



Adaptive • Cross Country • Downhill Ski and Snowboard

For Children and Adults 6 Years and Older with Physical and/or Developmental Disabilities



Therapeutic Recreation Services
808 W. Spokane Falls Blvd, 5th Floor
Spokane, Washington 99201-3317
509.625.6245



Check out our website
Spokaneparks.org

2016

In cooperation
with Mt. Spokane
Ski & Snowboard Park

General Information



Meals

Skiing/snowboarding can be very physical and we burn up a lot of energy, especially on those cold days. For those in the downhill programs there will be food available for purchase in the lodge. Please pack a nutritious lunch and drink. Please be sure to notify us of food allergies. The instructors will help/assist each student as necessary. We will not give money for meals.

Clothing

LAYERING is the best way to dress for skiing, and the concept is very simple. Articles of clothing are combined to form various strata of insulation around the body. It begins with the layers closest to the body, which trap heat and wicks away perspiration. Next comes the intermediate layers. Their job is to maintain a warm layer of trapped air. Finally, the exterior garment forms a protective membrane. This keeps wind, cold air, and water from cooling the warmth-building inner layers. The beauty of this approach to dressing is that you can add or subtract various layers to maintain the desired inner temperature.

First Layer

- **LONG UNDERWEAR** – (top and bottom) these should be polypropylene as this type of material wicks off moisture caused by perspiration. Capilene, REI brand etc. are also a desirable material. It comes in different weights of which expedition is probably the best for the downhill skiing and it does not retain odors. This material is more costly than polypropylene, but well worth the investment if you can afford it.
- **SOCKS** – polypropylene—for same reason as above. Avoid cotton next to the skin. Avoid too many or too thick of socks as there could be bunching that leads to blisters.

Second layer

- **FLEECE PANTS** – for use in very cold weather.
- **MICROFLEECE OR LIGHT-WEIGHT FLEECE TOP OR VEST** – to provide an insulating and breathing layer. Make sure the top allows for freedom of movement.
- **JACKETS, SHELLS OR BIBS** – are filled with either the traditional goose down or some synthetic insulating material. They are usually covered by some sort of nylon blend or by a water-resistant fabric like Gore-Tex. You may also invest in a silicone spray or Camp-Dry to spray materials helping them to be more water resistant. **No Jeans.**
- **MITTENS OR GLOVES** – Keeping your hands warm is best done with mittens, but gloves allow you to feel the poles much better. For the real cold days, a liner can be worn inside your gloves. It is also best to have an extra pair of gloves in case your gloves get wet.
- **SKI HAT** – A ski hat is essential. You can lose almost 50% of your body heat through your head, and not wearing a hat on cold days is an invitation to illness.
- **GOGGLES OR SUNGLASSES** – Goggles or sunglasses can help protect a portion of your face from the wind, as well as filter out the harmful rays of the sun.
- **DUFFEL BAG** – Each student should have a large duffel bag to carry his/her extra clothing and lunches. PLEASE wear or bring an extra pair of winter boots to change into for the bus ride home. Remember to label all clothes, ski-equipment and bags!
- **HELMETS** – we strongly encourage downhill skiers and boarders to wear ski helmets. If competing in Special Olympics the skier must wear a helmet. If unable to purchase one, we do have several in our loan program.

***Spokane Parks and Recreation is not responsible for lost equipment or clothing. Please mark equipment.**

Scholarships

Scholarships available upon request. A limited amount of scholarship money is available for individuals needing assistance. We request that individuals pay as much as they can afford so that we may assist more skiers. Call 625-6245 or email to abusch@spokane.org to request an application.

Adaptive Ski/Snowboard

The Program

This program is for children and adults 6 years and older with physical disabilities. All lessons employ a one-to-one or one-to-two instructor/ student ratio. The Instructors are volunteers from the community and local universities/colleges. Our instruction methods follow closely with the P.S.I.A. American Teaching System. Program fees do not accurately reflect actual costs. Persons/organizations interested in making donations to help buy specialized equipment should contact the Spokane Parks and Recreation Department. A Therapeutic Recreation Foundation has been established for this purpose. We are wanting to buy child-size mono and upgrade our bi-skis. Call 625-6245 for more information.

