

# **SKI CLUB**

**LMS/LMHS**

# **2018-2019**

# LYMAN MEMORIAL HIGH SCHOOL

October 1, 2018

917 Exeter Road  
Lebanon, CT 06249

Dear Parent/Guardian:

I am pleased to announce that Lebanon Middle School and Lyman Memorial High School will be offering a five-week ski and snowboard program this winter. The program features five after school bus trips to Ski Sundown in New Hartford, CT. Here are some details:

**Dates:** Thursdays: **January 3, 10, 17, 24, 31 (snow date: February 7)**

**Times:** Skiing or snowboarding from 3:45 –6:45 (3 Hour Block)

Students depart LMS/LMHS at 2:00 pm and return by 8:30 pm

<b>Package Costs:</b> (5 trips, includes transportation)	<b>COST</b>
1. lift only	\$366.68
2. lift & lessons	\$445.68
3. Pass holder Lesson	\$340.68
4. Equipment rental	\$135.00

## Other details:

- It is strongly suggested that 1<sup>st</sup> time snowboarders and skiers sign up for lessons.
- Forms and payment are **due Friday, November 9<sup>th</sup>, Late signups will result in a \$25 late fee.** Space is limited.
- All students must be passing all classes to join and are responsible for completing homework.
- Please fill out and sign the attached paperwork, and be sure to read the rest of the paperwork prior to returning it to Ms. Gerber (LMHS) or Mr. McLean (LMS).
- **All skiers and snowboarders must wear a helmet in order to participate.** If your child forgets their helmet, they will need to stay in the lodge with a chaperone. **No exceptions!** Any student caught without their helmet on, will also stay in the lodge and may be subject to further disciplinary actions.
- **Refunds for ski club are not guaranteed**, so please be sure you want to participate and that other commitments will not interfere.
- You will automatically be enrolled into a protection policy with Ski Sundown. In the event that your child is injured, refunds will be given for the paid portion of the trip money that goes to Ski Sundown. Therefore protection policy only covers refunds for payment to Ski Sundown; *transportation costs are non-refundable*. This price is already included in the above packages.

Please complete the permission slips and registration forms included in this packet. Please return all of your forms to Ms. Gerber (LMHS) or Mr. McLean (LMS) by November 9<sup>th</sup>. **Make checks payable to Lyman Memorial High School** and write the package numbers selected from above on the check. For more information, please do not hesitate to call me at (860) 642- 5685 or email me at [laura.gerber@lebanonct.org](mailto:laura.gerber@lebanonct.org)

Sincerely,



Laura Gerber

**LYMAN MEMORIAL HIGH SCHOOL**  
**STUDENT FIELD TRIP PERMISSION AND EMERGENCY INFORMATION**  
**(School Supplied Transportation)**

**Student Name:** \_\_\_\_\_ **DOB** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Gr.** \_\_\_\_

I give my permission for my son/daughter to go on the field trip as described below and understand that he/she agrees to follow all policies and procedures:

<table style="width: 100%;"><tr><td style="width: 33%;">Date of Field Trip:</td><td style="width: 33%; text-align: center;">01</td><td style="width: 33%; text-align: center;">03</td><td style="width: 33%; text-align: center;">2019</td></tr><tr><td>Date of Field Trip:</td><td style="text-align: center;">01</td><td style="text-align: center;">10</td><td style="text-align: center;">2019</td></tr><tr><td>Date of Field Trip:</td><td style="text-align: center;">01</td><td style="text-align: center;">17</td><td style="text-align: center;">2019</td></tr><tr><td>Date of Field Trip:</td><td style="text-align: center;">01</td><td style="text-align: center;">24</td><td style="text-align: center;">2019</td></tr><tr><td>Date of Field Trip:</td><td style="text-align: center;">01</td><td style="text-align: center;">31</td><td style="text-align: center;">2019</td></tr></table> <p>Time: <span style="border: 1px solid black; padding: 2px;">2:00</span> AM <input checked="" type="checkbox"/> PM to <span style="border: 1px solid black; padding: 2px;">8:30</span> AM <input checked="" type="checkbox"/> PM</p> <p>Destination: <span style="border: 1px solid black; padding: 2px;">Ski Sundown-New Hartford, CT</span></p>	Date of Field Trip:	01	03	2019	Date of Field Trip:	01	10	2019	Date of Field Trip:	01	17	2019	Date of Field Trip:	01	24	2019	Date of Field Trip:	01	31	2019	<p><b>Curriculum Relationship &amp; Trip Itinerary</b></p> <p>Course: <span style="border: 1px solid black; padding: 2px;">Ski/Snowboard Club</span></p> <p>Field Trip Focus: <span style="border: 1px solid black; padding: 2px;">Skiing and/or Snowboarding</span></p> <p><b>Itinerary</b> Skiing or snowboarding from 3:45 –6:45 (3 Hour Block) Students depart Lyman at 2:00 pm and return by 8:30 pm (See attached documentation for more details)</p>
Date of Field Trip:	01	03	2019																		
Date of Field Trip:	01	10	2019																		
Date of Field Trip:	01	17	2019																		
Date of Field Trip:	01	24	2019																		
Date of Field Trip:	01	31	2019																		

