

**Black Butte School  
District #41**

**Ski & Ride Program Handbook  
2023**



**Are you ready?**

## **Black Butte School Ski & Ride Program**

The school's Ski & Ride Program has been in existence for 50 years. It was started by Camp Sherman retiree Jack Walker when he was the teacher at the school. This program may be the only school-district-sponsored ski & ride program in Oregon that takes place during the school day.

The original goal of the program was to provide a physical education opportunity in the winter. That goal still exists; however, it is no longer our primary objective. After years of both parents and teachers assessing the students involved in the program, we have found providing an opportunity for the students to see their own personal growth in a tangible way in a short eight-week span is even more important than the physical education benefits; as a result, student development and accountability have become our primary objectives.

A wide variety of students over a long span of time have been successful in this program. The benefits of this experience are many. The students develop an "I can do it!" spirit. Their academic progress generally improves both during and after participation in the Ski & Ride Program. We also see student gains in self-esteem, responsibility, self-reliance and self-control. These are just a few of the many rewards of the Ski & Ride Program at Black Butte School.

This unique program is a wonderful example of how a cooperative educational venture between parents, community, staff, Hoodoo management and the school board, all working together, can succeed. The success of this program has become a great source of community pride. The district is pleased to be able to sponsor the Black Butte School Ski & Ride Program.

### **2023 Schedule** **8 Regular Sessions**

**January 13**

**January 20**

**January 27**

**February 3**

**February 10**

**February 17**

**February 24**

**March 3**

## **Goals of Ski & Ride Program**

1. Students will display essential safety skills for the prevention of injury.
2. Students will have an opportunity to develop and demonstrate the fundamental skills and concepts of ski & ride in a supervised environment.
3. Students will show comprehensive knowledge of fundamental skills, techniques and safety through on-the-hill evaluation.
4. Students will develop self-confidence by exhibiting determination, courage and self-control in this physical education environment.
5. Students will have an opportunity to value participation in skiing/snowboarding and other activities throughout life.
6. Students will develop personal skills of accountability and responsibility.

## **Safety**

The primary concern of the school district is a positive and *safe* experience for the students. All rules and the level of responsibility expected of each student are intended to maintain a safe Ski & Ride Program. Any time it becomes apparent that the safety of the students is being compromised, the district will re-evaluate the program immediately.

## **Earned Ski & Ride Trip**

A ski & ride field trip provides the student an opportunity to develop good work habits and reinforces a sense of self-discipline and responsibility in a positive way.

Students must demonstrate success in their Habits of Work (Respect, Responsibility, and Perseverance) during the week to earn the right to ski and ride with their classmates and Hoodoo instructor. Students who are not demonstrating these habits in the classroom will be placed with a staff member whom they will ski and ride with outside of the group setting with their classmates.

Safety on the mountain is the district's primary concern. Inappropriate behavior by a student on the mountain may result in lost ski & ride time that day or during the following week(s).

Students who are absent during the week may very well spend time in the lodge with staff on Friday. This time will be spent making up lost instruction and completing unfinished class and homework assignments. Please do not send your child to school during the week if he/she is sick just so he/she may ski & ride at the end of the week.

## **Parental Responsibility**

Parents are important to the success of the Ski & Ride Program; hopefully, they will feel comfortable with the program and provide positive reinforcement for the program goals and rules on the mountain.

Parents need to provide appropriate clothing for their child considering the environment. Please make sure your child is able to put on clothing properly. All children need to be able to zipper and button their own clothes.

If you plan to be at Hoodoo on a BBS ski & ride day, please remember that your children are involved in structured lessons paid for by the school. Please do not approach them during their lessons. Children lose concentration when their parents are hanging around, and the benefits of the instruction are decreased.

Students are not allowed to purchase lunches at Hoodoo, so please make sure they come with enough food and water for a day on the slopes.

Parents are encouraged to contact the school or the head ski & ride coach if they have any concerns or questions about the Ski & Ride Program. Open lines of communication will help us continue this very successful program.

## **Expense of the Program**

Cost of rental equipment, lifts and ski & ride coaching will be covered by the school district. Cost of clothing, helmets, goggles and the like will be covered by the parents. In order to help families with these expenses, it would be a good idea to make hand-me-downs available to smaller children. Please consider who may benefit from your excess equipment. If you need help purchasing proper winter clothing, please contact the school.

## **Clothing**

For the safety of your child in the Ski & Ride Program, it is extremely important that your child is dressed appropriately for the mountain environment. Please do not let the appearances of the weather in Camp Sherman dictate what your child wears to the mountain.

### **Mountain Weather Is Unpredictable!**

*Help your child plan and dress for the worst possible weather.*

The school district will not intentionally have a ski & ride day in rainy conditions; however, weather on the mountain can change so rapidly we may encounter these conditions even on a day that started out sunny and warm.