Sit Skiing

Sit-skiing allows the non-ambulatory (Para., quad., M.S., C.P., etc), the chance of achieving dramatic levels of control and maneuverability (proportional to the disability) on slopes of varying degrees of difficulty. To accomplish this, we teach how to use bi-skis, and mono-skis. The bi-ski is our newest addition of adaptive equipment. It will benefit a wide range of disabilities. People with higher level injuries will experience a new freedom as it requires very little head and neck movement to get the ski on edge and skiers with lower level injuries will find it a great help to ease the transition to a mono-ski. Our inventory is limited - **REGISTER EARLY!**

In order to insure control, all participants are attended by a trained tethered instructor who skis behind holding a nylon strap attached to the sit ski. Friends and spouses of the participants, who are strong skiers are encouraged to learn. They will be required to purchase a regular lift ticket. * **Please note we will not be able to accommodate skiers over 200 lbs.**

Snowboarding

We currently offer stand up snowboarding using a variety of adaptive equipment as necessary.

Blind Skiing

With the help of a sighted instructor, the student learns to respond to verbal signals as well as to 'see with their feet'. Our instructors primarily follow the P.S.I.A. American Teaching System, with brief vocal cues to facilitate orientation to the terrain.

Outrigger Skiing

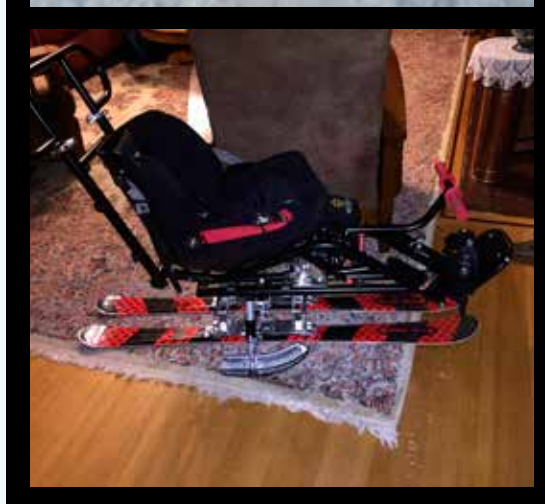
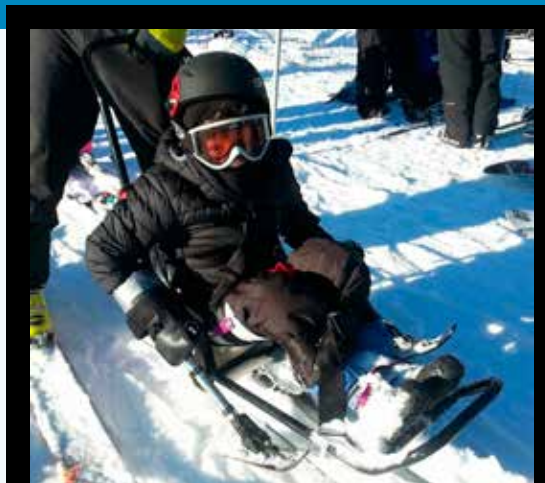
An outrigger ski is similar to a forearm crutch with a short ski that pivots. Leg amputees ski with or without their prosthetic leg(s) in what is called a three or four-track method. Students with balance deficits also use this method.

Lessons Update

Lessons occur in 3 week sessions - morning (9:30-11:30AM) or afternoon (12:30-2:30PM). We offer a full day for those students who qualify. Single lessons may also be available depending upon instructor availability.

