

**The 2012
Courage Center
Ski and Snowboard
Experience**



As of December 23, 2011

WELCOME!

Welcome to the Courage Center Ski and Snowboard program. Whether you are joining us as a volunteer or as a participant we are thrilled you have chosen to spend your winter with us.

Over the past 40 years we have taught thousands of people with physical disabilities and visual impairments how to ski and snowboard and learned a lot along the way as well. We are extremely proud of what our program has become. We now teach over 1,200 lessons per season (about 150 per week), train over 300 volunteers annually, host a series of special events and have formed strong relationships with partners in the ski community both in the Midwest and throughout the country.

Attached is a resource designed to keep you informed throughout the season. It contains a variety of information to help you keep up to date with the current happenings and operations of the program. By having everyone (volunteers, participants, and staff) all on the same page we hope the season will continue to run smoothly.

CONTENTS

- Program Specifics
- New! Weather Policy
- Attendance Policy
- Program Meeting Locations
- Day to Day
- Packing List
- Frequently Asked Questions
- Safety Policies
- Special Events
- Calendar of Events
- Further Resources

PROGRAM MEETING DATES

New this year all programs now include lift tickets, equipment including rentals when necessary, and instruction.

Please note: the session end time at Welch Village has been adjusted to be consistent with other sites.

Hyland Sunday

Jan. 15–March 11, 9-10:30 a.m. or 11 a.m.-12:30 p.m.
(No skiing Feb 19*)

Hyland Monday

Jan. 16–March 5, 6-8 p.m.
(No skiing Feb 20*)

Hyland Wednesday

Jan. 18–March 7, 6-8 p.m.

Welch Village

Jan. 15–March 11, 9 a.m.- 12pm.
(No skiing Feb 19*)

Trollhaugen

Jan. 15–March 11, 12:30-3.30 p.m.
(No skiing Feb 19*)

FURTHER RESOURCES

CCSS Website:

www.CenterCenter.org/ski

The Ski Post Blog:

<http://courageiskiandsnowboard.wordpress.com/>

Find us on Facebook!

Courage Center Ski and Snowboard Group

Ski Hotline

763-520-0495

Nels Dyste - Program Coordinator

nels.dyste@CourageCenter.org

763-520-04800

Sue Nyberg - Volunteer Coordinator

sue.nyberg@CourageCenter.org

763-520-0215

**Have a Great Winter!
Let it Snow!**

February 17th: Moonlight Madness
@ Trollhaugen

February 26, 27, 29th: Ski-A-Thon Week
@ All Sites

March 11th: CCSS Program Concludes
@ All Sites

TBD: End of Year Banquet

Check www.CourageCenter.org/ski
for more information.

New ! WEATHER POLICY

Programming will be canceled if the temperature is expected to be colder than **5 below air temperature and/or 10 below zero wind-chill** as based on the National Oceanic and Atmospheric Association forecast at www.NOAA.gov.

A recorded message will be put on the Courage Center Ski and Snowboard hotline (763.520.0495) and on "the Ski Post" at the following times according to program time:

- ***Sunday morning and afternoon*** programming at Hyland, Welch, and Trollhaugen weather decision will be made at 7:00 pm on Saturday night before.
- ***Weekday evening*** programming at Hyland weather decision will be made at 3:00 p.m. each day of programming based on the weather report.

You will not be notified individually.
Driving conditions and cold tolerance can vary significantly base on the individual; please use your best judgment on whether it is appropriate for you to participate. If the program is officially cancelled, lift tickets will not be available for any program participants or volunteers. Refunds or pro-rates cannot

be offered for lessons missed due to weather cancellations.

ATTENDANCE POLICY

If you are going to miss your scheduled lesson please leave a message on the **Ski Hotline (763-520-0495)** with your name, site and discipline and we will make the necessary adjustments.

*If a participant misses **more than three lessons without notification**, they will lose their spot to the first person on the waiting list.*

Their name will be added to the bottom of the waiting list and their fee will not be refunded.

MEETING PLACES:

Hyland Hills: hill level, in the chalet between the restrooms and the cafeteria.

Welch Village: ground floor just below the cafeteria near the ticketing office.

Trollhaugen: ground floor near the rental equipment area.

CALENDAR OF EVENTS

- August 1st: Registration Opens
- October 21-23: Ski and Snowboard Expo @ Mall of America
- November 1st: Registration Closes (after deadline \$50.00 rush processing fee)
- November 19th: Dryland Training @ Peace Lutheran Church
- December 3-4: Train-the-Trainer (T3) @ Hyland Hills
- December 10 or 11th: Returning Instructor Training @ All Sites
- January 7th-8th: New Instructor Training @ Hyland Hills
- January 15th: CCSS Program Starts
- January 21st: Courage Cup @ Trollhaugen
- February 9th: Mid-Season Training @ Hyland Hills
- February 15-17th: Mono-Ski Madness @ Spirit Mountain

The proceeds from the Ski-a-Thon go directly to support CCSS adaptive programs throughout the Metro area.

