

SOUNDVIEW FAMILY Y M C A



SCHOOL'S OUT SKI CLUB 2010



Soundview Family YMCA

School's Out Ski Club 2010

If you are

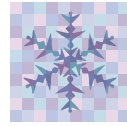
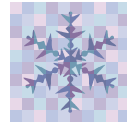
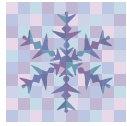
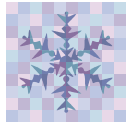
Signing up for:

You must complete forms:

- | | |
|---------------------------------------|---|
| • Lift Only/
Transportation Only | 1. Registration Form
2. Mt. Southington Release Form |
| • Lift & Ski/Snowboard
Lessons | 1. Soundview Registration Form
2. Mt. Southington Release Form |
| • Lift & Ski Rental | 1. Soundview Registration Form
2. Mt. Southington Release Form
3. Ski Rental Card |
| • Lift & Snowboard
Rental | 1. Soundview Registration Form
2. Mt. Southington Release Form
3. Snowboard Rental Card |
| • Lift, Ski Rental
& Lessons | 1. Soundview Registration Form
2. Mt. Southington Release Form
3. Ski Rental Card |
| • Lift, Snowboard
Rental & Lessons | 1. Soundview Registration Form
2. Mt. Southington Release Form
3. Snowboard Rental Card |

ALL PARTICIPANTS MUST COMPLETE
THE YMCA EMERGENCY FORM!

**ALL DOCUMENTS MUST BE COMPLETED AND
RETURNED TO THE YMCA OFFICE ONE WEEK
PRIOR TO YOUR FIRST REGISTERED TRIP DATE.**



Soundview Family YMCA

School's Out Ski Club 2010

Mount Southington

Information Packet

Welcome to the Soundview Family YMCA's School's Out Ski Program at Mount Southington, held in conjunction with the Branford Schools. The scheduled dates are Friday January 8, 15, 22, 29 February 5, 12, 26. **Please read through the following important information to ensure a safe and enjoyable skiing experience.** If you have any questions please call the Soundview office at (203)481-YMCA(9622).

Transportation

All registration fees include motor-coach transportation to and from Mount Southington. Busses will depart Walsh Intermediate School at approximately 2:45pm. There will not be a bus picking up students at the High School or St. Mary's. Students must provide his/her own transportation to WIS by 2:45pm. Students are assigned to a bus and will be informed prior to departure the day of the trip. For safety and attendance purposes, **ALL STUDENTS ARE REQUIRED TO REMAIN ON HIS/HER ASSIGNED BUS TO AND FROM MOUNT SOUTHINGTON.** Chaperones will check the names and verify skiing options with the students as he/she boards the bus. All participants are to be off the slopes by 7:00pm, please bring a watch. Those students renting must return equipment immediately to the rental office. Busses will depart Mount Southington at 7:30pm and should return to WIS at approximately 8:30pm.

Parent Pick-Up

If parents need to pick students up at Mount Southington, a note must be provided prior to leaving WIS, no phone calls will be accepted. Parents are required to sign out his/her child.

- ⇒ **All students will be dropped off at WIS. There will be no drop off at the High School or St. Mary's.**
- ⇒ **Please park in the lot at WIS near the main entrance at pick up time in order to accommodate the busses upon arrival. DO NOT PARK IN THE DRIVEWAY.**
- ⇒ **We ask all parents to please be on time picking up. No one will be allowed inside the building to use the phone, or to use his/her locker.**

Personal Equipment

Students who use his/her own equipment may lock up that equipment at school upon arrival in the morning. Students at the High School should arrange storage in the Athletic Department. Intermediate School students should check with the office for storage. **No equipment will be allowed on the school busses in the morning.** Parents must arrange to drop off equipment with students in the morning or immediately after school. All personal equipment should be labeled with the owner's name.

Rental Equipment

All students renting equipment at Mount Southington should complete the necessary forms upon registration. Mount Southington personnel will fit equipment to each skier according to the information given and will have it ready upon arrival with the students name thereby speeding up the rental procedure.

Ski Passes

Students will receive his/her ski pass upon arrival at Mount Southington. These ski passes will be the student's ticket according to what level he/she registered for (ex. "lift only, lift and rental, etc.)

Lessons

Each student participating in the lesson will receive one hour of instruction. Beginners start promptly at 4:30pm, intermediate students begin promptly at 5:30pm. *Ski Lessons ages 7 and older, Snowboard Lessons ages 9 and older.*



The Drop Zone Terrain Park

All patrons interested in using the Mount Southington terrain park must watch the safety video which is available from on the website www.mountsouthington.com or in the Red Barn Cafeteria at the mountain. To obtain a DROP ZONE Pass valid for the entire 2009-2010 ski season you must fill out a form providing your name and e-mail address (if you have one). The fee is an additional \$10 (to be paid at the mountain), which covers processing costs as well as maintenance of the terrain park for your DROP ZONE enjoyment.