Equipment Update

Judy Moody Morris has graciously donated a new HOC² Glide bi-ski to the program. This is the next generation bi-ski with a self-loading system and suspension. The self-loading system will allow greater independence, the ability to change suspension per student, and safer and simpler load and off load for student and instructor. We are beyond excited to see our students progress with this newest addition of equipment. Thanks Judy!



Cross Country Ski



In cooperation with Mt. Spokane
Nordic Ski Area

The Program

This program is for children and adults 12 years and older with developmental disabilities, and in good physical condition. The program began in the early 80's, and relies on volunteers from the community in order to teach Nordic skiing to our participants. We are thankful for the volunteer ski patrol at Selkirk Lodge as well as the grooming from the State Parks. We appreciate Washington Special Olympics who sponsor the Washington Chapter Winter Games in Leavenworth. Nordic skiing provides fresh air, exercise, making new friends and having fun. This class size is limited to 13, however this can increase if number of volunteers increase.

Calendar

Saturdays, January 2 - February 27, 2016

Selkirk Lodge, Mt Spokane Nordic Area

No class February 20th

February 21, 2016 – Langlauf Community Nordic Race

March 4 - March 6, 2016 – Washington Special Olympics, Leavenworth, WA

Time

9 am - Noon

Fees

- \$189.00 (includes lessons, transportation and equipment if needed)
- \$134.00 (includes lessons and equipment)
- \$40.00 (van transportation to Leavenworth if qualify for Winter Games)

Transportation

The TRS Van will leave:

Park Operations, 810 N. Stone 7:30 AM

Yokes, Mt. Spokane Day Road 8:00 AM

The TRS Van return:

Yokes, Mt. Spokane Day Road 1:00 PM

Park Operations, 810 N. Stone 1:30 PM

Volunteer Clinic

Volunteer training clinic is Saturday, January 2, 2016, 9:00 a.m. - 12 p.m., at Mt. Spokane Selkirk Lodge, Nordic Area. Please call 625-6245 or email to abusch@spokanecity.org for registration form and additional information.

Langlauf

Community Nordic Race
Sunday, February 21, 2016
Mt. Spokane Nordic Area

Each skier must pre-register and pay for this event on their own. Forms can be found at www.spokanelanglauf.org, Fitness Fanatics or Mt. Gear. TRS will provide supervision and transportation. Times and locations to be provided upon notification of registration for event.



Registration

This is confidential information used only to assist the staff in meeting the participant's needs.

Participant's Name: _____ Email: _____

Home Phone: _____ Cell Phone: _____

Address: _____ City: _____ Zip _____

Contact person (to obtain more information about student) Self Other

Relationship _____ Phone _____

Contact in case of emergency: _____ Emergency #: _____

Physician Name: _____ Phone: _____

****You will need a physician's note approving participation if you have been discharged less than one year since injury.**

Sex: M F Birthdate _____ Age: _____ Height: _____ feet _____ inches Weight: _____ Shoe size: _____

Medications taken during program? YES NO ***There is a 200 lb. weight limit for all adaptive sit skiers.**

Medications (dosage, frequency, side effects, reason): _____

Any seizures within the last year? (Y/N) _____ Date of most recent seizure: _____ Grand mal Petite mal Other _____

Allergies (food, bees, medication, etc): _____ Other Health Conditions: _____

Assistance in using the bathroom? YES NO Explain _____

What is the form of communication style (check all that apply): Verbal Non-Verbal Sign Language Other (explain) _____

Behavioral or other issues we need to know about participant: _____

Primary disability: _____ Year of Diagnosis (Date) _____

Spinal Cord Injury: C1-T1 T1-T6 T7-T12 L1-L5 S1-S5 Complete Incomplete

Mobility: Walks Independently Walks with Assistive Device Manual WC Power WC

Transfer Ability: Transfers Independently Transfers Self with Assistance Can Bear Weight with Assistance
No Ability to Self Transfer Cannot Bear Weight

Any additional comments, instructions, learning style, etc., (include special issues that may apply to outdoor sports,i.e. Sensitivity to sun, poor circulation,etc...) which will assist us in providing you a quality experience:

