



## Welcome to the STRIDE Adaptive Snowsports Program at Ski Sundown!

Our winter-sports-loving volunteer coaches will do everything they can to make the experience the best it can be. Our coaches have been extensively trained in all disabilities and how to adapt to all learning styles. Our lessons are 2.5 hours long in order to give the student time to acclimate to their surroundings, be fitted with the proper equipment as needed, and give coaches time to understand our students' needs.

### Here are steps to prepare for the best possible experience:

1. **REGISTER AS A STRIDE ATHLETE ANNUALLY:** Completely fill out the STRIDE registration and Move United waivers online at Stride.org (if not already done). Please complete registration with as much detail as possible, enter 'n/a' if item is not applicable. **Any questions, special requests, or additional info you have, please email us at the email at bottom of this sheet.**
2. **COMPLETE ANNUALLY** Ski Sundown STRIDE Waiver, COVID-19 Waiver and Rental Form (if needed) found below. You will need to print out and then scan and email to [strideskisundown@gmail.com](mailto:strideskisundown@gmail.com)
3. **FOR 2021-2022 SEASON** Please review Sundown's COVID-19 Policies & Guidelines on their website.
4. **SCHEDULE A LESSON: Once paperwork is completed,** call the Ski Sundown Welcome Center at (860) 379-7669 x211 to make adaptive lesson reservations. Five week packages are highly recommended this season. All reservations are charged in full when booked. A full refund will be issued if cancelled at least 48 hours prior to the reservation. Reschedules made within 48 hours are subject to a \$25 fee. When booking a lesson please indicate if skiing, snowboarding, sit-skiing AND if rental equipment is needed.

### WHAT TO BRING:

**Clothing** - warm jacket, snow pants, well-fitting waterproof gloves or mittens, wool or synthetic blend socks (not cotton), long underwear, goggles/sunglasses, REQUIRED ski helmet (we can lend for free) and OPTIONAL mask and/or face covering. Mask requirement is subject to change according to local regulations.

**Reinforcers** - for the student to perform new or difficult tasks, please give or inform the coach of these incentives at the beginning of the lesson.

**Visual Behavioral or Communication Supports** - If you would like us to use simple behavioral supports such as token boards and choice boards or augmentative communication devices feel free to bring and review with Coach.

**Ski or snowboard equipment** - rentals are included in the lesson package. Notify the Welcome Center when scheduling the lesson if rentals are needed. If personal equipment is used, be certain it is tuned and fitted properly.

### ARRIVAL:

**Parking** - Please allow for ample time on busy weekends. Lot attendants will guide you to accessible spaces.

**Location** - You can proceed to the main lodge or the STRIDE ADAPTIVE SPORTS Chalet located at the far end of the beginner area (look for the big billboard) to get ready. If rentals are being utilized, they will be ready for you inside rentals. They can be picked up prior to lesson or the Coach will assist if needed.

**Non-ambulatory**- Please proceed through rentals and exit onto the ramp to our deck at lesson time. If you need assistance, please have Welcome Center radio an Adaptive Supervisor.

**Lift Tickets/Companion Tickets** - The coach will hand out the lift ticket(s) or badges.

**Just before heading onto the snow** - Please make the Coach aware if there are any changes or concerns with the Athlete. A meeting plan will be made for breaks and the end of the lesson.

**At end of the lesson** - The coach will bring the athlete back to the STRIDE building. Return rental equipment.

**If you want to continue skiing** - Both the lesson and companion tickets are good for a total of 4 hours from the lesson start time. The lift attendant will let you know how much time is left.

We look forward to seeing you at the mountain! (860) 379-7669 x221 [strideskisundown@gmail.com](mailto:strideskisundown@gmail.com)

# Ski Sundown STRIDE Waiver 2021-2022

SKI SUNDOWN, INC.

## RELEASE OF LIABILITY, WAIVER OF CLAIMS, EQUIPMENT RENTAL, AND ARBITRATION AGREEMENT

### PLEASE READ CAREFULLY

Skiing and snowboarding involve risk of serious injury, including death, caused by hazards inherent in the sport of skiing. Participation in the sport of skiing, no matter what type equipment you are using or the event or program that you have chosen to participate in, is a voluntary act on the part of the Participant and where applicable the Participant's parent(s) or guardian(s).

**PARENT(S)/GUARDIAN(S):** Only allow your child to participate in the sport of skiing if he/she:

- Appreciates the risks involved in the sport;
- Knows his/her own capabilities and limitations regarding the sport of skiing;
- Is capable of exercising common sense.

The use of helmets is strongly recommended. If you and/or your child decide not to use a helmet, you do so at your own risk.