***5th Annual Courage Cup-
January 21st, Trollhaugen***

The Courage Cup is quickly becoming a favorite fun race for the recreational racers as a great way to support Courage Center. Register as a team of three and get paired with a Courage Center Adaptive Racer as you compete in NASTAR-style races. Sport and Competitive classes available.

***9th Annual Great Lakes Mono-Ski
Madness and Learn to Race Camp-
February 15th-17th, Spirit Mountain***

The largest mono-ski camp in the Midwest and is now the chosen to host the Midwest Regional Paralympic Alpine Ski Development Team Training Camp. Join talented instructors and receive expert clinics in a focused setting.

***Moonlight Madness- February 17th,
Trollhaugen***

In its 3rd year, this concert and skiing event is the place to be this winter! Concert includes multiple acts in an outdoor amphitheater, side events with a lift-ticket included all for a reasonable price and in support of a great cause.

DAY TO DAY

On your first day plan to arrive about 15 minutes early (volunteers meet 30 minutes early) to meet your Site Coordinator at your designated meeting spot (listed above) and get paired with your instructor(s)/student.

Upon arrival, check in with the registration volunteer at the Courage Center table (indicated by signage).

- receive your lift ticket and ski/snowboard rental information (if applicable) and

- you will be directed to your instructor(s).

- relax and get your self ready for your time on the hill.

- use the restroom
- get your hand warmers, sunblock, goggles, etc. ready.
- have a small snack or water.

- *Talk about your goals for the season with your instructors.* Whether you want to be able to ski blue runs independently, load the chairlift, or get in your skis/snowboard by yourself, goals are important to make at the beginning of the season and before each lesson.

* wait to put on your coat, hat, gloves, and other outdoor gear until you are on your way out the door. If you overheat inside, you will get chilled when you head outside.

During your lesson, your instructors are there to make sure you stay safe, have fun, and learn how to enjoy the winter the best way possible. Ask questions, try hard, and watch yourself improve throughout the season.

After your lesson, after you come inside be sure to collect all of your belongings and check in with your site coordinator for any special information. If you have rented equipment, keep your rental form in your folder so it can be used the next week.

- Instructors will record your progress and ensure that your equipment is put away clean, and dry.

SPECIAL EVENTS

The Courage Center Ski and Snowboard Program conducts a series of special events throughout the season designed to raise funds and raise awareness about the program and provide continued opportunities for people with disabilities.

Ski and Snowboard Auction

Partnering with Jobs Foundation, a local non-profit, the Courage Center Ski and Snowboard program collects donations year round and sells them in an online auction as a fundraiser for the program. If you missed it this year, be sure to look for it starting in early December in 2012.

Ski-A-Thon

Athletes and volunteers collect pledges and donations from family, friends and colleagues from the beginning of the season for the amount of runs they will take during their designated Ski-A-Thon Event night (corresponds with regularly scheduled programming). A light snack and drink will be provided as a special treat during the Ski-A-thon to help those participating get those extra runs in.

Sunday, February 26th: Hyland Hills, Trollhaugen, Welch Village.

Monday, February 27th: Hyland Hills

Wednesday February 29th: Hyland Hills

Bibs

- Fluorescent bibs are required for Visually Impaired and Deaf participants.

Fixed Outriggers

- *At least* one fixed outrigger must be removed prior to loading the chairlift and remain off for the duration of the entire chairlift ride. This is to prevent a student from skiing unattached to a ski instructor without being able to arrest themselves while unloading the lift.

If instructors have questions or concerns regarding safety, they should not hesitate to bring them to the attention of the Program Coordinator, Site Coordinator, or Director of Instruction

Rev. 12/7/11, NED

SKIER & SNOWBOARDER CHECKLIST

Suggestions for packing this winter... Plan on the weather being very cold; wind chill factors can easily drop to below zero. Layers of clothing are preferable to single bulky clothing items; i.e., a cotton or silk turtleneck, a thermal shirt, then a sweater and winter jacket; or thermal underwear, pants, then nylon windbreaker pants. It's better to take a layer off if you are too warm, then to risk being cold and uncomfortable. Avoid wearing jeans, as the bulky seams can cause sores inside ski boots. The denim fabric can get wet and freeze.

Wool, silk, and microfiber fleece garments have the best insulating ability as they retain body warmth even when wet. Use wool or silk socks, caps, sweaters, gloves and liners, etc. whenever possible. Outer garments with down fill (goose or duck feathers) have a greater insulating capacity than fiber filled garments.