Describe any physical limitations that you are aware of: _____

Do you use paratransit services? YES NO What is # _____

Have you participated in the Ski Program before? YES NO If yes, when (date)? _____

List ski experience: _____

Is it okay to use your photo/video image taken during activities and use for publicity purposes? YES NO



Adaptive Ski & Snowboard – Please check all boxes that apply

- Two-track
- Three-track
- Four-track
- Bi-Ski
- Mono-Ski
- Adaptive Snowboard
- Visually impaired
- Hearing impaired

Program and Fees — Includes Lift ticket and Lesson

<input type="checkbox"/> 33114 Sat 1/16-1/30	9:30AM - 11:30AM.....	\$121
<input type="checkbox"/> 33115 Sat 1/16-1/30	12:30PM - 2:30PM	\$121
<input type="checkbox"/> 33116 Sat 1/16-1/30	9:30AM - 2:30PM	\$204
<input type="checkbox"/> 33117 Sat 2/6, 2/20, 2/27*	9:30AM - 11:30AM.....	\$121
<input type="checkbox"/> 33118 Sat 2/6, 2/20, 2/27*	12:30PM - 2:30PM	\$121
<input type="checkbox"/> 33119 Sat 2/6, 2/20, 2/27*	9:30AM - 2:30PM	\$204

One day individual lessons are available - call for fee and availability.
 * No lessons on 2/13

- Rental Equipment** — Per 3-Week Session
- I have my own equipment, none needed \$0
 - Bi, or mono-ski, and outriggers, adaptive snowboard \$40
 - Outriggers only \$24
 - Skis, boots, & poles or snowboard from mountain..... \$48

*There is a 200 lb. weight limit for all adaptive sit skiers.

Cross Country – Please check all boxes that apply

- 33102 Sat 1/2 - 2/27 *No Class 2/20 7:30AM - 1:30PM Includes Lessons, Transportation, Equipment Rental (If needed)\$189
- 33103 Sat 1/2 - 2/27 *No Class 2/20 9:00AM - 12:00PM Includes Lessons, Equipment Rental (No transportation).....\$134

Special Olympics Option - I want to participate in the Winter Special Olympics.
 You must have a current Special Olympics Application for Participation Form on file with TRS by January 4, 2016.
 Budget \$40 for van transportation to Leavenworth and \$40 to cover two meals and souvenirs.

Downhill Ski & Snowboard – Please check all boxes that apply

- Skier
 - Snowboarder
- | | | |
|--|---|-------|
| <input type="checkbox"/> 33120 Sat 1/9 - 2/20* | Includes Lessons Only..... | \$143 |
| <input type="checkbox"/> 33121 Sat 1/9 - 2/20* | Includes Lift Ticket, Lessons (No transportation)..... | \$213 |
| <input type="checkbox"/> 33122 Sat 1/9 - 2/20* | Includes Lift Ticket, Lessons, Transportation..... | \$283 |
| <input type="checkbox"/> 33123 Sat 1/9 - 2/20* | Includes Lift Ticket, Lessons, Equipment Rental (No transportation) | \$283 |
| <input type="checkbox"/> 33124 Sat 1/9 - 2/20* | Includes Lift Ticket, Lessons, Equipment Rental, Transportation | \$380 |
| <input type="checkbox"/> 33125 Sat 1/9 - 2/20* | Transportation Only (Each trip is \$12) | \$12 |
| <input type="checkbox"/> 33210 Sat 2/27 | Lookout Pass: Includes Lift Ticket, Transportation, Lunch..... | \$39 |

Transportation — Bus Pickups

- Sinto Sr. Center, 1124 W. Sinto (Paratransit use location)
- Monroe & Wellesley Zip Trip
- Lincoln Rd & Division

Special Olympics Option - I want to participate in the Winter Special Olympics.
 You must have a current Special Olympics Application for Participation Form on file with TRS by January 4, 2016
 Budget \$40 for bus transportation to Wenatchee and \$40 to cover two meals and souvenirs.