**Note:** Transportation home is the responsibility of parents/guardians if students return to LMHS after 2:05 PM (full day schedule) or after 11:55 AM (half day schedule).

**Parent/Guardian Signature:** \_\_\_\_\_ **Student Signature:** \_\_\_\_\_

Parent/Guardian will be at this phone number on the date of the field trip: \_\_\_\_\_

**EMERGENCY CONTACTS**

List two (2) neighbors or relatives who will assume temporary care of your child if you cannot be reached.

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_
2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

In case of an accident, illness or injury, I grant permission for school personnel to administer first aid or secure medical treatment for my child. In case of emergency, your child will be taken to the nearest medical facility.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Medical Information for Emergencies**

Student Allergies (list)	Chronic Illnesses or Medical Condition (list)	Medications (list)

## **LMS/LMHS Ski & Snowboard Club Rules & Expectations**

This is a reminder that you are representing LMS/LMHS and you should follow all school rules and the four LMS Expectations (Be Respectful, Be Responsible, Be Honest and Be Caring) while participating in Club activities. In addition to school rules you must also follow Ski Sundown's Responsibility Code and LMS/LMHS Ski & Snowboard Club Rules & Expectations. Please read the following with your parents, and have you and your parents sign and return the bottom portion to Ms. Gerber (LMHS)/Mr. McLean (LMS). Students will not be able to attend trips unless this is agreed to and signed.

### **Ski Sundown's Responsibility Code**

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. Whenever starting downhill or merging into a trail, look uphill and yield to others.
  4. You must not stop where you obstruct a trail or are not visible from above.
  5. All boarders/skiers shall use devices to prevent runaway equipment.
  6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
  7. Prior to the use of any lift you must have the knowledge and ability to load and unload.
  8. There shall be no swinging on the chairlifts whatsoever.
  9. No improper embarking or disembarking from chair lift.
- \* Any person whose behavior may endanger another person or property will lose his/her boarding/skiing privileges without refund.

### **LMS/LMHS Ski & Snowboard Club Rules & Expectations**

1. **All students must have and wear a helmet in order to Ski, no exceptions. Those students without a helmet will have to sit in the lodge if they forget their helmet. No refunds for missing that day will be given.**
  2. Snowboarders must have a retention strap for their equipment. A snowboarder without a retention device will not be allowed to use the Ski Sundown lifts.
  3. Students are all responsible for loading their equipment under the bus, unloading their equipment safely, and cleanup of the bus.
  4. Students must remain seated unless they are going to use the restroom.
  5. Students must speak at appropriate levels. No shouting or yelling will be tolerated on the bus. Students may be watching a movie, doing homework, or perhaps sleeping. Please respect your classmates and teachers/chaperones.
  6. Use appropriate language. Appropriate language includes only conversation that is accepted in the classroom setting.
  7. Follow all directions respectfully from designated teachers and chaperones.
- \* Students who misbehave and are a danger to others will be removed. A parent will need to pick the student up at the ski slope.
- \* Students who create an unsafe environment will have their ski club privileges revoked.

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I have read and understand the rules, expectations, and consequences of signing this agreement. My child and I have discussed appropriate Ski Sundown and LMS Rules behavior and acknowledge that transportation and program involvement will be lost if all expectations are not met.

\_\_\_\_\_  
**Student signature**

\_\_\_\_\_  
**Parent/Guardian signature**

# SKI SUNDOWN

## 2018-2019 GROUP PARTICIPANT INFORMATION & PROGRAM AGREEMENT

PLEASE PRINT ONLY

Group Name: Lebanon MS/HS Day of Visit: Thursday

### SECTION 1

Participant Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
Parent Name: \_\_\_\_\_ Email\*: \_\_\_\_\_  
Address: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Contact Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

\*Your information may be used to send you future promotional offers/communications from Ski Sundown only. This information is kept by Ski Sundown for our exclusive use and is not sold or distributed to outside parties.

