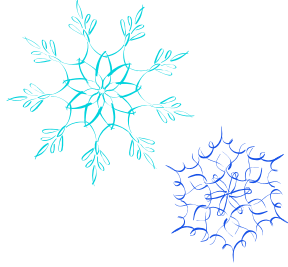




5TH-6TH GRADE LEARN TO SKI SCHOOL PROGRAM

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5th & 6th Grade Learn to Ski Program

A. OUTREACH SKI PROGRAM: TEACHING KIDS A LIFELONG SPORT

WHO: All 5th & 6th grade classes on the Iron Range are eligible for this group program.

WHAT: Classes will spend a school day at Giants Ridge Ski Area. Giants Ridge offers the finest lesson program in the region. Our Ski School is certified by the Professional Ski Instructors of America and staffed by well trained instructors who are committed to providing a quality ski experience in a positive and fun environment for students.

WHY: Students will be introduced to a lifelong sport that can help them stay fit, healthy and active during the winter months.

HOW: Teachers reserve a date by contacting Giants Ridge Ski School Director:
Hannah MacGregor: hannah.macgregor@giantsridge.com | 218.865.8017.

- *Please ask us about adaptive skiing options for students with special needs. Courage Center Instructors area available with advanced reservations.*

Hannah will visit your classroom prior to your ski date to teach students about skier safety, complete equipment rental cards, provide parent handouts regarding appropriate gear and clothing, helmet option and fees, and provide useful resort information.

FEES: \$14/student Monday-Thursday | \$16 per student on Friday.
*Helmets are optional. The Rental Shop will provide use of helmets supplied by Essential Health for a service/cleaning fee of \$2 each (regular \$8 each). Teachers **must** contact Ski School Director in advance to advise regarding the number of students choosing the helmet option.*

CANCELLATION: **In the event of inclement weather, or other circumstances necessitating a cancellation, Giants Ridge Ski School Director will contact classroom contact immediately upon notice. In the event classroom must cancel, please contact HANNAH MacGREGOR at 218-750-3240, or CRAIG JOHNSON at 218-749-9278.**

B. DAY TRIP INFORMATION & ITINERARY

THE STAFF AT GIANTS RIDGE HOPES TO MAKE YOUR VISIT A FUN AND POSITIVE EXPERIENCE FOR YOU AND THE STUDENTS. PLEASE REVIEW THE FOLLOWING INFORMATION AND CONTACT HANNAH MACGREGOR BY EMAIL: hannah.macgregor@giantsridge.com OR PH: 218-865-8017) WITH ANY QUESTIONS YOU MAY HAVE. THANK YOU!

STEP #1: GROUP SERVICES OFFICE

Upon arrival at Giants Ridge, the **GROUP LEADER** should report to the Ski Chalet front ticketing desk to pick up lift tickets and make payments. A **CHAPERONE** will stay with the students in the Ski Chalet, pass out the rental cards, and pick up the wickets (small metal tags used to attach lift ticket) for the group.

STEP #2: ORGANIZING STUDENTS IN THE SKI CHALET

A Giants Ridge **SKI SCHOOL INSTRUCTOR** will assist you in organizing your students before going to the Rental Shop. When students are brought into the Ski Chalet, they should keep their winter wear with them (hats, gloves, outer gear, etc.). All bags should be stowed under the tables. **Please remind students not to bring valuables or leave valuables unattended.** Students will have their rental cards in hand, and wickets fastened to a jacket zipper for their lift tickets.

Students are asked to get into a **single file line** in the following order:

1. Giants Ridge season pass / season rental holders
2. Students able to ski in control through the obstacle course
3. Non-skiers.

Individual lift tickets will be attached to the wicket, with assistance provided by a **SKI INSTRUCTOR** and **CHAPERONES**, while the students stand in line. Students will be counted for a final check of new skiers before they proceed to the Rental Shop. If teachers have any special concerns regarding a particular student, please inform the Ski School Director as soon as possible. Special needs students will be assigned to Courage Center Instructors.

