

## Ski & Snowboard Information

### Parent/Guardian Meeting: Friday, November 18, 2016 @ 630pm Dimple Dell Main Gym

Please review this information with your child before the first day of the program.

**Program details:** Parents are responsible to make sure their child is dressed appropriately, and that their equipment is ready to go for each lesson. If they are not adequately prepared for the mountain they will not be allowed to participate, and no refund will be given. **If you are going to miss a lesson because of illness, injury, etc. please call 385-468-3355 by 11:00a.m.** to notify the supervisor, Lesley Ann Shaw of the absence; otherwise the bus will wait for you. **No refund will be given for sick days or any other absence, unless program is cancelled by Dimple Dell or the resort staff.**

**Supervisors:** There will be a supervisor assigned to each bus to assist participants. They will help students with loading and unloading buses, ensure safety while on the bus, and make 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.*

**Emergency Procedures:** In the event of an injury, to your child, Salt Lake County staff will work with the ski resort to notify the parents as soon as possible. If the buses will be more than 45 minutes late or if there is any other emergency, Dimple Dell will notify the parents immediately of the situation. If your child is injured during the lessons you may be required to pick up your child from the resort medical center. (If this happens you will be notified immediately.) If you have any other questions you can call Dimple Dell at 385-468-3355.

**Clothing:** The Ski & Snowboard program takes place at high elevation. Temperature and wind can vary dramatically. We recommend a layering system of at least three layers. Cotton fabric is *the least ideal* fabric for insulating the body. Fabrics such as wool and polypropylene help extract moisture away from the body. (If your child is not dressed appropriately they cannot participate)

#### **Recommended Layering:**

##### **Top:**

1. Base layer such as long underwear, long sleeve shirt preferably something that's moisture wicking.

One or more insulating layers such as sweaters, vests, puffy coat, fleece, etc.

Wind/water-resistant and lined jacket or parka.

##### **Bottom:**

1. Long underwear or tights

2. Mid-layer pants such as fleece.

3. Wind/water-resistant pants. **NO JEANS!**

**Other Necessary Clothing:**

Warm hat, such as a beanie.

Wind/water resistant gloves or mittens **are required. (No knitted gloves/mittens allowed)**

Light tinted goggles.

Warm socks; wool, acrylic or polypropylene are preferred.

Scarf or neck gaiter and any additional layers, just in case.

Sunscreen of 15 SPF or higher and lip balm.

**Equipment:** Ski bindings should be adjusted at the beginning of every season by a certified binding technician. Also check rental equipment to make sure that it is ready to go (check to make sure that bindings are correct, that you don't have 2 left boots, etc).

**Daily Checklist of Essential Equipment**—Bring a snack (no nut allergens) for the bus on the way up and back! Place your name on ALL personal belongings—including skis, poles, & snowboard (avoid bringing any valuables).

Jacket	Non-ski Gloves/Mittens (optional)
Pants/Bibs	Skis/Snowboard
Base Layer	Ski/Snowboard Boots
Turtleneck/Thin Fleece	Bindings
Thick Fleece or Sweater	Poles (if skiing)
Fleece etc. Midlayer Pants	Helmet (optional)
Gloves/Mittens	Sunglasses (optional)
Glove Liners (optional)	Backpack/Fanny Pack (optional)
Hat/Headband or Balaclava/Ski Mask	Hydration Pack (optional)
Neck Gaiter(not needed with ski mask)	Lip Balm
Skiing Socks (optional)	Sunscreen
Goggles	Hand & Toe Warmers (optional)