### SECTION 2 PLEASE CHECK ONE FROM EACH CATEGORY:

Program Choice: ☐ Lift & Lesson (Skill level required) ☐ Lift Only ☐ Season Passholder Lesson\* (Skill level required)

Ski or Snowboard: ☐ Ski ☐ Snowboard

\*Barcode#: \_\_\_\_\_

Equipment Rental: ☐ No (Does not need rental) ☐ Yes (if yes, must complete Rental Information below in Section 4)

### SECTION 3 PLEASE CIRCLE YOUR SKILL LEVEL (choose only one skill level)

Ski Sundown groups skiers/boarders into four categories according to skill level. These skill levels are vital in helping the Snow Sports School make proper class assignments. In order for your child to get the most out of his/her lesson, it is extremely important that you make an honest and accurate assessment of your child's abilities. The following descriptions are provided to help in this assessment.

#### Ski-Skill Levels/Lesson Content

- 1. First Time- New to the sport.** Ready to learn the basics on equipment, turning, stopping and chair lift procedures.
- 2. Novice-** Riding the chair lift and can ski independently making wedge turns on beginner terrain. Ready to discover linking turns, changing the size, shape and rhythm of turns, pole use, skating and introduction to parallel turns.
- 3. Intermediate-** Exploring intermediate terrain making small wedge or beginning parallel turns. Ready to build more confidence by skiing many different turn shapes and sizes on more challenging terrain and in different conditions.
- 4. Advanced-** Making consistent parallel turns on advanced terrain. Ready to explore all the mountain has to offer by learning the skills and tactics that it takes to ski steeper terrain, moguls and variable snow conditions.

#### Snowboard- Skill Levels/Lesson Content

- 1. First Time- New to the sport.** Ready to learn the basics on equipment, turning, stopping and chair lift procedures.
- 2. Novice-** Riding the chair lift and can snowboard independently controlling the direction and speed on beginner terrain. Ready to discover speed control through heel and toe edge movements and intro to linking turns.
- 3. Intermediate-** Exploring intermediate terrain using linked turns to control direction. Ready to learn speed control through turn shape and intro to carving and ground tricks.
- 4. Advanced-** Making carved turns on advanced terrain. Ready to discover advanced carving skills, switch riding, moguls or intro to aerials.

### SECTION 4 RENTAL INFORMATION

Renter's Name: \_\_\_\_\_ Male/Female \_\_\_\_\_

Renter's Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Shoe Size: \_\_\_\_\_ Age: \_\_\_\_\_ ☐ 1st Time

**Skier Type** (see below for explanation): ☐ I ☐ II ☐ III

**Snowboard Type:** ☐ Left foot forward ☐ Right foot forward

#### Cautious Skiing At Lighter Release/Retention Settings

- Type I Skiers** ~ Ski conservatively ~ Prefer slower speeds ~ Prefer easy, moderate slopes ~ Favor lower than average release/retention settings. This corresponds to an increased risk of inadvertent binding release in order to gain increased releasability in a fall. ~ Type I settings apply to entry level skiers uncertain of their classification.

#### Moderate Skiing At Average Release/Retention Settings

- Type II Skiers** ~ Ski moderately ~ Prefer a variety of speeds ~ Ski on varied terrains including most difficult trails ~ Are all skiers who do not meet all the descriptions of either Type I or Type III

#### Aggressive Skiing At Higher Release/Retention Settings

- Type III Skiers** ~ Ski aggressively ~ Normally ski at high speeds ~ Prefer steeper and more challenging terrain ~ Favor higher than average release/retention settings. This corresponds to decreased releasability in a fall in order to gain a decreased risk of inadvertent binding release.

CONTINUED ON NEXT PAGE

All participants must sign the Program Agreement on the back of this form (parents must also sign for participants under age 18).





**SECTION 5****PROGRAM AGREEMENT****SKI SUNDOWN, INC.****RELEASE OF LIABILITY, WAIVER OF CLAIMS, EQUIPMENT RENTAL, AND ARBITRATION AGREEMENT****PLEASE READ CAREFULLY**

Skiing and snowboarding involve risk of serious injury, including death, caused by hazards inherent in the sport of skiing. Participation in the sport of skiing, no matter what type equipment you are using or the event or program that you have chosen to participate in, is a voluntary act on the part of the Participant and where applicable the Participant's parent(s) or guardian(s)

**PARENT(S)/GUARDIAN(S):** Only allow your child to participate in the sport of skiing if he/she:

- Appreciates the risks involved in the sport;
- Knows his/her own capabilities and limitations regarding the sport of skiing;
- Is capable of exercising common sense

The use of helmets is strongly recommended. If you and/or your child decide not to use a helmet, you do so at your own risk.