**Release and Waiver of Claims:** In consideration of being allowed to participate in the sport of skiing at Ski Sundown, Inc. (the "Facility"), the Participant, and the Participant's parent(s) or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that they have or may have against the Facility arising out of the inherent risks of the sport of skiing;
- 2) **TO ASSUME ALL RISKS INHERENT IN THE SPORT OF SKIING;** and
- 3) **TO RELEASE** Ski Sundown, Inc., the facility, its owners, affiliates, officers, directors, employees, agents, and shareholders, and all manufacturer's and distributor's of equipment from all liability for any loss, damage, injury, or expense that the Participant (or his/her next of kin) may suffer, arising out of the inherent risks of participation in the sport of skiing.

The Participant acknowledges and agrees that the inherent hazards and risks of participating in the sport of skiing are in addition to those referenced in *Connecticut General Statutes § 29-212*. The Participant also acknowledges that this agreement does not, in any way, change the rights or obligations of the Facility or the Participant, as set forth in *Connecticut General Statutes § 29-211, et. seq.*, other than as set forth in this agreement.

**Acknowledgement of Equipment Instructions:** I will not use any equipment until I have received instructions on its use and I fully understand its use and function. I agree to verify the visual indicator settings to be recorded on any rental forms agree with the number appearing in the visual indicator windows of any equipment listed on the form.

**Equipment Rental and Release from Liability and Waiver of Claims:** I accept for use the equipment rented to me by Ski Sundown, Inc. (the "Equipment") and accept full responsibility for its care while it is in my possession. I will be responsible for the replacement, at full retail value, of any Equipment which is not returned, and I will be responsible for the costs of repairing any damage to the Equipment, other than normal wear and tear.

**SKI EQUIPMENT:** I understand that the ski-boot bindings system which I have rented will not release at all times nor under all circumstances, nor is it possible to predict every situation in which it will release. I understand that the ski-boot bindings system is, therefore, no guarantee of my safety. I have accurately represented to Ski Sundown, Inc. my height, weight, age, and skiing ability, recognizing that some or all of these factors may affect the settings of the ski-boot bindings system.

**SNOWBOARD EQUIPMENT:** I understand that the snowboard bindings system, which I have rented, is a non-release system. I understand that the snowboard bindings system is no guarantee of my safety.

I hereby agree to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that I have or may have against Ski Sundown, Inc. and all manufacturers and distributors of the Equipment, caused by the use of the Equipment and/or the inherent risks of the sport of skiing, as defined in Conn. Gen. Stat. § 29-211, *et seq.*;
- 2) **TO ASSUME ALL RISKS INHERENT IN SKIING;**
- 3) **TO RELEASE** Ski Sundown, Inc. and all manufacturers and distributors of the Equipment, from all liability for any loss, damage, injury, or expense I (or my next of kin) may suffer, caused by the use of the Equipment and/or the inherent risks of the sport of skiing.
- 4) **TO INDEMNIFY** and hold harmless Ski Sundown, Inc. and the manufacturers and distributors of the Equipment for any loss or damage including any that results from claims or lawsuits for personal injury, death, or property loss and damage arising from my use of the Equipment.
- 5) **I FURTHER AGREE** to submit all claims against the manufacturers or distributors of the rental Equipment used by me at Ski Sundown, Inc. to arbitration.

**Arbitration:** The Participant or his/her Parent(s) or Guardian(s) hereby agree(s) to submit any dispute arising from participation in the sport of skiing to arbitration, for the sole purpose of determining whether the alleged injury arises from a hazard inherent in the sport of skiing. For such disputes, there shall be a three-member arbitration panel, consisting of two party-appointed arbitrators (one arbitrator to be appointed by each party) and one neutral arbitrator (collectively, the "Panel"), to be chosen by the party-appointed arbitrators. The neutral arbitrator shall be a current officer of a ski area located in Connecticut, Vermont, New Hampshire, Maine or Massachusetts. In the event that the two party-appointed arbitrators are not able to agree on a third, neutral arbitrator, the neutral arbitrator shall be appointed by a court of competent jurisdiction based on the criteria specified above. Each party shall pay its own costs, including the costs associated with the party-appointed arbitrators, and the parties shall share equally the costs associated with the neutral arbitrator. The arbitration proceeding shall proceed in West Hartford, Connecticut and shall be governed by the Federal Rules of Evidence. The Panel shall establish a reasonable and appropriate discovery schedule to expeditiously resolve this matter.

