



2017-18 Ski & Snowboarding Program

Parent Information Sheet

Salt Lake County Parks & Recreation

Northwest Recreation Center

(385) 468-1305

Dates of Program: **Session One: Jan 19th, 26th, Feb 2nd, 9th, & 23rd**
Session Two: Mar. 2nd, 9th, 16th, 23rd & Apr 6th

Where: Snowbird Ski Resort

Cost: \$230 is the cost of the program and includes transportation, supervision and ski/snowboard lessons. ****Cost does not include equipment**.**

Scholarships: Approval of scholarship funding will be based on need with required supporting documentation. We also provide discounts for students on free or reduced lunch with appropriate documentation.

Time: Busses begin loading right after school and leave no later than 20 minutes after school gets out. Lessons are from approximately 2:00-4:00 PM.

Transportation: Chartered busses will pick up the skiers/snowboarders from school and drop them back off at 1 centrally located school/recreation center.
For liability reasons, participants may not be picked up from resort unless 24-hour notice is given.

Bus Supervisors: There will be 1 supervisor and 1 volunteer chaperone assigned to each bus. They will supervise students to and from Snowbird which includes: helping students with gear, loading and unloading busses (including equipment), and making sure all skiers/snowboarders are safely picked up at the end of the day. Participants will be responsible for carrying their own equipment to and from the bus.

Lesson Details: Participants will receive 5 sessions of skiing/snowboarding with approximately 2 hours of professional instruction. There are no refunds for missed days. If your child is going to miss a session, please call (385) 468-1319 to allow the bus supervisor to be informed.

Equipment Rental: Students must provide their own equipment and have equipment with them when loading bus. We encourage you to secure your season rentals BEFORE November, or rent each week.

Clothing & Equipment

If your child is not dressed appropriately they cannot participate

The Ski & Snowboard program takes place at high elevation. Temperature and wind can vary dramatically. The following information is given to help make your experience an enjoyable one. Cotton fabric is *the worst* fabric for insulating the body. Fabrics such as wool and polypropylene help extract moisture away from the body. **Students may not participate in jeans or sweats as the outer layer.**

Recommended Layering:

Top:		Bottom:
First Layer-		First Layer-
<i>Warm body layer such as: long underwear, long sleeve shirts, or turtlenecks</i>		<i>Long underwear or tights</i>
Second Layer-		Second Layer-
<i>One or more insulating layers such as sweaters, vests or sweatshirt</i>		<i>Sweatpants</i>
Third Layer-		Third Layer-
<i>Wind/water-resistant and lined jacket or parka</i>		<i>Wind/water-resistant pants</i>

Other Necessary Clothing:

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Knit hat to help prevent loss of body heat. 2. Wind/water resistant gloves or mittens are required.
(No knitted gloves/mittens allowed) 3. Light tinted goggles. | <ol style="list-style-type: none"> 4. Warm socks. Cotton is the worst! Wool, acrylic or polypropylene is much better. 5. Scarf or neck gaiter and additional layers just in case. 6. Sunscreen of 15 SPF or higher. |
|---|---|

Equipment:

Ski bindings should be adjusted at the beginning of every season by a certified binding technician. Almost every ski shop in the valley offers this service. Students must provide their own equipment and have equipment with them when loading bus.

DAILY CHECKLIST OF ESSENTIAL EQUIPMENT

<input type="checkbox"/> Warm underwear top and bottom	<input type="checkbox"/> SPF 15 or higher sun screen
<input type="checkbox"/> Sweater and/or other warm insulators	<input type="checkbox"/> Goggles
<input type="checkbox"/> Sweatpants	<input type="checkbox"/> Warm socks
<input type="checkbox"/> Ski/Snowboard pants	<input type="checkbox"/> Skis/Snowboard, boots & poles
<input type="checkbox"/> Parka or jacket	<input type="checkbox"/> Helmet
<input type="checkbox"/> Extra sweaters, coats, sweatshirt, etc. just in case	<input type="checkbox"/> Backpack or bag to keep shoes and extra things
<input type="checkbox"/> Knit hat and Scarf or neck gaiter	<input type="checkbox"/> Name on all belongings (avoid bringing valuables)
<input type="checkbox"/> Gloves	<input type="checkbox"/> Excitement to ski/snowboard!

Students are responsible for ensuring all necessary equipment is brought with them each day. Failure to bring all necessary equipment will result in student not participating that day.

Program Schedule - (Times are Approximate)

After School

Loading Bus

Please be prompt, buses will leave 20 minutes after school is released.

1:20 - 1:50 PM

Arrive at Snowbird Ski Resort

Participants should be ready to ski upon arrival. This includes wearing most of their gear on the bus. Backpacks, street shoes, skis, poles, snowboards, and other equipment should be clearly labeled with the child's name. (Masking tape works well for this.) Participants will leave their personal items on the bus during lessons. Please do not allow your child to bring valuables-we will not be responsible for lost or stolen items.

2:00 - 4:00 PM

Skiing/Snowboarding Lessons

Students will receive 6 sessions of instruction from the Snowbird instructors. Instructors will help facilitate learning and improvement in a fun and safe environment!

4:15 PM

Load Busses

For liability reasons, participants may not be picked up from resort unless 24 hour notice is given. Every student is expected on the bus by 4:30 PM. Late and disruptive students will be verbally warned. If students are continually late or disruptive, they will be dropped from the program without a refund.

4:40 PM

Depart from Snowbird

Many students are hungry after skiing or snowboarding. Students may eat a snack on the bus, however, they must clean up after themselves or the privilege will be removed.

5:30 PM

Return to Drop off location

Please be 15 minutes early to pick up your children. 5:30 PM is an approximate arrival time. Arrival time depends on the weather, road conditions, construction, promptness of loading, and traffic. Please be patient as we do our best to return back to the schools in a safe and timely manner. Please make necessary arrangements for rides home, the school will be locked and the students will be waiting outside for their rides. Supervisors stay until all children are picked up, please be on time.

Thank you for participating in the 2017-18 Ski and Snowboard Program with Northwest Recreation Center!
If you have any questions please call (385) 468-1305 or email mperegord@slco.org

Northwest Recreation Center
1255 W Clark Ave (300 N)
Salt Lake City, UT 84116