**Release and Waiver of Claims:** In consideration of being allowed to participate in the sport of skiing at Ski Sundown, Inc. (the "Facility"), the Participant, and the Participant's parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

1) **TO WAIVE ALL CLAIMS** that they have or may have against the Facility arising out of the inherent risks of the sport of skiing;

2) **TO ASSUME ALL RISKS INHERENT IN THE SPORT OF SKIING;** and

3) **TO RELEASE** Ski Sundown, Inc., the facility, its owners, affiliates, officers, directors, employees, agents, and shareholders, and all manufacturer's and distributor's of equipment from all liability for any loss, damage, injury, or expense that the Participant (or his/her next of kin) may suffer, arising out of the inherent risks of participation in the sport of skiing.

The Participant acknowledges and agrees that the inherent hazards and risks of participating in the sport of skiing are in addition to those referenced in *Connecticut General Statutes § 29-212*. The Participant also acknowledges that this agreement does not, in any way, change the rights or obligations of the Facility or the Participant, as set forth in *Connecticut General Statutes § 29-211, et seq.*, other than as set forth in this agreement.

**Acknowledgement of Equipment Instructions:** I will not use any equipment until I have received instructions on its use and I fully understand its use and function. I agree to verify the visual indicator settings to be recorded on any rental forms agree with the number appearing in the visual indicator windows of any equipment listed on the form.

**Equipment Rental and Release from Liability and Waiver of Claims:** I accept for use the equipment rented to me by Ski Sundown, Inc. (the "Equipment") and accept full responsibility for its care while it is in my possession. I will be responsible for the replacement, at full retail value, of any Equipment which is not returned, and I will be responsible for the costs of repairing any damage to the Equipment, other than normal wear and tear.

**SKI EQUIPMENT** I understand that the ski-boot bindings system which I have rented will not release at all times nor under all circumstances, nor is it possible to predict every situation in which it will release. I understand that the ski-boot bindings system is, therefore, no guarantee of my safety. I have accurately represented to Ski Sundown, Inc. my height, weight, age, and skiing ability, recognizing that some or all of these factors may affect the settings of the ski-boot bindings system.

**SNOWBOARD EQUIPMENT** I understand that the snowboard bindings system, which I have rented, is a non-release system. I understand that the snowboard bindings system is no guarantee of my safety.

I hereby agree to the fullest extent permitted by law, as follows:

1) **TO WAIVE ALL CLAIMS** that I have or may have against Ski Sundown, Inc. and all manufacturers and distributors of the Equipment, caused by the use of the Equipment and/or the inherent risks of the sport of skiing, as defined in Conn. Gen. Stat. § 29-211, *et seq.*;

2) **TO ASSUME ALL RISKS INHERENT IN SKIING;**

3) **TO RELEASE** Ski Sundown, Inc. and all manufacturers and distributors of the Equipment, from all liability for any loss, damage, injury, or expense I (or my next of kin) may suffer, caused by the use of the Equipment and/or the inherent risks of the sport of skiing.

4) **TO INDEMNIFY** and hold harmless Ski Sundown, Inc. and the manufacturers and distributors of the Equipment for any loss or damage including any that results from claims or lawsuits for personal injury, death, or property loss and damage arising from my use of the Equipment.

5) **I FURTHER AGREE** to submit all claims against the manufacturers or distributors of the rental Equipment used by me at Ski Sundown, Inc. to arbitration.

**Arbitration:** The Participant or his/her Parent(s) or Guardian(s) hereby agree(s) to submit any dispute arising from participation in the sport of skiing to arbitration, for the sole purpose of determining whether the alleged injury arises from a hazard inherent in the sport of skiing. For such disputes, there shall be a three-member arbitration panel, consisting of two party-appointed arbitrators (one arbitrator to be appointed by each party) and one neutral arbitrator (collectively, the "Panel"), to be chosen by the party-appointed arbitrators. The neutral arbitrator shall be a current officer of a ski area located in Connecticut, Vermont, New Hampshire, Maine or Massachusetts. In the event that the two party-appointed arbitrators are not able to agree on a third, neutral arbitrator, the neutral arbitrator shall be appointed by a court of competent jurisdiction based on the criteria specified above. Each party shall pay its own costs, including the costs associated with the party-appointed arbitrators, and the parties shall share equally the costs associated with the neutral arbitrator. The arbitration proceeding shall proceed in West Hartford, Connecticut and shall be governed by the Federal Rules of Evidence. The Panel shall establish a reasonable and appropriate discovery schedule to expeditiously resolve this matter.

