

**UNIVERSITY PREP
2010 SKI PROGRAM**

GUIDELINES

TRIP NO.	DATE	TRIP NO.	DATE
#1	January 8	#5	February 5
#2	January 15	#6	February 26
#3	January 22 (<i>Day trip</i>)	#7	March 5
#4	January 29		

SKI STORAGE AT SCHOOL: Each Friday morning, bring your gear to the gym. Lean the skis and snowboards up in the ski storage area provided. The ski bags and boots will also have an assigned location. Ms. Yara will be there to help you arrange it all. For everyone's security, storage areas will be locked at the beginning of first period and will be inaccessible until 2:40 PM. **Renters - when you get your gear, be certain to write down the serial number of your skis in the event they are left or picked up by someone else. In addition all rentals must be clearly labeled with your name on the tape provided by Stevens and always remember where they are stored. All ski equipment must be out of the storage areas at the end of each trip.**

TIMES:

1. Be on board your bus 10 minutes before departure. We depart from University Prep at **3:05 p.m.** (**1:30 pm** for the Day Trip.)
2. We arrive at Stevens approximately 2 hours after departure.
3. Lessons begin at **6:00 p.m.** Students are to gather in front of Stevens Pass Ski School Sign (Tye Lodge to right of ticket booths)
4. Buses will re-open at **9:30 pm.** Students must all be on board by **9:45pm.**
5. Buses depart at **9:55 p.m.** (or earlier if everyone is on board)
6. We return to University Prep between **11:45 p.m. - 12:00 Midnight.** We will arrive at the Bellevue drop off site at approximately **11:30pm.**

Bellevue Pickup Info – South Kirkland Park & Ride

TAKE I 405 TO SR 520 going East bound.

Take the 108th exit. The park & ride should be just off of the exit.

Please be at the Bellevue Drop by 11:30pm. We are scheduled to arrive there at approximately 11:45pm for all trips.

GETTING READY:

1. **All skiers' cars must be moved to the Dahl Field parking before students and chaperones board their buses. The Temple needs both the campus lots and available spaces along 25th Ave NE for Friday evening services.** All loading and unloading of the buses in Seattle will be in the Dahl parking lot. Buses will line up #1 - #3 in order heading north.
2. Do not worry about getting dressed into your ski clothing between 2:50 and 3:00 PM. *There isn't time.* We allow 30 minutes for you to get suited up during the trip. Just grab your stuff and get on the bus. You do not have time to run to the corner mart before we depart!

RULES ON THE BUS:

1. The use of loud music (boom boxes) is forbidden. Headphones, hand-held electronic games, and walkmen are permitted. (*Parents be advised: These expensive items, especially IPOD's, are the #1 items most frequently lost or stolen*)
2. Bus garbage is to be placed in bags provided. We will leave the buses clean.
3. Throwing of food or any other "projectiles", use of excessive noise, screaming, swearing, public displays of affection (hand holding is acceptable, but making out is not) discourteous behavior towards any passenger, chaperone, or bus driver will not be tolerated. *Students will either have their lift ticket revoked for the evening, be suspended from their next trip, or be removed from the ski program, depending on the severity of the infraction. Chaperones will be responsible for identifying the inappropriate behavior and will withhold the student's lift ticket. Those individuals will meet with Ms. Caldwell at the end of the bus ride at which point appropriate consequences will be identified. For the most part, if a chaperone needs to ask you to stop unacceptable behaviors more than once, you can expect a consequence.*
4. Ms. Yara must be notified by Wednesday of any ski week of any cancellations, additions, or substitutions to the bus roster. Since actual lift cards are issued in advance, there isn't any refunds. You may try to sell your ticket to someone who might be going as an add-on. There will be a Bulletin Board in the hallway of the gym that can be used for posting tickets for sell or tickets wanted. All transactions are the responsibility of the parties involved.

RULES ON THE SLOPES:

1. Students are to ski *only* on patrolled slopes. Under no circumstances should a student wander off into unpatrolled wooded areas. Violators of this rule will be removed from the ski program. **If you ski out of bounds, you are off the program. Boundaries are defined by the ski patrol, not the students.**
2. Since this is a school-sponsored activity, University Prep's 2009-2010 *Student Behavior Guidelines* will be strictly enforced. The use of alcohol, or other drugs including tobacco products, will not be tolerated. Possession and/or consumption of alcohol, marijuana, and other illegal substances *will* result in removal from the ski program and may very well jeopardize your place in the school. Furthermore, if students are skiing with someone who is 'under the influence', and fail to seek adult help, they will also be disciplined appropriately.
3. Any student who has their ticket revoked (taken away) during the evening by a Stevens Pass employee or ski patrol officer (typically for reckless skiing or foul language), will be either suspended from their next ski trip, or removed from the program. Parents will be notified.
4. There will be **no refunds** for unused bus trips, lessons, or lift tickets for violators. Our student financial aid ski program participants will use these lift tickets.

BEHAVIOR IN THE LODGE:

1. While at Stevens you represent University Prep. Our good reputation depends on each student being responsible and respectful at all times. Each student will be responsible for cleaning up after themselves in the lodge, for avoiding excessive noise, and for using appropriate language and demeanor at all times. **Never** leave a mess and walk away!

2. You may bring your own sack dinner.

3. Food and beverages can be purchased in the upstairs floors of the **Granite Peaks Lodge** (middle lodge) or **Pacific Crest Lodge**. You will be able to find healthy selections at Granite Peaks, and faster food (pizza, hamburgers) in Pacific Crest.

