



## **Things to Know About the Field Trip**

### **Itinerary**

It takes approximately 45-70 min. to get to the ski area, depending on the school's location and the resort destination. Organization at the ski area takes 15-40 min. depending on whether or not the class is renting at the ski area or in town. Lessons last 1:45-2 hours and it takes another 15-25 min. to get back on the bus. Return trips are 45-70 min. If you know the school's departure time, you can do the math and get an estimated time frame for the trip.

### **Weather**

We do not cancel or postpone the ski trip if it snows. A snow storm may slow us down a bit, but we still go. We are in contact with snow safety at each ski area and in the event of a big storm with possible road closures, we will generally make the decision to postpone the trip on the day prior to the trip. If the weather surprises us, we will cancel on the day of the field trip, but we try to avoid such issues as it is costly. UDOT and the Forest Service as well as the ski areas are very conservative when it comes to road closers due to avalanche danger or poor road conditions. If the canyon roads are open, they are safe.

### **Clothing**

Take a look at our clothing recommendations. It's never fun to be in the mountains and be improperly dressed. Remember, temperatures can be as much as 10-15 degrees cooler than the valley and on top of that, a high wind chill factor can make it feel even colder. Dress in layers. Always err on the warm side as it's easy to remove layers to cool off. Mittens with a nylon type outer layer are better than gloves and thin cotton or polyester gloves are almost useless except for possibly watching the activity.

### **Ski Equipment Rental**

If students pick up ski equipment at the ski area, parents will be asked to fill out a rental form and rental waiver (one or two documents depending on the ski area). It's imperative that we have an accurate height, weight and shoe size for every student. Without that information, we cannot set up rentals for the student. It's also very important that the parent signs the rental waiver in the correct spot. We cannot accept signatures with arrows pointing to the correct line on the waiver!

If students pick up ski equipment in town, they will receive a voucher for a specific ski shop. The voucher is only good at that shop. Pick up equipment any time after school and avoid arriving just before closing time. Return it immediately following the trip so that other children may use the same equipment.

## **Ski and Snowboard Boot Fit**

Wear one pair of ski socks or light to medium weight wool socks. Students do not need two pairs of socks. It only makes the boots fit improperly and if anything, they'll be colder, not warmer. Avoid cotton anklets or really thick hunting socks. Ski and snowboard boots will feel really tight when you first put on the correct size. They are not supposed to feel like "bedroom slippers" and they will eventually loosen up as you wear them for a while. It's actually harder to learn to ski or ride in a boot that is too big, so make sure the boot fits snugly around your foot without any major pressure points. If possible, buckle or tighten the cables on the boot completely and walk around in it for several minutes before deciding that it's the wrong size.

## **Skis and Boards**

Beginners generally learn to ski and ride on skis or boards that are between chin and nose height and can be as short as chest height. Beginner slopes are very shallow and new skiers and snowboarders do not need to worry about stability at speed as they will not be going very fast. Maneuverability is more important than stability when learning to ski and ride.

If your child happens to have their own equipment, ski binding function should be checked by a repair shop before use and bolts should be tightened on all snowboard bindings. If you are handing equipment down from one child to another, be sure it fits properly. Ill-fitting equipment only makes snow sports frustrating for children. They would be better off with a rental. The ski shops give us a very good price on ski rentals, so you will not save more than \$2 by having your child show up with their own equipment, i.e. it's \$25 versus \$27.

## **Ski Poles**

Children do not need ski poles for their first few lessons. Only students who have reached the intermediate level, i.e. can consistently end their turns with skis in a parallel relationship on all blue terrain may have poles.

## **Ski Lifts**

Most students will ride some kind of ski lift at the resort. Initially, they will walk up and down at the bottom of a very shallow slope. The next lift is usually a "carpet" or conveyor belt type lift or possibly a handle tow. If they learn to stop effectively, and can make some direction changes, they **may** also ride a chair lift but a chairlift experience is not guaranteed. Our foremost concern is safety. We will not take students to any lift unless their skills are up to the task. The decision will ultimately be made by the ski or snowboard instructor teaching the class.

## **Advanced Students**

This is primarily a beginner program and for the most part, we do not take students to anything steeper than green or really easy blue terrain. Students with prior skills will receive instruction at their level, but they will not be skiing or riding more difficult terrain. If your child is an experienced skier or snowboarder and both disciplines are an option on his/her trip, we strongly suggest trying something new. Advanced skiers are urged to learn to snowboard and advanced snowboarders are urged to learn to ski.