



YSYMCA

SKIING/SNOWBOARDING TRIPS

Winter 2010

February 12 & 26th

Valley-Shore YMCA

201 Spencer Plains Road

Westbrook, CT 06498



If you are

Signing up for:

You must complete forms:

• **Lift Only/
Transportation Only**

**1. Valley-Shore registration Form
2. Mt. Southington Release Form**

• **Lift & Ski/Snowboard
Lessons**

**1. Valley-Shore registration Form
2. Mt. Southington Release Form**

• **Lift & Ski Rental**

**1. Valley-Shore registration Form
2. Mt. Southington Release Form
3. Ski Rental Card**

• **Lift & Snowboard
Rental**

**1. Valley-Shore registration Form
2. Mt. Southington Release Form
3. Snowboard Rental Card**

• **Lift, Ski Rental
& Lessons**

**1. Valley-Shore registration Form
2. Mt. Southington Release Form
3. Ski Rental Card**

• **Lift, Snowboard
Rental & Lessons**

**1. Valley-Shore 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**

Mount Southington

Information Packet

Welcome to the Valley-Shore YMCA's Ski/Snowboarding Bus to and from Mount Southington. The scheduled dates are Friday February 12 and 26. **Please read through the following important information to ensure a safe and enjoyable skiing experience.** If you have any questions please call Chris Ferreira or Richard Ward at (203)399-9622.

Transportation

All registration fees include motor-coach transportation to and from Mount Southington. Bus will depart from the Valley-Shore YMCA parking lot at approximately 3:30pm. There will not be a bus picking up students at their respected schools. Students must provide his/her own transportation to the YMCA by 3:00pm. 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 8:00pm, please bring a watch. Those students renting must return equipment immediately to the rental office. Busses will depart Mount Southington at 8:30pm and should return to the YMCA at approximately 9:30pm.

Parent Pick-Up

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

- ❖ **All students will be dropped off at the YMCA in Westbrook. There will be no drop off at the schools.**
- ❖ **Please park in the main paved lot at Valley-Shore at pick up time in order to accommodate the bus 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

Parents or students must arrange to bring his/her equipment with them to the YMCA before the required time of departure. 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 upon arrival.

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.

Do you want to be a Chaperone – Please join us!

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.

- **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)**

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	LAYERS!
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 Valley-Shore YMCA due to inclement weather, lack of snow, bad road conditions, etc., parents will be notified (from the contact information given to us) and a message will be posted on our website:

www.vsymca.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.

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