In the event that the Panel determines Participant's alleged injury arises from a hazard inherent in the Participant's participation in the sport of skiing, **Participant's claim shall be deemed barred, as a matter of law, and the Participant shall be barred from recovering any compensation from Ski Sundown, Inc.**

In the event that the Panel determines that Participant's alleged injury *did not* arise from a hazard inherent in the sport of skiing, the Panel must next determine whether Ski Sundown, Inc. was negligent and if so, whether Ski Sundown, Inc.'s negligence was a proximate cause of Participant's injury. If the Panel determines that either Ski Sundown, Inc. was not negligent or that any negligence on its part was not a proximate cause of the Participant's injury, then the Panel must enter an award of no responsibility for Ski Sundown, Inc. & **Participant shall be barred, as a matter of law, from any recovering any compensation from Ski Sundown, Inc.**

However, if the Panel finds that negligence on the part of Ski Sundown, Inc. was a *proximate* cause of Participant's injury, the Panel must then determine whether Participant was negligent and whether Participant's negligence contributed to his/her injury. The Panel shall assign a percentage of negligence for both Ski Sundown, Inc. and Participant, which must equal 100%. If the Participant's allocation of negligence exceeds 50%, **Participant's claim shall be deemed barred, as a matter of law, and the Participant shall be barred from recovering any compensation from Ski Sundown, Inc.**

However, if Participant's allocation is less than 50%, then the Panel shall determine dollar amount for any damages that have been proven that will fairly compensate the Participant for his/her injury. The Panel shall then multiply the dollar amount of any such damages by the percentage of negligence found on the part of Ski Sundown, Inc. The resulting number shall be the Panel's compensation award for Participant's injury.

The Federal Rules of Evidence shall apply to the arbitration proceeding unless the parties otherwise agree.

**Acknowledgement:** I grant permission to Ski Sundown to use my photograph, video tape, motion picture recording or any other record of my use of its facilities for legitimate purposes.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Parents or Guardians must also sign if the Participant is UNDER 18.

**Participant's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_





## WEEKLY GROUP PARENT/GUARDIAN INFORMATION 2018/2019

Ski Sundown is committed to offering a safe and fun experience for all skiers and snowboarders. Our Weekly Group program is a wonderful opportunity to regularly participate in a great winter sport.

- \* Read and understand this handout and discuss the information with your child.
- \* Everything you need to know about the group program is in this handout.
- \* All inquiries, problems, add-ons and cancellations **MUST GO THROUGH YOUR GROUP LEADER**. He/she organizes and administers your group and handles all issues. Ski Sundown cannot make any changes for your child unless arranged with your group leader first, even if you call us.

### INDEX:

1. Group Participant information and Program Agreement
2. What to expect on your first day at Ski Sundown
3. Responsibility and Safety
4. Communication
5. Ski Sundown Group Program Badge
6. Cancellations
7. Missed Sessions
8. Refund Policy
9. Lost and Found/Forgotten clothing or equipment

## 1. GROUP PARTICIPANT INFORMATION & PROGRAM AGREEMENT

**Every group participant must complete and return this form**

Section 1 - Complete with accurate information.

Section 2 - Check all categories that apply. **Please be accurate when entering the skier/boarder level** (choosing only one skill level). We want your child to be on terrain that is suitable for his/her ability level, thus creating a safe and fun experience.

Section 3 - If renting equipment, complete this section. **All** of the information requested is essential to accurately match skiers/snow boarders to their set of equipment and properly adjust the bindings.

Section 4 - **A parent or guardian and participant must sign this section.**

**Your child cannot participate without a signed Program Agreement.**

## 2. WHAT TO EXPECT ON THE FIRST DAY AT SKI SUNDOWN

Be prepared to ski in any weather. Wear a helmet or hat, waterproof gloves, snow pants, waterproof jacket, neck warmer (no scarves), goggles or sunglasses and ski/snowboard socks. **>LABEL ALL YOUR EQUIPMENT!!!<**

\* **Arrival:** When the bus arrives at Ski Sundown, a member of the Ski Sundown staff will greet the bus and give a brief talk about safety and proper behavior. All participants will then go to the lodge where a group Chaperone will reserve a table with the group's name on it. There will always be a Chaperone at this table if a participant needs assistance. Skiers/boarders may leave their bags at this table or in the lockers or cubbies.

\* **Rentals:** Renters then go to the Rental Shop to pick up their equipment. If using your own equipment, please have a ski shop perform a binding safety check and wax and tune your child's skis or snowboard prior to the start of the program.