Ski helmets are recommended but not a requirement. A facemask or neck gator is recommended for protection in case of sub-zero weather. Scarves are not recommended as they can get caught in equipment. Goggles or sunglasses are needed to protect your eyes from wind, snow and glare.

Fingers and toes tend to freeze before other parts of your body. A good pair of ski or snowboard socks and mittens or gloves is a worthy investment and should last a long time. Mittens tend to keep your fingers a little warmer than gloves.

Suggested Checklist:

- Ski pants or wind pants (if you have them)
- Thermal underwear (tops and bottoms) - 2 pairs
- Warm sweater
- Turtleneck shirt
- Ski parka or coat
- Ski mittens or gloves
- Ski hat (you may want one with a facemask)
- Face mask or neck gator
- Ski helmet
- Winter boots, insulated or lined
- Extra socks
- Handkerchief
- Sunglasses and/or goggles
- Chapstick
- Energy snacks (raisins, fruit, nuts, etc.)
- Personal hygiene articles and medications as needed

instructor with a self-tightening 'girth hitch' knot to the instructor's wrist.

The approved ways to tie into any piece of equipment is as follows;

- A "horseshoe tether" with one wrist girth hitched to skin.
 - A "horseshoe tether" with a "safety loop" girth hitched to skin to the other wrist, with a carabineer to the main tether.
 - Two single tethers both girth hitched to each wrist.
 - A "horseshoe tether" with one wrist girth hitched to skin, and a harness or swami-belt with a daisy chain clipped to the main tether.
- While developing experience tethering, tethering off the feet or 'boot tethering' requires an appropriate safety device to keep from injuring a student's groin muscles or other – can be located at ski tips or boots; needs to be stronger than an Edgie-Wedgie or a Clip-Eze, so that the skis cannot be pulled apart. Release from this requirement is signed off by the Lead Trainers at training and documented on the applicable evaluation sheets.

Terrain Park/Pipe

- Going into Park and Pipe areas is permitted per the posted Park & Pipe Guidelines, with an instructor who has been approved by the Program Coordinator, Nels Dyste.
- Bi skis, Mono-skis and other pieces of sit down equipment are not permitted in the park area as it carries an unnecessary and inherent risk of damage to both persons and equipment.

Seizure Belts

- Seizure belts, to be referred to as “Black Belts,” will be used on the chairlift for all students not in sit equipment, who have had a seizure within the last 5 years. If a student has been stable on medication without seizures for at least 5 years, a “black belt” is not required, but is still recommended.

Retention/Safety Straps

- Retention straps or appropriate hooks will be used on all chairlifts for all equipment heavier than an outrigger.

In any situation involving tethering, or assisting (seat assist or bucketing) with any participant unable, for any reason, to self arrest (resulting from equipment design or ability), a tether must be affixed to the

FREQUENTLY ASKED QUESTIONS

What is the best way to get in touch with my Site Coordinator?

The Ski Hotline! (763-520-0480), leave a message with your name, site, and a brief message. All the site coordinators will check messages left on the ski hotline.

What is the best way to get in touch with the Program Coordinator?

You can reach Nels Dyste, the Program Coordinator at **763-520-0480** or **nels.dyste@CourageCenter.org**

Do I need to report an absence?

Yes! By reporting your absence (both expected, unexpected), we are better able to assess our needs for the day. Please let us know as soon as you can by leaving a message with you name, site and discipline on **the Ski Hotline, 763-520-0495.**

I missed my lesson this week can I attend another session to make it up?

No, we are sorry you missed your lesson but logistically it just is not possible to make it up.

I missed my lesson this week because it was too cold; can I get a refund for the cost of that week?

Weather cancellations are non-refundable.

Are their discounted rates available for family of friends that want to ski during program times?

Yes! Many of our partner ski areas offer a group rate ticket. Please talk with you site coordinator for your specific site.

Can I rent Courage Center equipment to use at other times and sites?

Some equipment is available for rent by qualified individuals. Please contact the Program Coordinator to determine if this is appropriate for you and what the next steps are.

Its always a great idea to check the area you are traveling too, to determine if they have an adaptive program that you could participate with for the duration of your trip.

COURAGE CENTER SKI AND SNOWBOARD SAFETY POLICY

Safety is a primary concern of Courage Center. Each instructor, and any other contributor to the program is asked to follow and to help enforce the safety regulations, rules and policies adopted by Courage Center Ski and Snowboard Program.

It is imperative that all instructors conform to current Courage Center Ski and Snowboard Safety Policies, in order to protect ourselves, our students, and our program for years to come.

Helmets

- Helmets are *strongly* recommended for:
- all participants aged 17-and-under,
- all students in the Terrain Park and Half-Pipe,
- everyone in mono skis, bi skis, and dual/twin skis,
- all volunteers, and instructors.