We require the “layered look” for the slopes. Clothing layers can be added for warmth or removed to avoid perspiration and subsequent chill. The three major layers are:

**The wicking layer** (next to the skin): This is the layer worn against the bare skin; it should fit your child snugly without being too tight. Look for thermal underwear tops and bottoms made of a synthetic fiber that has “wicking power” like polypropylene or Capilene.

**The insulation layer** (middle layer that keeps heat in and cold out): This can be one layer or it can be several layers. The insulation layers are usually made from some kind of synthetic fiber that provides

loft or space between the fibers for trapping warm air close to the body. Various types of “polar fleece” are probably the most popular insulation layer. Wool is also a good natural insulating fiber.

**The protection layer** (the outer layer): It is essential to have an outer layer—jacket, pants and mittens or gloves that are *windproof and, at minimum, highly water resistant*. Gore-Tex and other similar fabrics have a thin polymer coating which has pores that are large enough to allow perspiration to pass through but too small to allow water droplets through. This is the best waterproof solution because it is both waterproof and breathable. There are also good products listed as “highly water resistant.”

For further information on how to dress for ski & ride and what you should look for when you are buying ski & ride clothing, check out the National Ski/snowboard Patrol website at [www.nsp.org](http://www.nsp.org) and follow the links to Safety/Before You Go/Winter Dress Tips and other information.

### **Additional Clothing Requirements**

Ski helmets typically have insulation built in. That’s usually enough, but for extra cold days it’s *recommended* your child have a thin, lightweight stocking cap that can be worn under the helmet. If you choose this option, test the hat with the helmet to make sure it fits before you come up to the mountain to go skiing & riding.

Goggles are *required* for all students. Sunglasses just aren’t adequate; they let in too much wind and blowing snow. Glasses don’t stay on like goggles, either; they can easily bounce off and get lost during a fall. Goggles should also be well-ventilated so they don’t fog when the child is exercising and skiing/riding hard. Have your child store his or her goggles in a protective bag (it usually comes with the goggles) to prevent scratches on the lenses.

All children are *required* to have good sun block with them on the mountain. On the sunny days later in the year, skiers can get a worse burn from glare reflected off the snow than they would get from a day at the beach.

Students should carry extra middle-layer clothing and extra mittens or gloves with them in a backpack or soft carrying bag.

*It is expected that all students will be able to dress themselves,  
including zippering their coat.  
Students also will be responsible for all of their clothing and equipment  
and its whereabouts.*

<b>*Use this as a checklist each week*</b>
<b>Required Clothing: Inner Layer</b>
Wicking layer – long underwear top and bottom
Socks – several pair to be available as spares
<b>Required Clothing: Middle Layer</b>
Multiple layers within this layer
Shirt, sweater, pants, fleece pants, fleece jacket, vest or pull over
<b>Required Clothing: Outer Layer</b>
Windproof and highly water-resistant
Jacket, pants, gloves
<b>Additional Requirements</b>
A soft carrying bag for clothing and gear
Ski/snowboard helmet
Goggles
Face protection for windy days
Sunscreen
Face mask or gaiter
<b>Additional Recommendations</b>
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 & ride. 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 & ride 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 & riding. A few extra items, like an apple, orange or a bar, will be appreciated.

## **Equipment**

The school district will rent ski/snowboard 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**

Helmets are required for participation in the Ski & Ride Program. BBS does not provide helmets for students to use. It is the family's responsibility to provide a helmet to their student and make sure they have it with them at each session. Helmets can be purchased at Hoodoo and at several retailers in Sisters. Sometimes used helmets are donated to BBS. These are available for students to take and keep, but BBS takes no responsibility for the safety or condition of the helmets. If you are not sure what helmet to buy or are interested in a free used helmet, please contact the Head Teacher for assistance.

## **Transportation**

Transportation will be on the school district bus. It will depart from the school at about 8:30 a.m. Students should arrive that day by at least 8:15 a.m. to turn in class work. The school bus will return to school at the end of the school day at about 3:00 p.m. 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 & ride with friends. The district will not relinquish a student to another person without clear and specific written or in-person 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 before we load the bus at 2:15 p.m.

## **Non-Skiers and Non-Riders**

Students who are "non-skiers" for the week should still come to school on Ski & Ride Program days. They will be able to work with teachers and complete work in the lodge. Students with medical problems may be excused from the Ski & Ride 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 Ski & Ride Program*

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



**Black Butte School District  
2023 Ski & Ride Program Handbook Contract**

As a student, my signature verifies that I have read the Ski & Ride Program Handbook and understand the information it contains. My signature also confirms my understanding of and agreement to abide by the rules governing the Ski & Ride Program as explained in the handbook.

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Printed Name

My signature as a parent/guardian signifies that I have also read the Ski & Ride Program Handbook and assume responsibility for knowledge of the rules and information contained within it.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian's Printed Name