\* **Lessons:**

A. On their first visit all first-time skiers/boarders will meet outside of the Rental Shop exit. They will be met by Ski Sundown staff and will be supervised in the first time learning area until their lesson time. Since the use of the chair lift may not be taught on the first day, beginners will use the conveyor lift on their first visit.

B. All other lesson participants are expected to be outside the Rental Shop 10 minutes before their class begins. They will then be placed in groups according to their skill level. If a participant cannot ski/board in control or ride a chair lift, he/she will be grouped with the new skiers/boarders to review the basics.

C. Lesson groups are arranged on the first day and participants will stay in the same group unless an instructor recommends a change. When you enroll your child in group lessons, take into consideration your child's other commitments and obligations that may interfere with the scheduled lesson. **IF YOUR CHILD MISSES A SCHEDULED LESSON DUE TO ILLNESS OR ABSENCE, THE LESSON IS LOST.** Makeup lessons are not offered. Participants are not allowed to switch groups or attend a lesson on another day. This is necessary for lesson continuity, group size and participant safety.



### **3. RESPONSIBILITY AND SAFETY**

A safe and fun environment requires the cooperation of all those who choose to ski and snowboard at Ski Sundown. Please discuss these responsibilities and rules of etiquette with your child before he/she visits Ski Sundown.

#### **RESPECT**

- The mountain is for everyone to enjoy. Respect the mountain and those using it and act responsibly at all times. Be watchful and aware of others and show courtesy to them. Present a positive image for our sport.

#### **SAFETY**

- The mountain undergoes changes continuously. Take a slow and careful run to familiarize yourself with the current conditions and trails.
- Never follow anyone too closely.
- Do not stop in the middle of a trail.
- We try to provide features that accommodate different skier/boarder abilities. **KNOW YOUR LIMITS**.
- We **DO NOT ALLOW INVERTED AERIALS** at Ski Sundown.
- Be aware of your surroundings. Ski or snowboard with care.

#### **PROPER USE OF LIFTS**

- Be familiar with the common courtesies and guidelines for riding the lifts at Ski Sundown. They are for your safety and the safety of others.
- Obey all posted instructions at each lift.
- Do not use a lift until you are familiar with its operation. Watch and learn. Ask any lift employee for help.
- The area around all lift mazes is a **SLOW SKIING ZONE**.
- Do not stand in front of lift mazes or block the flow of traffic.
- Load and unload only at designated areas.
- Lower restraining bar immediately after loading.
- Sit quietly and do not bounce chairs, hit lift towers, or in any way abuse lift equipment.
- When unloading, make sure no loose clothing, poles or packs are caught in the lift. Move quickly away from unloading areas.
- If a lift stops, do not attempt to get off. Remember, if there is a mechanical problem, area personnel will provide assistance.

#### **YOUR RESPONSIBILITY CODE**

Slope safety is everyone's responsibility. Observe the code listed below and share with others the responsibility for a great skiing experience. This is a partial list. Be safety conscious.

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

**KNOW THE CODE. IT'S YOUR RESPONSIBILITY.**

### **4. COMMUNICATION**

If your child requires any special attention due to a physical or medical problem, inform your Group Leader immediately so that Ski Sundown is notified of it at the time of registration. If your child has an issue with a lesson group assignment, he/she should inform their group leader who will speak with a Snowsports School Lesson Supervisor prior to the start of the lesson. **If you or your child have other concerns about lessons or any other aspect of the program, please contact your Group Leader.**

### **5. SKI SUNDOWN GROUP PROGRAM BADGE**

Each participant is issued a Group Program Badge at the beginning of the program. The badge is good for the entire program. Each participant must wear and display the badge in order to gain access to the lifts and lessons. The badges may only be used during the time and day assigned to each group. They are non-transferable. Group Leaders will be responsible for distributing the badges to their group members. There are three types of Group Program Badges issued based upon the program purchased. The three badge types are Lessons & Lift, Lift Only, and Pass Holder Lesson (these participants must purchase, wear and display the pass).

If a participant forgets his/her badge, a replacement ticket good for one session will be issued at the Welcome Center desk at no cost. If a participant forgets his/her badge a second time, he/she must purchase a replacement ticket or badge for \$5.00. There is a \$5.00 fee for any lost badge. A Chaperone must accompany any participant who needs a Replacement Badge or Replacement Ticket.