STEP #3: THE RENTAL SHOP

The ski instructor will lead students through the door in their assigned order. Chaperones will assist with putting on ski boots and with handing out ski poles. Students wearing helmets will require an additional chaperone to properly fit helmets individually to those students. Students will go **immediately** from the Rental Shop to the on hill learning area to begin their lesson or ski off.

STEP #4: LESSON INSTRUCTION

Ski instructors will initiate the ski-off on the bunny hill. The lesson for new skiers is held immediately after the students leave the Rental Shop. The lesson is about 1-1/2 hours long. Students **must** complete the lesson at this time. Any student leaving for any reason, other than a ski adjustment or an emergency, will miss the opportunity for the lesson.

Students will not be allowed to ski in the trail areas between the runs, or in the Terrain Park. Ski instructors will inform students what color runs they are assigned to ski. **Students must have a Ski School Instructor's permission to advance to the next level ski run.**

 BEGINNER

 INTERMEDIATE

 ADVANCED

INFORMATION FOR PARENTS & TEACHERS

➤ ***Know the Code***

The staff at Giants Ridge asks that both parents and teachers review the **RESPONSIBILITY CODE** (handout enclosed) with students. First and foremost, skiing safety is everyone's responsibility. While on the slopes, you will see people using alpine skis, cross country skis, and other specialized equipment, such as the adaptive skis used by skiers with disabilities. You will see skiers of all levels - from beginners enjoying their first day on the slopes to expert skiers with years of experience. It is always your responsibility, regardless of the equipment used or the level of skier that you are, to be courteous to others and to be aware that skiing safely makes the ski slopes safer for all of us. The National Ski Areas Association, the National Ski Patrol, and the Professional Ski Instructors Association officially endorse the Responsibility Code, and remind you that it is a condition of skiing:

National Ski Patrol Responsibility Code

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.

At each and every ski resort, this Skier Responsibility Code is taken very seriously. Any failure to ski responsibly, and to use good judgment and common sense, can result in the revocation of skiing privileges. There typically isn't much tolerance for those who disobey the rules. Be aware, that in many cases, state law becomes involved in flagrant violation of boundary restrictions and unreported collisions. Most importantly, if everyone follows the Responsibility Code and adheres to these basic safety tips, a good, and safe, time can be had by everyone on the slopes.

➤ ***Special Needs Students***

If your group includes special needs students, please let us know. Giants Ridge Ski School can offer a better learning experience if we know in advance. Courage Center requests a two week notice for bi-ski requests. You must request an application from the Giants Ridge Ski School Director and return it ASAP. This does not guarantee the service can be provided.

➤ ***Food & Beverage***

Giants Ridge has a variety of eateries. Our recommendation for quick and easy selections for school groups is the Chalet Cafeteria. Selections include homemade soups, fresh salads and wraps, and American fare such as burgers and fries. Bag lunches are also allowed.

C. SKIER RESPONSIBILITY CODE



First and foremost, skiing safety is everyone's responsibility. While on the slopes, you will see people using alpine skis, cross country skis, and other specialized equipment, such as the adaptive skis used by skiers with disabilities. You will see skiers of all levels - from beginners enjoying their first day on the slopes to expert skiers with years of experience. It is always your responsibility, regardless of the equipment used or the level of skier that you are, to be courteous to others and to be aware that skiing safely makes the ski slopes safer for all of us. The National Ski Areas Association, the National Ski Patrol, and the American Snow Sports Education Association officially endorse the Responsibility Code, and remind you that it is a condition of skiing:

NATIONAL SKI PATROL RESPONSIBILITY CODE

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.