Food

Each student participating in lessons should bring a snack to have in the afternoon prior to skiing. Mount Southington does have food available to be purchased on site, and will also allow homemade lunches into the food facility. However, food prepared at another restaurant is **not permitted** at Mount Southington. The Soundview Family YMCA is part of the Central Connecticut Coast YMCA Association which is a PEANUT FREE association; therefore, **PEANUT BUTTER AND/OR PEANUT PRODUCTS ARE PROHIBITED!**

Chaperones

Parents may sign up during registration for trips that they wish to attend in order to assist in supervising the students. Chaperones are encouraged to ski at no charge! (**must complete appropriate paperwork**) If you are interested in chaperoning and did not sign up at registration, please call the YMCA office.

Discipline

Each student and parent is required to read the "Mount Southington's Courteous Skier/Boarder Policy" and "Skier/Snowboarder's Responsibility Code" prior to completing registration paperwork. This will insure that all participants behave in an appropriate manner while visiting Mount Southington. Any participant displaying inappropriate behavior may be subject to penalties. The severity of the action will determine the extent of the penalty, ranging from down time at the ski resort to removal from the program. Our YMCA staff will make the decision on discipline, if any, as necessary.

Clothing

This is a winter sport. The temperature goes down with the sun. Be sure your child is properly dressed:

A watch	Hats, ear and neck warmers	Thermal Underwear
Ski Jacket	Ski overalls or snow pants	<u>LAYERS!</u>
Gloves(not knitted)	Ski socks (one pair medium weight)	

If a child's attire is not appropriate, or a health hazard, they may not be allowed in Ski School or on the slope. Knit mittens, long scarves or long hats are not recommended and can be dangerous.

Cancellations

If a trip is cancelled by Mount Southington or the Soundview Family YMCA due to inclement weather, lack of snow, bad road conditions, etc., students will be notified at school and a message will be posted on our website: **www.soundviewymca.org**. If school is cancelled, the trip is cancelled! Make up for any missed ski day will automatically be added to the end of the program, weather permitting.















Refund Policy

Refunds for program fees will only be approved for the following: The YMCA cancels the program OR the refund request and withdrawal occurs PRIOR to the start of the program and is medically documented by a physician.

TrailGuide

Beginners Area 

 Easiest  More Difficult  Most Difficult
 Freestyle Terrain

 1 Northstar	 8 Laurel
 2 Snowflake	 9 Tester
 3 Stardust	 10 Liffline
 4 Avalanche	 11 Boomerang
 5 Thunderbolt	 12 Steeplechase
 6 Whoopee	 13 The Glacier
 7 Dom's Way	 14 Turkey Turn

Lifts

- A** Double Chair (Beginner Area)
- B** Handle Tow – Surface Lift (Beginner Area)
- C** Triple Chair – To Summit
- D** Double Chair – To Summit
- E** Partek Triple Chair – **NEW!**
- F** Handle Tow – Surface Lift (The Glacier)
- G** Carpet Lift

Base Facilities

- H.** Ski School Building
- I.** Cafeteria & Ski Shop
- J.** Ticket Office
- K.** Race Building
- L.** Rental Shop
- M.** Alpine Eatery
- N.** Bus Drop-Off
- +** First Aid & National Ski Patrol



Mount Southington's Courteous Skier/Boarder Policy

We at Mount Southington believe all skiers and boarders have the right to a safe and pleasant place to ski. Equally, each skier and boarder has the responsibility to protect others' rights to the same skiing/riding experience. Therefore, the Management, the Rangers, Ski Patrol, and Ski School Instructors are authorized to rescind the skiing privileges of anyone who creates a nuisance or endangers themselves or others.

Dangerous or undesirable conduct is:

1. Foul language.
2. Lift line cutting.
3. Skiing out of control or above one's ability so as to endanger others.
4. Skiing/Boarding at speeds excessive for the number of people on the slope or conditions prevailing.
5. Skiing closed trails.
6. Refusal to use safety bars provided.
7. Jumping from the chairlift or bouncing the chair.
8. Removing hazard markers, flags, or poles.
9. Unauthorized or unpaid skiing through race courses.
10. Zigzag skiing while riding the T-Bar lifts.
11. Use of alcohol or drugs.

Your Responsibility Code

Skiing can be enjoyable in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country, ski boards, or other specialized equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing and other winter activities that common sense and personal awareness can help reduce. Observe the code list below and share with other skiers and boarders the responsibility of a great winter recreation experience.

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.

KNOW THE CODE. IT'S YOUR RESPONSIBILITY

This is a partial list. Be safety conscious.

Officially endorsed by:

National Ski Areas Association, National Ski Patrol, and Professional Ski Instructors



Want To Be A Chaperone?

Please join us!

- **Must be available from 2:25pm to 8:30pm on the date registered. Parents may sign up for one or all trips!**
- **Chaperones assist with attendance both going to Mount Southington and on the return trip home.**
- **Chaperones assist with the supervision of students both on the bus and at Mount Southington.**
- **Chaperones help pass out lift tickets and assist students at the equipment rental shop.**
- **Chaperones help make the trip as enjoyable as possible for all students**
- **Chaperones receive a FREE ticket! (Includes Lift & Rental)**

THANK YOU FOR YOUR HELP!