### **6. CANCELLATIONS**

Ski Sundown offers make-up dates if Ski Sundown cancels a visit due to unfavorable weather conditions. If school is canceled on a scheduled session date in the district where participants reside, a make-up session will be offered. Your Group Leader will keep you informed of any changes, cancellations or make-up dates. **Please contact your Group Leader, not Ski Sundown, regarding cancellations and make-ups.**



## **7. MISSED SESSIONS**

If your child misses a session, their Group Program Badge is valid for a 4-hour Lift Only make-up visit on **Mondays through Fridays** excluding holidays (January 21, February 18-22, 2019), until the end of season. There is no make-up, credit or refund for a missed lesson. If your child purchased the rental option, he/she will be able to use the rentals on the make-up visit if prior arrangements are made with the Rental Shop. You can contact the Rental Shop at (860) 379-7669 ext. 250.

## **8. REFUND POLICY**

Full refund will be given if request is made **by the Group Leader** and received by Ski Sundown **prior to January 2, 2019**. No refunds or credits will be given after this date unless the protection policy criteria are met. The **protection policy** is added to your program at no cost and will reimburse the price of your program on a prorated basis in the event of injury or illness that prevents your child's completing the program. The illness or injury must be confirmed by a letter from a licensed physician, and the refund request must be received **from the Group Leader by March 15, 2019**. **No refund requests will be accepted after this date.** Program changes can be made up to the start of the program.

## **9. LOST AND FOUND/FORGOTTEN CLOTHING OR EQUIPMENT**

If the item is missing during your child's visit, he/she can go to the Ski Shop to fill out a Missing Item Report. There is also a link on our website that you can use to contact the Ski Shop about the missing item. **We recommend that all personal items be labeled** with identification that will help with getting the lost item back to your child. Ski Sundown NEVER lends items from our lost and found. If your child forgets anything, they can make a purchase in our Ski Shop or arrange to purchase rentals. The Welcome Center will be happy to help a parent purchase a Gift Card over the telephone and make sure it gets to a chaperone in the group.



# Sign up for important updates from Ms. Gerber.

Get information for **Lyman Memorial High School** right on your phone—not on handouts.

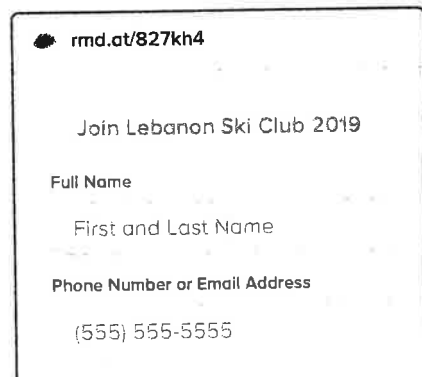
Pick a way to receive messages for **Lebanon Ski Club 2019**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/827kh4](https://rmd.at/827kh4)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

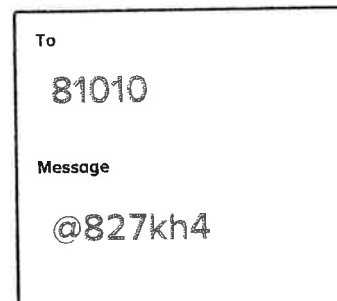
A screenshot of a smartphone screen displaying the Remind app interface. At the top, the URL "rmd.at/827kh4" is shown. Below it, the title "Join Lebanon Ski Club 2019" is displayed. The form includes three input fields: "Full Name" with the placeholder "First and Last Name", "Phone Number or Email Address" with the placeholder "(555) 555-5555", and a "Sign Up" button at the bottom.

**B** If you don't have a smartphone, get text notifications.

Text the message @827kh4 to the number 81010.

If you're having trouble with 81010, try texting @827kh4 to (484) 247-3178.

*\* Standard text message rates apply.*

A screenshot of a text message interface. The "To" field shows the number "81010". The "Message" field contains the text "@827kh4". A "Send" button is visible at the bottom right.

Don't have a mobile phone? Go to [rmd.at/827kh4](https://rmd.at/827kh4) on a desktop computer to sign up for email notifications.

# Special Helmet / Goggle / Lock OFFER!



Ski Sundown has teamed up with Smith Helmets and Goggles to offer kids participating in our Programs an economical deal. We are also adding a Combo Cable Lock.

**THE HELMET (\$57.00):** FROM THE TERRAIN PARK TO THE SKATE PARK, the Holt has you covered. For sizing information, please refer to "How to Size and Fit Your Smith Helmet".