Be safety conscious and **KNOW THE CODE. IT'S YOUR RESPONSIBILITY!**



At each and every ski resort, this Skier Responsibility Code is taken very seriously. Any failure to ski responsibly, and to use good judgment and common sense, can result in the revocation of skiing privileges. There typically isn't much tolerance for those who disobey the rules. Be aware, that in many cases, state law becomes involved in flagrant violation of boundary restrictions and unreported collisions. Most importantly, if everyone follows the Responsibility Code and adheres to these basic safety tips, a good, and safe, time can be had by everyone on the slopes.



2011-2012
D. COURAGE CENTER DULUTH/GIANTS RIDGE
SPECIAL NEEDS STUDENT APPLICATION

Student skier name _____ Birth Date _____

Address _____ Parent Email _____

City _____ State _____ Zip _____

Phone No. _____ Work Phone _____ Cell Phone _____

Name of Parent/Guardian _____

Emergency Contact _____ Phone No. _____

Primary Disability _____

Secondary / Hidden Disability _____
 (vision/hearing/etc.)

Height _____ Weight _____ Gender M _____ F _____



Teacher _____ School _____ Grade Level _____

Teacher Email _____

School Address _____ Phone No. _____

City _____ State _____ Zip _____

Site Contact / Instructor _____ Cell Phone _____

Ski Trip Date _____ Alternate Date _____

Time student will meet volunteer instructor in the rental area: _____ am/pm Lesson completion _____

**IN THE EVENT THE LESSON IS TO BE CANCELLED, THE TEACHER RESPONSIBLE FOR THE TRIP MUST
 CONTACT COURAGE CENTER DULUTH ASAP. 218-726-4834 (i.e., illness/weather/etc.)**

Mobility Info: Wheelchair _____ Manual _____ Electric _____
 No Assistance _____ Crutches _____ Other _____

Transfers: Independently _____ Mod. Assistance _____ Full Assistance _____

Seizures: No _____ Yes _____ If yes, date of last seizure _____

Medications: _____

Feelings About Skiing: Excited _____ Nervous or Unsure _____

Please provide a brief description of the students' previous skiing experience and/or other physical activities and sports interests, behavioral, or communication issues or, any additional concerns: _____

COURAGE CENTER | 3915 GOLDEN VALLEY ROAD | GOLDEN VALLEY, MN 55422

WAIVER AND RELEASE OF LIABILITY AGREEMENT: I hereby agree, for myself and on behalf of my child and/or legal ward, heirs, administrators personal representatives, assigns, and/or guests, if any, to the following:

That in consideration of **Courage Center** allowing my use of **Courage Center** facilities and its locations and participation in its activities, under the terms set forth herein, I agree to hold harmless, release and discharge **Courage Center**, its owners, agents, employees, personnel, sponsors, officers, directors, representatives, assigns, members, affiliated organizations, insurers, and others acting on its behalf (hereinafter collectively referred to as "ASSOCIATES"), of and from all claims, demands, causes of action and legal liability, whether the same to known or unknown, anticipated or unanticipated, due to **Courage Center's** and/or its ASSOCIATES' ordinary negligence; and I do further agree that, except in the event of **Courage Center's** and/or its ASSOCIATES' gross negligence and willful and wanton misconduct, I shall not bring any claims, demands, legal actions and causes of action, against **Courage Center** and/or its ASSOCIATES' as stated above in this clause, for any economic and/or non-economic losses due to bodily injury, death, property damage sustained by me and/or my minor children and/or legal wards, if any, in relation to the premises and/or operations of **Courage Center**.

That if I engage in any physical activity or use of any **Courage Center** facility on the premises, I agree to do so at my own risk and assume the risk of any and all injury and/or damage while engaging in any physical activity or use of any **Courage Center** facility on the premises. My assumption of risk includes, but is not limited to, my use of any **Courage Center** pediatric, exercise or rehabilitation equipment (mechanical or otherwise), the locker room, sidewalk, parking lot, stairs, pool, whirlpool, sauna, steam room, gymnasium, reception area, or any equipment in any **Courage Center** facility. I agree to assume this risk in my participation in any activity, class, program, service, instruction or **Courage Center** sponsored event. I agree that I am VOLUNTARILY participating in **Courage Center** activities and using **Courage Center** facilities and premises and assume all risk of injury, harm, damage, or loss to me and my property that might result, including, without limitation, any loss or theft of any personal property. In the event of illness or injury to my child, I authorize any official representative of **Courage Center** to administer and/or secure medical treatment as deemed necessary by said representative.

