



Avon Recreation & Park Department
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Avon, CT 06001
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2015
Ski & Snowboard Information Guide

Please note registration is now online at:
www.avonrec.com

**A mandatory safety meeting is required for anyone new to our
Ski program.**

Please attend one of the following meetings:

Dec. 1, 2014

or

Dec. 9, 2014

from 6:30 -7:30 pm at Thompson Brook School w/parent
See details on page 2.

DEPARTMENT OF RECREATION & PARKS

**AFTER SCHOOL SKIING/SNOWBOARDING
SKI SUNDOWN
NEW HARTFORD, CONNECTICUT**

REGISTRATION IS DONE ON A FIRST-COME, FIRST-SERVED BASIS.

*A mandatory safety meeting is required for anyone new to our
Ski program.*

Please attend one of the following meetings:

Dec. 1 or Dec. 9, 2014 from 6:30 -7:30 pm at Thompson Brook School w/parent

Bus assignments and leader information will be given the first day of the program prior to boarding the bus.

Please Remember!!!

After Nov. 17, 2014 Sundown will charge a \$25 late fee, so please register early!

Ski Sundown requires **all participants and parents** to sign the Ski Sundown registration form which must be turned in at registration. Forms are available at: www.avonrec.com

Special Needs Students



If your child requires special attention due to a physical or other medical condition, please make sure to bring it to the attention of the Recreation Department upon registration. Ski Sundown does not offer 1 to 1 support thru this program.

Important Information For Renters

If your child will be renting equipment (skis or snowboard) you will be asked to sign a rental waiver form as part of the registration process. This is required by Ski Sundown. You must have your child's EXACT height, weight and street shoe size to fill out on the form. **NO GUESSING - PLEASE!!!** This information is vital so that the Ski School can have your child's correct equipment ready upon arrival at Sundown. If your child's height, weight or shoe size changes after registration and prior to the start of the program, please inform the Recreation Office of the change. Equipment that is too small or too large causes delays in your child's time in the rental shop and will reduce their ski/board times and is unsafe to wear improperly sized equipment.

LESSONS:

It is very important to know your child's exact skiing ability if he/she will be taking lessons. This information allows the Ski School to put your child in the appropriate ski/board class. Please discuss this with your child prior to registration.

HELMETS

Helmets are required for all skiers and snowboarders.

REGISTRATION PROCEDURES

- ⇒ The Registration form must be filled out **COMPLETELY!!** **The Group Participant Information & Program Agreement form must be signed by both the student and the parent** !! If your child is renting equipment, the Rental Information section of the form must also be completed.
- ⇒ Valid parent work/cell number's and contact name's must be present on the form. Authorization for emergency medical treatment can only come from the skier's parent(s) or legal guardian. This is the **MOST IMPORTANT** piece of information you will be providing. Please note that cell phones do not always have service at Sundown.
- ⇒ When registering online, we will accept the following credit cards MasterCard, Visa, AMEX, Discover.
- ⇒ All parents/guardians are required to familiarize their child(ren) with the material covered inside the Ski/Snowboard Guide.

PROGRAM POLICY:

REGISTRATION IS LIMITED to 52 students per bus on a first come, first served basis. If space is filled before the deadline on November 10, names will be put on a waiting list only. If a lengthy waiting list develops every effort will be made to add an additional bus to accommodate everyone. Registrations taken after Nov. 18 are subject to a \$25 late fee. (Ski Sundown's policy)

SPECIAL NEEDS STUDENTS If your child requires special attention due to a physical or medical condition, please make sure to bring it to the attention of the Recreation Department upon registration. Ski Sundown does not offer 1 to 1 support through this program.

REFUNDS For BUS SEAT from Rec Dept. will only be granted for medical reasons (meaning child is unable to ski for the remainder of trip schedule, doctor's note is required).

TRIP CANCELLATIONS will be announced at the school on the day of the trip and also via email address that you use for this registration. Cancellation notice will also be on the AvonRec.com website and the cancellation line at 860-409-4365. If school is closed due to the weather conditions, the trip is canceled. Make-ups will be rescheduled if approved by Ski Sundown.

BUS ASSIGNMENTS: Students will be assigned to a bus by the Recreation Department and bus assignments can not be changed. **NO FOOD OR DRINK IS ALLOWED ON THE BUS.** Bus assignments and leader information will be given on the first day of the program prior to boarding the bus. **Ski boots are not allowed to be worn on the bus.**

PICKING STUDENTS UP AT SKI SUNDOWN

Students are not allowed to be picked up at Ski Sundown for safety reasons. If your child will not be able to stay at Sundown during the full ski time, we suggest that you do not send your child that day. Your child will be able to use the pass for a 4 hour timeslot on another day, Monday-Friday, from 9:00 a.m.-10:00 p.m., excluding February vacation, holidays and weekends. Lessons cannot be made up; however, rentals will be available if you call the rental shop prior to going to Sundown. Please call the Recreation Office at 860-409-4332 if you have any questions regarding this policy.