PLEASE NOTE: Ski Sundown does not mandate that skiers and riders wear a helmet while in our ski or snowboard school. We recommend personal choice. In addition to comfort and warmth, helmets provide added protection against head injury (ASTM F2040 Safety Standard). It is important to remember the risk of injury can never be excluded completely. Ski Sundown and Smith encourage all skiers and riders to follow "Your Responsibility Code". Guests assume inherent risks and liabilities as outlined on the Ski Sundown Group Badge. For more information on the use of helmets please visit National Ski Areas Association Lids on Kids Website at [www.lidsonkids.org](http://www.lidsonkids.org).

**THE GOGGLE (\$26.00):** The goggle offered is the Electra Pro Air model with Black frame and gold light single lens (helmet compatible). Please note that it is not a "junior" sized frame.

**THE LOCK (\$14.00):** The lock comes with a combination that you can set yourself.

- Payment must accompany your order and be received by NOVEMBER 30, 2018.
- Orders will be delivered to Ski Sundown.
- Orders will be available for pick up during Ski Shop hours beginning December 17, 2018. Check our Ski Shop hours at [www.skisundown.com](http://www.skisundown.com).
- Questions? Call 860-379-7669, Ext. 254 or 251

## HOW TO SIZE AND FIT YOUR SMITH HELMET

To determine your correct size, wrap a measuring tape around your head, just above the eyebrows. The tape should be placed comfortably around your head and not too snug. Smith helmets are sized in centimeters, see our size chart below to get the correct Smith size. Make sure you measure the largest part of your head. If you fall between two sizes, you should select the larger size.



# SMITH SIZE CHART FOR HOLT MODEL

AVAILABLE IN BLACK ONLY

SMITH SIZE	CENTIMETERS
X-SM	52-54
SM	54-56
MED	56-58
LG	58-60

**NO RETURNS OR REFUNDS!!!!!!!**

Keep this information for your records:

Number of Helmets Ordered \_\_\_\_\_ Size(s) \_\_\_\_\_

Number of Goggles Ordered \_\_\_\_\_

Number of Locks Ordered \_\_\_\_\_

Total Payment: \$ \_\_\_\_\_ Credit Card \_\_\_\_\_ Check # \_\_\_\_\_

Orders will be available for pick up during Snow Sport Shop hours beginning December 17, 2018.

Check our Ski Shop hours at [www.skisundown.com](http://www.skisundown.com)

-----Cut on line and return order form below with payment-----

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address (for confirmation of order) \_\_\_\_\_

ITEM DESCRIPTION	SIZE	QUANTITY	PRICE	TOTAL
Black Smith Helmet			\$57.00	
Black Smith Goggle, Tinted Lens	N/A		\$26.00	
Combination Cable Lock	N/A		\$14.00	

THANK YOU FOR YOUR ORDER!

Please remember to:

1. Print your complete name, address, phone number and e-mail address.
2. Specify quantities and helmet size(s).
3. Mail check. If paying by credit card, please call (860) 379-7669 Ext. 251 or 254 with credit card information.
4. Fax order form to (860) 379-1853 or scan and email to [pdionne@skisundown.com](mailto:pdionne@skisundown.com) or mail to:  
Ski Sundown / Attn: Helmet, Goggle, Lock Program / P. O. Box 208 / New Hartford, CT 06057

SUBTOTAL	
Add 6.35% Sales Tax	
AMOUNT ENCLOSED	

**DO NOT SEND THIS TO YOUR GROUP LEADER**

# Gift Cards Available Now!



## The Perfect Gift!

Always fits - Never goes out of style!

Available in any amount and ready to use anywhere  
on the mountain. Never expires! Purchase at  
the Welcome Center or [skisundown.com](http://skisundown.com).



**Ski Sundown** Winter made better!



[skisundown.com](http://skisundown.com)





# SUNDOWN SKI PATROL Ski Swap

**BUY & SELL, NEW & USED EQUIPMENT!**

One of New England's largest, longest running swaps!  
Visit us for a huge selection of skis, snowboards, boots,  
poles, clothing and more at great prices.



**NOW ACCEPTING CREDIT & DEBIT CARDS!**

## ITEM DROP OFF HOURS:

Fri, Nov 2 2:00pm - 9:00pm  
Sat, Nov 3 9:00am - 2:00pm  
Sun, Nov 4 NONE

\* Equipment must meet DIN Standards

## OPEN SALES HOURS:

Fri, Nov 2 4:00pm - 9:00pm  
Sat, Nov 3 10:00am - 8:00pm  
Sun, Nov 4 10:00am - 4:00pm



**ACCEPTING CREDIT, DEBIT,  
CASH OR CHECK!**

ATM available in lodge

For more information:  
[skisundownnsp.org](http://skisundownnsp.org) or 860-379-7669  
126 Ratlum Road, New Hartford, CT