* No lessons on 2/13

Accident Waiver/Release of Liability and Acknowledgement of Risk

I know that skiing and snowboarding is a hazardous activity. I will not participate unless I am medically able and properly trained. I have read and understood the information provided by the City that explained the program, including the training of participants, the eligibility and safety rules, any equipment to be used, and the emergency medical plan. I have had all of my questions adequately answered by City staff. I assume all risks associated with skiing and snowboarding, including but not limited to those caused by terrain, facilities, temperature, weather, condition of my or the City's equipment, vehicular traffic, actions of other people including participants, volunteers, spectators, coaches, and City staff, all such risks being known and appreciated by me.

PHOTO RELEASE: I give my permission to have my photo taken during activities and understand that such photos may be used for publicity purposes.

I will accept the nordic/alpine/adaptive equipment for use, as is. I agree to be fully responsible for the equipment while it is in my possession and to return it by the agreed time/date. I agree that I may incur additional charges if the equipment is returned late, dirty, or damaged beyond normal wear and tear. I accept my responsibility to replace, at full retail value, any alpine/adaptive equipment which I fail to return.

I accept the risks involved in the use of nordic/alpine/adaptive equipment, including but not limited to, skis, snowboards, boots, poles, sit-skis, mono-skis, bi-skis, outriggers, slant boards, ski stabilizers, edgie-wedgies, walkers, harnesses, helmets, and any other equipment that I may use.

I, for myself, and for anyone entitled to act on my behalf, (A) WAIVE, RELEASE, AND DISCHARGE the City of Spokane, Mount Spokane, Inc., and their officers, employees, volunteers, representatives, and agents from any and all liability for my death, disability, personal injury, property damage or damage or loss to me during participation in alpine/adaptive skiing and traveling to and from this event;(B) INDEMNIFY AND HOLD HARMLESS the City and Mount Spokane, Inc., and all persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions while participating, except for those claims arising from the sole negligence or sole willful conduct of the City, its officers, employees, or other representatives.

I HEREBY CONSENT to receive medical treatment which may be deemed advisable if I am injured or become ill while participating in alpine/adaptive skiing. I HEREBY CERTIFY that I have read this document and I understand its content.

NAME: _____
 AGE: _____
 SIGNATURE: _____
 DATE: _____

Parent/Guardian Waiver for Minors

I, _____, am the parent or legal guardian of the participant _____ and acknowledge that I have read this AWRL and understand its content. I HEREBY AGREE TO WAIVE, RELEASE, AND DISCHARGE FROM LIABILITY and promise to INDEMNIFY AND HOLD HARMLESS the same entities and by law, I am waiving my child's rights.

PARENT/GUARDIAN: _____
 SIGNATURE: _____
 DATE: _____

Method of payment:

Check Cash Money Order Charge Card

Card Number: _____
 Expiration Date: _____ Security Code: _____
 Name on Card: _____
 Total Program Fee: \$ _____
 Donation (if any): \$ _____
TOTAL AMOUNT ENCLOSED: \$ _____
 Requested Scholarship Amount: \$ _____
 (*Special form required)



Downhill Ski & Snowboard

In cooperation with Mt. Spokane Ski & Snowboard Area

The Program

This program is for children and adults 8 years and older with developmental disabilities and is now in its 43rd year of operation. We utilize volunteers from the community and local universities/colleges in order to achieve a one-to-one instructor/student ratio for new skiers/snowboarders and at least one- to three for experienced skiers. This allows for improved safety and skill development in a main streamed environment. We hope you will share our admiration and support of the Mt. Spokane Ski & Snowboard Resort and Ski School which have been instrumental to the success of this program. We are also appreciative of Washington Special Olympics who sponsor the Chapter Winter Games in Wenatchee.