Should an emergency arise and you need to pick up your child at Sundown, you must report to the Avon Recreation Table inside the lodge to meet your child, speak to the chaperone and sign the chaperone's log sheet. No child will be left alone at Ski Sundown when buses leave at the approximate departure time.

GENERAL INFORMATION
SKI SUNDOWN PROGRAM FOR 2015

Please keep this handout throughout the program as it contains
important information!!

CHAPERONES

A minimum of two adults will accompany each bus. A Recreation Department staff person will be available at all times in the ski lodge at the Avon table (tables are labeled by town) to handle any questions, problems or concerns.

EQUIPMENT

Students may not transport their equipment on the morning school bus. Ski equipment can be left in front of the High school or Middle School. Thompson Brook will announce the day prior to the start of the program where to put your students equipment. NOTE: Equipment stored at the school is not covered by either the School or Recreation Department insurance. All equipment transported on the ski bus must be stored in the prescribed manner for safety reasons. Students will not be allowed to hold their skis/boards in their seats. **Ski Boots are not allowed to be worn on the bus.**

BUS RETURN TIMES: Avon Middle School and High School Ski Bus will leave Sundown by 7:00pm. It is the parent's responsibility to be at the school parking lot no later than approximately 7:15pm to pick their child up. Thompson Brook School Ski Bus will leave Sundown by 7:15pm and parents should pick their student(s) up no later than approximately 7:30pm. Please be prompt in picking up your child at the School after the program. Chaperones are volunteers and must wait until you arrive before they can leave. Late pickups could lead to dismissal from the program. **IMPORTANT:** Because of past traffic jams occurring in the traffic circles, you are required to wait in the parking lot of the school until the buses dismiss students. For NO reason should any car be waiting in the driveway or in the circle. These are designated as Fire Lanes by the Police and Fire Departments. Thank you for your cooperation in this matter.

UNEXPECTED RENTALS

Skiers/boarders unexpectedly renting equipment for one visit because of their own skis/board broke or were forgotten must show their group badge to the rental attendant and will be charged the weekly group rate. **Equipment availability cannot be guaranteed.** There are no discounts on one-day snowboard rentals. After the first unexpected rental, regular day rate charges will apply. A rental release form must be signed by the renter and a chaperone.

DISRUPTIVE BEHAVIOR

ANY SKIER WHO DOES NOT FOLLOW THE RULES OF THE PROGRAM, INCLUDING INAPPROPRIATE LANGUAGE AND BUS BEHAVIOR, WILL BE REMOVED. THE RECREATION DEPARTMENT WILL NOT TOLERATE DISRUPTIVE BEHAVIOR. EACH INCIDENT, INCLUDING THE FIRST ONE, WILL RESULT IN DISCIPLINARY ACTION, WHICH COULD MEAN EXPULSION FROM THE PROGRAM WITHOUT A REFUND. A student will lose his/her pass for a period of time, dates, or for the remainder of the program should he/she be a disciplinary problem or a hazard to others at any point between departure and return. All decisions for the above will be made by the Director of Recreation and Parks and Sundown personnel.

ATTIRE:

Ski Sundown requires that students come properly dressed (i.e. hats, ski gloves, parkas, goggles, helmets, etc.) Knitted mittens or pants that are absorbent (i.e. jeans, etc.) are not proper attire. Instructors or chaperones have the right to remove any student not properly dressed for the weather. NOTE: It is at least 10-20 degrees colder at Sundown than in AVON. **Helmets are required.**



Ski Sundown
new hartford, connecticut

P. O. Box 208, 126 Rattlum Road
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www.skisundown.com



WEEKLY GROUP INFORMATION 2014/2015

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
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8. Refund Policy
9. Lost and Found/Forgotten clothing or equipment

1. GROUP PARTICIPANT INFORMATION & PROGRAM AGREEMENT (attached)

Every group participant must complete and return this form

Section 1 - Complete with accurate information.

Section 2 - Check all categories that apply. Please be objective when entering the skier/boarder 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. The information requested is essential to match skiers/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.

- * **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 where they will be met by a Chaperone or Ski Sundown staff and will wait 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 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.