This Agreement shall be governed by the laws of the State of Minnesota. If any of its provisions are held to be invalid or unenforceable by a court of competent jurisdiction, such holding shall not invalidate any of the other provisions of this Agreement, it being intended that the provisions of this Agreement are severable.

I attest that I am fit and prepared to use **Courage Center** facilities and participate in **Courage Center** activities. I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY AND EXPRESS ASSUMPTION OF RISK. I AM AWARE AND AGREE THAT BY SIGNING THIS WAIVER AND RELEASE, I AM GIVING UP MY RIGHT TO BRING LEGAL ACTION OR ASSERT A CLAIM AGAINST COURAGE CENTER FOR ITS NEGLIGENCE OR FOR ANY DEFECTIVE PRODUCT ON ITS PREMISES. I HAVE READ AND VOLUNTARILY SIGNED THE WAIVER AND RELEASE AND FURTHER AGREE THAT NO ORAL REPRESENTATIVES, STATEMENT OR INDUCEMENT APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE.

Printed Name: _____

Signature: _____

Date: _____

I understand that this Agreement also waives and releases **Courage Center** liability for negligence causing any injury to my child and/or legal ward, heirs, administrators, personal representatives, assigns, and/or guests, if any. I attest that they are fit and prepared to utilize **Courage Center** facilities and participate in **Courage Center** activities.

Printed Name/s of Minor/s: _____

Printed Name of Parent/Legal Guardian/Guardian Ad Litem: _____

Signature of Parent/Legal Guardian/Guardian Ad Litem: _____ Date: _____

IN ORDER FOR THIS APPLICATION TO BE PROCESSED, IT MUST BE COMPLETELY FILLED OUT, SIGNED, AND RETURNED TO HANNAH MACGREGOR AT GIANTS RIDGE, PO BOX 190, BIWABIK, MN 55708 (PHONE: 218-865-8017, FAX: 218-865-3027, EMAIL: Hannah.MacGregor@giantsridge.com) **NO LATER THAN 15 DAYS PRIOR TO SKI TRIP.** THE EARLIER YOU GET THIS INFORMATION TO US, THE BETTER THE CHANCES ARE OF OUR ABILITY TOO MAKE THIS PROGRAM A SUCCESS. THIS APPLICATION IN NO WAY GUARANTEES THAT THERE WILL BE A GIANTS RIDGE OR COURAGE CENTER DULUTH VOLUNTEER AVAILABLE TO TEACH THE LESSON, YET IT GREATLY INCREASES THE CHANCES.

PLEASE FEEL FREE TO CONTACT THE COURAGE CENTER WITH ANY QUESTIONS YOU MAY HAVE ABOUT ADAPTIVE SKIING OR ANY OF THE OTHER ADAPTIVE RECREATION PROGRAMS WE OFFER TO YOUTH WHO HAVE A PHYSICAL DISABILITY, VISION LOSS OR ASD.