Calendar

Ski Season

Saturday January 9 through February 20 **No skiing on February 13*

March 4 - March 6, 2016

Chapter Winter Games Mission Ridge, Wenatchee

Fees

- \$143.00 Lessons Only
- \$213.00 Lift ticket and lessons only - No bus transportation.
- \$283.00 Lift ticket, lessons, and bus transportation.
- \$283.00 Lift ticket, lessons, and equipment rental. (No bus transportation).
- \$380.00 Lift ticket, lessons, equipment rental and bus transportation
- \$ 12.00 Transportation Only. (Cost is per trip).

Fees do not include optional Special Olympic fees for transportation costs to the Chapter meet.

Transportation

Careproviders/Parents/Students

Please be aware that if the roads are clear the bus may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the bus could be a few minutes late. Please be at the sites in plenty of time to take your skier home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Sinto Senior Center. Be sure to mark on your registration form which site you will be using. We encourage not using paratransit for this program but if you do please use only Sinto as transportation site.

If you are not taking our transportation, please meet at Lodge #1 at 10:30 a.m.. Practice will be done at 3 p.m.

The bus will leave:

Sinto Senior Center, 1124 W. Sinto	9:00 am
Zip Trip, Monroe & Wellesley	9:15 am
Lincoln Rd & Division	9:30 am

The bus will return:

Lincoln Rd & Division	4:30 pm
Zip Trip, Monroe & Wellesley	4:45 pm
Sinto Senior Center, 1124 W. Sinto	5:00 pm



Recreational Skiing

For those people who are not interested in competing in Special Olympics, we will assign a ski buddy to provide support and instruction as desired. The emphasis will be on safety and fun rather than running the gates and competing.

Team Jackets

We are just about out of the apple green team jackets. We will be working on ordering new team jackets. We will need to do additional fund raising and look for sponsors or grants. If anyone is interested in leading this project please see Alice.

Powderhounds on Lookout Pass

1 day | Ages 8+ The Powderhounds are headed to Lookout Pass Ski area for an adventurous day exploring new trails. Volunteer ski buddy, lift ticket and a bbq lunch will be provided. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. \$39

33210 Sat 2/27 8am-5pm





Volunteers

Are needed to Ski with the participants

Volunteer Training Clinics

Adaptive Ski & Snowboard

Dry Land Clinic

Friday, January 8, 2016, 6:00-8:00 pm

Location: Corbin Community Center, 827 W Cleveland

Saturday January 9, 2016, 8:30 am - 4:00 pm

Sunday, January 10, 2016, 9:00 am - 1:00 pm

Location: Mt. Spokane Adaptive Snow Sports Chalet

Cross Country Ski

Saturday, January 2, 2016, 9:00 am - 12:00 pm

Location: Mt. Spokane Selkirk Lodge, Nordic Area

Downhill Ski & Snowboard

Dry Land Training

Tuesday, December 2, 2015, 6:30-8:00 pm

Location: Corbin Community Center, 827 W Cleveland

Saturday, January 2 & Sunday, January 3, 2016, 9 am - 4 pm

Location: Mt. Spokane Lodge 1

Please call 625-6245, email to abusch@spokanecity.org or go to website www.spokaneparks.org Therapeutic Recreation Services for registration form and additional information.

Washington Chapter Special Olympic Winter Games

Wenatchee, WA

March 4 - March 6, 2016

Downhill Ski & Snowboarders and Cross-Country skiers interested in competition and have met the requirements of TRS please read the following. Must have a Special Olympics Application for Participation Form on file with TRS by January 4, 2016. Special Olympics will cover competition costs, hotel, partial transportation and all but two meals.

We strongly encourage you to make a minimum donation of \$40 to Special Olympics to help cover some of the competition, transportation and hotel costs. Please send to:

Special Olympics Washington
East Region, P.O. Box 1640
Richland, WA 99352

Bring \$40.00 on the trip to cover two meals and souvenirs.