**In the event that the Panel determines Participant's alleged injury arises from a hazard inherent in the Participant's participation in the sport of skiing, Participant's claim shall be deemed barred, as a matter of law, and the Participant shall be barred from recovering any compensation from Ski Sundown, Inc.**

**In the event that the Panel determines that Participant's alleged injury did not arise from a hazard inherent in the sport of skiing, the Panel must next determine whether Ski Sundown, Inc. was negligent and if so, whether Ski Sundown, Inc.'s negligence was a proximate cause of Participant's injury. If the Panel determines that either Ski Sundown, Inc. was not negligent or that any negligence on its part was not a proximate cause of the Participant's injury, then the Panel must enter an award of no responsibility for Ski Sundown, Inc. & Participant shall be barred, as a matter of law, from any recovering any compensation from Ski Sundown, Inc.**

**However, if the Panel finds that negligence on the part of Ski Sundown, Inc. was a proximate cause of Participant's injury, the Panel must then determine whether Participant was negligent and whether Participant's negligence contributed to his/her injury. The Panel shall assign a percentage of negligence for both Ski Sundown, Inc. and Participant, which must equal 100%. If the Participant's allocation of negligence exceeds 50%, Participant's claim shall be deemed barred, as a matter of law, and the Participant shall be barred from recovering any compensation from Ski Sundown, Inc.**

**However, if Participant's allocation is less than 50%, then the Panel shall determine dollar amount for any damages that have been proven that will fairly compensate the Participant for his/her injury. The Panel shall then multiply the dollar amount of any such damages by the percentage of negligence found on the part of Ski Sundown, Inc. The resulting number shall be the Panel's compensation award for Participant's injury.**

The Federal Rules of Evidence shall apply to the arbitration proceeding unless the parties otherwise agree.

**Acknowledgement:** I grant permission to Ski Sundown to use my photograph, video tape, motion picture recording or any other record of my use of its facilities for legitimate purposes.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**

Participant's Printed Name: \_\_\_\_\_ Age: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Town: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Parents or Guardians must also sign if the Participant is UNDER 18.

21/22

# SKIING and COVID-19

Skiing is an active, outdoor sport. Please understand that despite all the precautions and safety measures we have taken, it is not possible for us to guarantee you or your child a COVID-19-free environment inside of our facilities, or outside on the mountain. COVID-19 is now a risk inherent in everyday life. If you leave your house, you assume the risk of exposure. **By participating in, and/or allowing your child to participate in, skiing and skiing-related activities, you hereby accept the risk that you and/or your child may be exposed to, and possibly contract, COVID-19.** In light of this, please understand as follows:

I understand and accept that **social distancing and disinfecting are not possible** at all times. I may touch equipment that has been touched by others (including Ski Sundown staff), and I may come into close contact with other guests and Ski Sundown staff, including Ski Patrol.

I understand and accept that the **use of face coverings may not always be practical** while at Ski Sundown.

I understand and accept that Ski Sundown **relies on the truth and honesty of all guests** who visit Ski Sundown that they are not doing so while they, or any member of their household, are sick or feeling potential COVID-19 symptoms. Neither I, nor anyone in my household, currently has or feels symptoms of COVID-19. To the extent that this changes, I will remove myself (and my family) from Ski Sundown immediately.

I hereby certify that I have read the above information, understand it, and voluntarily agree to participate and/or to allow my child to participate notwithstanding same.

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Guest Name (Printed)

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Guest Signature (If Guest is an *Adult*):

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Parent/Guardian Name (*If Guest is a Minor, or Parent/Guardian signing for family*)

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Parent/Guardian Signature (*If Guest is a Minor, or Parent/Guardian signing for family*)

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# 2021-22 STRIDE Rental Form (Fill in completely if Rentals are requested) I DO NOT need Rentals

Participant Name \_\_\_\_\_ Birth Date \_\_\_\_\_  
Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Contact Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Your information may be used to send you future promotional offers/communications from Ski Sundown only. This information is kept by Ski Sundown for our exclusive use and is not sold or distributed to outside parties.

## Rental Information

Renter's Name: \_\_\_\_\_ Circle:  MALE  FEMALE

Parent's Name, for Renter under 18: \_\_\_\_\_

Renter's Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Shoe Size: \_\_\_\_\_ Age: \_\_\_\_\_  1st Time

Skier Type (see below for explanation):  I  II  III Snowboard Type:  Left foot forward  Right foot forward

### *Cautious Skiing at Lighter Release/Retention Settings*

**Type I Skiers** ~ Ski conservatively ~ Prefer slower speeds ~ Prefer easy, moderate slopes ~ Favor lower than average release/retention settings. This corresponds to an increased risk of inadvertent binding release in order to gain increased releaseability in a fall. ~ Type 1 settings apply to entry level skiers uncertain of their classification.

### *Moderate Skiing At Average Release/Retention Settings*

**Type II Skiers** ~ Ski moderately ~ Prefer a variety of speeds ~ Ski on varied terrains including most difficult trails ~ Are all skiers who do not meet all the descriptions of either Type I or Type III

### *Aggressive Skiing At Higher Release/Retention Settings*

**Type III Skiers** ~ Ski aggressively ~ Normally ski at high speeds ~ Prefer steeper and more challenging terrain ~ Favor higher than average release/retention settings. This corresponds to decreased releaseability in a fall in order to gain a decreased risk of inadvertent binding release.

**FOR ADAPTIVE USE ONLY**

**STRIDE  
LESSONS**

**RENTAL INFORMATION**

Lesson Day/Time: \_\_\_\_\_

5 Week Program:  Y  N  Jan  Feb