FREESTYLE TERRAIN

Freestyle Terrain includes Terrain Parks and Terrain Features. They are provided for your enjoyment and offer adventure, challenge and fun. However, Freestyle Terrain use, like skiing and snowboarding, exposes you to risk of serious injury. Prior to using Freestyle Terrain, it is your responsibility to familiarize yourself with all instructions and warnings and to follow "Your Responsibility Code".

- Freestyle Terrain contains man-made and natural terrain variations.
- Freestyle Terrain changes constantly due to weather and use.
- Inspect Freestyle Terrain before using and throughout the day.
- In jumping and using this terrain, you assume risk of serious injury.
- Be courteous and respect others.
- One user on a Terrain Feature at a time.
- Never jump blindly – use a spotter when necessary. Look before you leap!
- It is your responsibility to control your body on the ground and in the air.
- Always clear the landing and do it quickly.
- Always ski or snowboard in control and within your ability.

In addition to "Your Responsibility Code" and the guidelines above, these three simple phrases aid your ability to make better decisions within the Terrain Park.

Look Before You Leap - Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.

Easy Style It - Start small and work your way up. Inverted aerials are not allowed at Ski Sundown.

Respect Gets Respect - From the lift line through the park.

Ski Sundown is proud to staff Terrain Attendants who maintain the features and answer your questions about the usage of Terrain Features. Please feel free to approach them at any time. You will notice that they wear helmets while skiing and snowboarding within the Terrain Park. We strongly recommend wearing a helmet while skiing or boarding to minimize the risk of injury to you.

Please be aware that Terrain Features can cause damage to equipment. More often than not, this means edge cracking and scratches to the base of the skis or snowboards. Snowboarders must have a retention strap for their equipment. A snowboarder without a retention device will not be allowed to use the lifts. Retention straps can be purchased at the Ski Sundown Snow Sports Shop or any sports shop.

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 a Chaperone who will speak with a Snow sports 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 or loses his/her badge a second time, he/she must purchase a replacement ticket or badge for \$5.00. 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 9AM – 10PM**, excluding holidays (January 19, February 16 - 20, 2015), 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 in writing and received by Ski Sundown from the Group Leader prior to January 5, 2015. 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, 2015. 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 Snow Sports Shop to fill out a Missing Item Report. There is also a link on our website that you can use to contact the Snow Sports 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 Snow Spots 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

SKI PATROL SKI SWAP



SELL

Outgrown Snow Sports
Equipment & Clothing

Used Equipment Must Meet DIN standards

BUY

New & Used Snow Sports
Equipment & Clothing

Great Selections

SWAP HOURS:

| | | | | |
|-----------|---------|------------|---|-----------|
| Friday: | 11-7-14 | 4:00 p.m. | - | 9:00 p.m. |
| Saturday: | 11-8-14 | 10:00 a.m. | - | 8:00 p.m. |
| Sunday: | 11-9-14 | 10:00 a.m. | - | 4:00 p.m. |

ITEMS FOR SALE: DROP OFF TIMES:

| | | | | |
|-----------|---------|------------------------|---|-----------|
| Friday: | 11-7-14 | 4:00 p.m. | - | 9:00 p.m. |
| Saturday: | 11-8-14 | 10:00 a.m. | - | 2:00 p.m. |
| Sunday: | 11-9-14 | ABSOLUTELY NONE | | |



NO CREDIT / DEBIT CARDS
CASH or CHECK ONLY
ATM available in the lodge

For more information: www.skisundownnsp.org
or call SKI SUNDOWN 860-379-7669





Introduction to Terrain Park

This season we are very excited to offer another way for accomplished skiers and snowboarders to expand their skill and talent on the mountain as well as developing their present skill level.

Guided by certified, freestyle instructors, the students will receive instruction that will safely and confidently explore new challenges to their skiing abilities.

The program is a 5 week lesson progression that will teach the students park safety, park etiquette, and ATML (Approach,Takeoff,Maneuver,Landing) techniques. The goal is to develop a safe and confident free style enthusiast.

Students will begin their journey in the Little Joe terrain park. Here they will watch a brief "Smart Style" video which introduces the students to safety procedures specific to terrain park activities. The students will be introduced to basic skills at minimal degree of difficulty. Upon building confidence and skills, students will move to the first of two terrain parks found on the Tom's Treat trail.

Students will continue to develop their new skills and bag of tricks at their own pace on graduated terrain available at two locations on the beginner trail.

For those students who have shown the ability and confidence to take their new skills to another level, they will be introduced to the terrain park on "Stinger".

The program is open to Advanced skiers and snowboarders. It is highly recommended that all participants wear an approved, ski helmet.