EQUIPMENT:

Below is a suggested gear list to organize on Thursday nights. **Be certain all items are marked with skier's name, especially the tote bag and rental equipment.**

gloves	goggles	turtle neck sweater
warm hat	long underwear	ski jacket
ski socks	skis with ski brakes <i>or</i> poles	ski boots
water repellent	snowboard	helmet
outer gear	ski face mask	

1. If you signed up for rentals you need to fill out a rental form and return that to Ms. Yara. You will get your rental equipment on your first trip to Stevens. Rentals must be picked up at the rental office. A chaperone on your bus will escort you to the rental office on that first night. You will need to remember to pick up your shoes *and bring home the rented ski boots* on your first trip up. If you are renting on a one-time basis, you may rent equipment in the Tye Creek Lodge. Adult I.D. is required for one timers. (Our chaperones will provide the I.D. for rental students).

2. **We strongly encourage each participant to check their skis into the outdoor secured area when they are not on the slopes. The cost is \$3.00. Unfortunately, newer ski gear is most vulnerable. THIS IS VERY CHEAP INSURANCE ! Rental gear can be stored for free - so don't be lazy or it could be costly!**

MONEY:

1. Bring food money if you don't bring your own food (\$10-\$20 should be ample) and money for the secured ski barn (\$3.00).

2. Rental costs per trip (if you have not signed up for a package or do not have your own complete set of equipment) is **\$20.25** if 12 or younger; **\$24.75** if 13 or older for skis, boots, and poles or for snowboard and boots.

3. For anyone going up on a one-time basis, while the space may be limited, the bus ride is \$40 (paid *before* Friday). Lift tickets must be purchased at Stevens or from a University Prep student who cannot use theirs for 12 years or younger \$25, or \$30 for those 13 years and older.

FRIENDS AND FAMILY AND STUDENTS NOT SIGNED UP FOR THE PROGRAM:

Anyone wishing to join the group on a one-time or occasional basis is welcome , if space is available. The earlier that Ms.Yara knows about this, the better.

You will need to contact Ms.Yara no later than **12:00 Noon Wednesday** before the scheduled trip. She will need an evening phone number and \$20 for *every* participant. Also, **a Release of Liability form and One Timer form will be required. They are available on the Ski Program website www.universityprep.net Look in the For Students section.**

3. All rules above will apply for one-time participants.

CANCELLATIONS:

1. If there is no school (because of snow), there is no skiing.
2. Lessons will not be held if we cancel and will be rescheduled at a later date.
3. Students who miss pre-paid trips may sell their places or give their places away in advance. Ms.Yara must know by **WEDNESDAY Noon** of each week. **No refunds are possible.** Please bear in mind that University Prep is not responsible for selling students' canceled tickets or bus seats.

CHAPERONES:

1. Each ski bus will have at least two chaperones on board. We will require that at least one chaperone sit towards the rear of the bus. They will be University Prep faculty members, parents, or equally responsible adults. Students must adhere to all chaperone requests. Failure to do so may result in having your lift ticket revoked (on the way up) or suspension from the ski program (on the return trip).
2. An additional emergency vehicle will be available each week.
3. There will be **a chaperone on duty at all times.** This person will be located in the Granite Peaks Lodge upstairs sitting at a table near the windows facing the hill. A chaperone is there to help our students with any problems that might surface throughout the night. Chaperones will also be located in the Pacific Crest Lodge during the dinner hours but all emergency information needs to be given to the Granite Peaks chaperones.

EMERGENCIES:

1. **If someone you are skiing with is injured, immediately send a skier down to notify the nearest lift operator and then inform the chaperone in the Granite Peaks lodge.** The ski patrol is now located

around the backside of Granite Peaks Lodge. If a student has an accident, Ms. Caldwell or the Mountain Supervisor will notify his/her parents as soon as the details of the accident are known. We will have an emergency vehicle ready for transport to your preferred hospital, if needed. Should the ski patrol decide that transport needs to be by ambulance, parents will be notified and such transport will be at the parent's expense.

2. One person will serve as a telephone contact for each drop off site. They will relay information to those waiting at the Bellevue or Dahl field pick up sites of any delays or updated information. In most cases, students will use cell phones to contact their rides.

SAFETY RULES ON THE SLOPES:

1. Use the BUDDY SYSTEM. Each student will be responsible for one another so that *no one skis alone*.
2. Inadequate equipment is unsafe. BINDINGS SHOULD BE ADJUSTED AT A SKI SHOP BEFORE THE SEASON BEGINS. Students' weights change and bindings also become stiff and screws get loose if not maintained.
3. A ski patrol officer will board each bus on the first night up. The mountain rules will be stated at that time – **students must remain seated and have absolute silence when the officer boards the bus and reviews their rules.**

MAJOR HAZARDS: PLAN AHEAD

1. COLD: No hat, wet clothing, and inadequate gloves are the major problems. Try on all gear BEFORE you hit the slopes. Bring extra gear in case you get wet.
2. FROST BITE: Poorly insulated clothing and inadequate food. This is why you should bring/eat healthy food and not junk food.
3. ACCIDENTS: Major causes are re-injuries (weak ankles, shoulders, and knees) poorly adjusted equipment, fatigue (i.e., going for that 'last run' when already tired and cold), lack of instruction, failure to ski in a safe manner, or skiing under the influence of alcohol and other illegal drugs.

Remember, no one goes on the bus without a signed liability form!