

Clothing List

Required	*Use this as a checklist each week*
Inner Layer	
Wicking layer – long underwear top and bottom	
Socks – several pair to be available as spares	
Middle Layer	
Multiple layers within this layer	
Shirt, sweater, pants, fleece pants, fleece jacket, vest or pull over	
Outer Layer	
Windproof and highly water resistant	
Jacket, pants, gloves	
Additional Requirements	
A soft carrying bag for clothing and gear.	
Ski helmet (provided by the school)	
Goggles	
Face protection for windy days	
Sunscreen	
Pencils and paper – a note pad in a zip-lock plastic bag in the gear bag	
Additional Recommendations	
Thin stocking cap (for under the helmet)	
Extra clothing, extra gloves, extra goggles	
Hardy lunch with extra food to replace calories burned	

On the mountain we will check students for appropriate dress each time they go out to ski. If a child is not dressed appropriately for the mountain and cannot go to his/her bag and get the proper clothing, he/she will not be allowed on the slopes. We consider this preparedness important not only for safety on the mountain but also as part of the lessons of self-reliance and personal responsibility that we are trying to teach.

Please inspect your child's ski bag before it leaves the house each Friday to ensure required items are present.

Lunches & Snacks

Students need to bring a non-microwavable lunch and snacks. They will not be allowed to purchase lunch, snacks or drinks at the mountain.

You may want to add some extra snacks. We always stop for a mid morning warm-up break; students usually like something to eat then. On the way home, most students seem to be famished after a day of skiing. A few extra items, like an apple, orange or a drink, will be appreciated.

Equipment

The school district will rent ski equipment for any child who needs it. After some instruction, each child will be expected to put on his/her own gear by himself/herself.

If your child has equipment of his or her own, we strongly urge you to have it inspected periodically for defects and for binding adjustment. The district cannot bear responsibility for a student's personal equipment. We do not employ staff members who are qualified to inspect or to adjust release bindings. This responsibility rests with you, the parent/guardian.

Helmets

The school district will provide ski helmets to those students who don't have their own. The helmet can be issued to the student for the entire ski season starting before Christmas. We will require the students to wear a helmet during ski class; we encourage the use of these helmets outside class during family ski outings. It will be the responsibility of the student/student's family to return the helmet to the school at the end of the ski season.

Transportation

Transportation will be on the school district bus. Departure time from the school will be approximately 8:15 AM. Students should be to school that day by at least 8:00 AM so that class work may be checked in. The school bus will return to school at the end of the school day for the regular dismissal time.

Parents may arrange other transportation home for a student if such a request is provided in writing or is requested face-to-face with school personnel.

Relinquishing Responsibility

Sometimes students want to stay on the mountain after class to ski with friends. The district will not relinquish a student to another person without having clear and specific written permission and directions from the parent or legal guardian. The directions must specify which adult will assume responsibility for the student. That person must then make face-to-face contact with one of the teachers and assume the transfer of responsibility.

Non-Skiers

Those students who are “non-skiers” for the week have several options that will be worked out on an individual basis. Options available are the following: a teacher may stay back in the classroom to do school work with the student; the student may do school work in the Hoodoo lodge with a staff member present, or, if agreed upon by the parent and teacher, the student may stay home to complete work.

Students with medical problems may be excused from the ski program. The district may request approval from a student’s physician in the case of a student whose medical condition, in the district’s opinion, may be affected by the strenuous activity and the mountain environment.

Hill Procedures

“Rules of the Mountain”

Student safety is the primary concern of the district in this skiing program

- 1. Students must obey the instructions from coaches, bus driver and teachers**
- 2. Students will not ski alone**
- 3. Students will ski under control at all times**
- 4. Students will not ski without adult supervision**
- 5. Students will show responsibility for and take care of equipment**
- 6. Students will ski in predetermined authorized ski areas only**
- 7. Students will respect and obey the Hoodoo staff**
- 8. Students will obey all rules and procedures of the Hoodoo Ski Area**
- 9. Students must ask permission before leaving the instruction area**
- 10. Students will exhibit good manners and respect throughout their ski day**

In addition, students are expected to know, understand and follow the rules of the Skier’s Responsibility Code as set forth by the National Ski Patrol.

- 1. Always stay in control, and be able to stop or avoid other people or objects.**
- 2. People ahead of you have the right of way. It is your responsibility to avoid them.**
- 3. You must not stop where you obstruct a trail, or are not visible from above.**
- 4. Whenever starting downhill or merging into a trail, look uphill and yield to others.**
- 5. Always use devices to help prevent runaway equipment.**
- 6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.**
- 7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.**

For further safety of our students, even though we are not going to teach or do any freestyle maneuvers, in class we are going to adopt the rules of the new “smart style” freestyle terrain safety initiative developed by the National Ski Area Association. Smart style skiers and boarders follow these rules whether they are in a terrain park or just styling around the mountain.

- 1. Make a plan**
Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.
- 2. Look before you leap**
Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
- 3. Easy style it**
Start small and work your way up. (Inverted aerials are not recommended).
- 4. Respect gets respect**
From the lift line through the park.