COURAGE CENTER DULUTH
200 ORDEAN BUILDING, 424 WEST SUPERIOR STREET
DULUTH, MN 55802-1532
PHONE: 218-726-4834 | FAX: 218-726-4759



E. SAMPLE RENTAL CARD - FOR REFERENCE ONLY

Giants Ridge Rentals	[SCHOOL NAME]	[SHOE SIZE]						
Date: _____	Time Due: _____	Total Rental Days: _____						
Name	Last	First	M.I.	<input type="checkbox"/> SKIS				
Street	_____			<input type="checkbox"/> SN BOARD				
City	_____	State _____	Zip _____	<input type="checkbox"/> BLADES				
Phone #	_____	Villas or Lodge Room #	_____	<input type="checkbox"/>				
Dr. License#	_____	State _____		<input type="checkbox"/> HP				
Your Weight	_____	Your Height	_____ ft. _____ in.	Age _____				
E-mail	_____			Downhill Skiing * Skier Type: (check I or II) I <input type="checkbox"/> II <input type="checkbox"/> III <input type="checkbox"/>				
* BEGINNER CHECK "I". "II" SHOULD BE THE HIGHEST NUMBER MARKED								
Acknowledgement of Personal Information & Equipment Instructions								
I have accurately represented the above listed information and it is true and correct. I will not use any of the equipment to be provided to me during this transaction until I have received instruction on its use and I fully understand its use and function. I agree to verify that the visual indicator settings to be recorded on this form of downhill ski equipment agree with the number appearing in the visual indicator windows of the equipment to be listed on this form.								
Equipment User's Signature	[CURSIVE]	Parent/Guardian	Signature (if required)					
EQUIPMENT RENTAL & LIABILITY RELEASE AGREEMENT								
I accept for use AS IS the equipment listed on this form, and accept full financial responsibility for the care of the equipment while it is in my possession. I will be responsible for the replacement at full value of any equipment rented under this form, but not returned to the shop. I agree to return all rental equipment by the agreed date.								
I understand that the binding system cannot guarantee the user's safety. In downhill skiing, the binding system will not release at all times or under all circumstances where release may prevent injury or death, nor is it possible to predict every situation in which it will release in snowboarding, cross-country skiing and SnowBlade use, the binding system will not ordinarily release during use, these bindings are not designed to release as a result of forces generated during ordinary operation.								
I understand that the sport of skiing, snowboarding, SnowBlade and other recreational activities involve inherent and other risks of INJURY and DEATH. I voluntarily agree to expressly assume all risks of injury or death that may result from skiing/snow boarding/SnowBlade use, or which relate in any way to the use of this equipment.								
I AGREE TO RELEASE the ski/snowboard shop, its employees, owners, affiliates, agents, officers, directors, and the manufacturers and distributors of this equipment (collectively "PROVIDERS"), from all liability for injury, death, property loss and damage which results from the equipment user's participation in the sport of skiing/snowboarding/SnowBlade use, or is in any way related to use of this equipment, including all liability which results from the NEGLIGENCE of PROVIDERS, or any other person or cause.								
I further agree to defend and indemnify PROVIDERS for any loss or damage, including any that results from claims or lawsuits for personal injury, death, and property loss and damage related in any way to the use of this equipment.								
This agreement is governed by the applicable law of this state or province. If any provision of this agreement is determined to be unenforceable, all other provisions shall be given full force and effect.								
I, THE UNDERSIGNED HAVE READ AND UNDERSTAND THIS EQUIPMENT RENTAL & LIABILITY RELEASE AGREEMENT.								
User's Signature:	_____	Date:	_____					
Parent/Guardian:	If equipment user is a minor, I verify that I am the parent or guardian of the minor, and I have authority to enter into this agreement on behalf of the equipment user and I agree to be bound by the terms and conditions of this agreement.							
Parent/Guardian's Signature:	_____	Date:	_____					
Boot I.D. #	_____	Sole Length	_____ / _____	Ski/Snowboard/SnowBlade I.D. #				
Visual Indicator Settings	<table border="1" style="border-collapse: collapse;"> <tr> <td>Left Toe</td> <td>Right Toe</td> </tr> <tr> <td>Left Heel</td> <td>Right Heel</td> </tr> </table>	Left Toe	Right Toe	Left Heel	Right Heel	Technician's Signature _____		
Left Toe	Right Toe							
Left Heel	Right Heel							