 saw members partake in a fun weekend in two locations, Big White and Whistler. Big White put on a great show on April 4-5 with fantastic conditions, a fun synchro competition and a delicious dinner. Bumps were great once the sun softened things up and lots of crazy costumes and plenty of laughs as groups tried to outdo each in the synchro comp.

Members headed up Blackcomb on April 26-27 and were met with beautiful sunshine and great spring conditions. Over 125 members participated over the 2-day event that had members challenging the steeps, carving the groomers, blasting through bumps, and included some WIS and 55+ groups.

A great way to celebrate the season that was as we look forward to doing it all again next year.



Here are dates for the 2026 Spring Fling. Visit the website for the latest details.

- March 14-15, 2026 – Troll
- March 28-29, 2026 – Big White
- April 18-19, 2026 – Whistler Blackcomb



SPEED AND COLLISION AWARENESS STARTS WITH US

written by Meesh in collaboration with CSIA BC and CanWest



Each season, guests visit ski areas across Canada to enjoy the freedom and exhilaration of sliding on snow. That experience depends on a shared commitment to safety and one of the most important ways we can protect it is by advancing how we think and talk about speed and collision awareness.

Ski areas across the country are participating in an industry-wide initiative to further reduce speed related incidents and foster a stronger safety culture on the slopes. We're asking ski areas and snow schools to join us in leading this initiative.

It Starts with Our Teams

Meaningful culture shifts often begin internally. Every employee — from instructors and lift operators to patrol and guest services — plays a role in shaping how guests understand and behave on the slopes. As instructors, you set the tone – on and off duty – by modelling safe behaviour.

Collisions are just one of the many risks we face while out on the slopes and can be preventable through good decision making. It's the good decisions we make today that allow us to enjoy the slopes tomorrow.

Monitor your own speed

"The faster you go, the less time you're in danger....."

We have all heard this saying before (one of Eric's favourites), but that is just one side of the coin. Flip the coin over and it reads.

"....but significantly increases the danger that you and others are in."

Speed is one of the major contributors when it comes to collisions. But at the same time, it also contributes to our enjoyment of skiing. Speed provides excitement, power and performance. But it also affects our reaction time, decreases our margin of error and increases the severity of any potential consequence. So as instructors we need to need to be mindful, as our speed can set the tone for others.

Slowing down in congested areas, modelling safe speeds in slow zones, and adjusting to conditions

can increase the risk of being struck. By being predictable and choosing safe places to regroup, you help reduce the chance of collisions. A little extra caution goes a long way in keeping students and colleagues safe.

- *Stop in a safe place – out of traffic, visible to others*
- *Avoid stopping at choke points on the run*
- *Ease into your stopping place – avoid slamming on the brakes*
- *When moving, keep the corridor consistent and go with the flow of traffic*
- *Use a corridor that leaves space for others – narrower, off to the side*
- *Choose terrain that is less crowded whenever possible*

Be Aware

Be aware of your surroundings when out on the slopes.

- *Be mindful of the environment – snow conditions, visibility, traffic/congestion, rollers, blind spots – and adjust your speed accordingly*
- *Watch the time of day, as lower slopes might be empty in the morning, but quite busy at the end of day with people skiing out*
- *Monitor your, and your students, fatigue levels and adjust the terrain, speed and pace of the lesson accordingly.*
- *There's a time and place. When leaving a closed environment – race course/park – you are now in a new environment and need to adjust your mindset.*

Teach with Safety in Mind

Snow school programs have a unique opportunity to integrate messaging about speed, space, awareness, and the Alpine Responsibility Code into every lesson. You, the instructor, are the most direct channel for teaching the Alpine Responsibility Code – the foundation of safe

- skiing and riding in Canada. Remind students to:
- *Always stay in control so you can stop or avoid others.*
 - *People ahead of you have the right of way.*
 - *Look uphill and yield when starting or merging.*

Embedding these messages into your lessons builds not only skill but also lifelong habits that keep skiers safe on snow.



A shared national effort

The speed and collision safety initiative will be active at ski areas across the country this season. It complements the Snow Angel Foundation's program, which provides additional tools to help promote safe choices on the slopes.

- *Be Ready – be ready to avoid objects and other skiers at any time*
 - *Stay Alert – stay alert to what's going around you, especially other people on the slopes*
 - *Plan Ahead – ease up at blind spots, check uphill when merging onto trails, give others plenty of room when passing*
- Join the Movement**

Advancing the culture around speed and collision awareness won't happen overnight — but it can happen, and it starts with us. Together, we can help guests understand their responsibility on the mountain, reduce preventable incidents, and create a safer, more enjoyable experience for everyone.



REGIONAL EVENTS

Ignition Days

Whistler - Dec 8
Big White - Dec 13
SilverStar - Dec 14
Ferne - Dec 14
Whitewater - Dec 14
Mt. Washington - Dec 14

City Lights

Seymour - Jan 13
Mt. Washington - Feb 6
Grouse - Feb 10
Cypress - March 3

Northern Festival

Hudson Bay Mountain - Jan 31/Feb 1

Big Mountain

Red - Jan 15
Whistler - Jan 20
Ferne - Feb 4
Kicking Horse - Feb 16
Mt Washington - March 2
Revelstoke - TBA

Spring Fling

Troll - March 14/15
Big White - March 28/29
Whistler - April 18/19

check out the website for the latest dates and locations

Share your Ski Adventures

Do you have a great story to tell?
Looking for ski tips, health and wellness articles,
inspirational stories
Email us today with your photos and words
(ideally 300 words max with 2-3 photos)

admin@snowprobc.com

