

Skiing and Snowboarding Volunteer Guidelines and Responsibilities

As an Adaptive Sports Connection ski volunteer, you are expected to be courteous and professional in your interactions with participants, families, community partners, medical professionals, Adaptive Sports Connection staff and other volunteers, as well as any outside sources you may contact for assistance.

In addition, Adaptive Sports Connection expects our ski volunteers to abide by the following guidelines:

1. All instructors/volunteers must have read the general volunteer guidelines and responsibilities along with the skiing and snowboarding guidelines and responsibilities.
2. Everyone is required to wear an approved and properly fitted ski helmet while skiing or riding.
3. Everyone must know and abide by Your Responsibility Code at all times while skiing and riding.
4. Volunteers should be familiar with their student's disability and other related conditions before starting the lesson by reading their participant profile and by performing a skier's assessment.
5. All equipment must be checked before, during, and after each lesson. Any deficiency that affects the operational safety of the equipment must be reported to staff or a lead volunteer immediately and taken out of service until the issue is resolved. All equipment, regardless of condition, should be returned clean and free of snow to its proper place after each lesson.
6. Any participant who has experienced a seizure in the last 24 months, or who you are not sure will remain safely seated on the chairlift, is required to wear a retention harness while riding the chairlift.
7. When tethering any sit or stand equipment from behind, the tether line must be attached with a girth hitch to the instructor's skin at the wrist. This is to prevent the tether line from coming loose if the instructor loses their grip on the line, or if the instructor were to fall. The tether must be attached to the equipment with a carabiner or girth hitch. If applicable, the tether line must be attached to the manufacturer's recommended attachment point.
8. Prior to using any sit ski equipment, ensure that the evacuation system is ready and accessible. All sit skis and bi-skis with fixed outriggers must be tethered by a volunteer at all times.

Skiing and Snowboarding Volunteer Guidelines and Responsibilities

General Essential Eligibility Criteria

Everyone must acknowledge the ability to perform the following EECs

1. Be able to manage personal care independently or with assistance of a companion
2. Be able to transfer on/off/in/out of equipment independently or with the assistance of a companion. You may need to provide a companion to assist with transfers depending on program
3. Be able to follow verbal or visual instructions and effectively communicate independently or with assistance of a companion
4. Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use/influence) to self or others, independently or with the assistance of a companion
5. Use equipment appropriate for personal weight without going beyond or below weight capacity of program equipment
6. Be able and willing to wear appropriate protective and safety equipment, such as helmets and life jackets

Skiing and Snowboarding Essential Eligibility Criteria

Everyone must acknowledge the ability to perform the following EECs

1. Meet all General EECs
2. Be able and willing to follow Your Responsibility Code, either independently or with the assistance of a companion
3. Be able to (once shown) to load, safely ride, and unload the chairlift independently or with the assistance of a companion
4. Be able to, either independently or with the assistance of a companion, get up after a fall and continue skiing
5. Be able to tolerate winter temperatures while appropriately dressed for the duration of the lesson

Skiing and Snowboarding Volunteer Guidelines and Responsibilities

Your Responsibility Code

- Always stay in control, and be able to stop or avoid other people or objects
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have knowledge and ability to load, ride, and unload safely.

When working with students and while skiing during personal time, instructors and volunteers should be good role models for on hill safety. Instructors should incorporate the Responsibility Code into their lessons, checking for understanding.

Ski Area personnel have the ability to revoke someone's lift ticket if they are not following the guidelines set up in the Responsibility Code.

CHAIRLIFT LOADING AND UNLOADING PROCEDURES

General Loading Guidelines

Always explain the loading procedure to the student before loading. Use common sense and focus on safety. Allow the student to be as independent as is safely possible.

- Perform a dry run with the participant before you get in line to get on the chair lift. Make sure all straps are out of the way and that the safety straps are readily available.
- Make sure that participants keep all items that are held in their hands (outriggers) in front of their body or free from getting caught during the load.
- Use proper lifting techniques. Lift with your legs, not with your back.

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Loading Speeds

Prior to entering the loading ramp, the instructor should notify the lift attendant if the desired speed of the chair for loading, unloading, and of any special instructions.

- It is the instructor's responsibility to make certain that the lift attendant knows the desired speed for the load and unload before entering the load area. Never assume the lift operator knows that you want a full speed load or will remember what speed you need from the last run you took. Also, do not assume a lift operator at the top of the chairlift will know that you want the chair to stop.
- It is acceptable to let empty chairs pass if either the instructor or the student is not ready to load.

Unloading Guidelines

- Unlock carabineer and unwrap the safety line 20-30 feet prior to the unload, or at a time determined by the instructor and communicated to the assistant instructor. Try to make the distance unlocked from the chair as short as possible.
- Explain the unloading procedure to the student prior to unloading.
- Make visual contact with the lift operator and indicate your desired speed for the unload (stop, slow, full speed).
- If the safety of the unload is in jeopardy, remain on the lift and notify the lift operator to stop the chair. Never jump from the chairlift.

Safety Harness and Straps

- All students using a mono or bi ski and all students wearing a harness must be secured to the chair by a safety strap. The safety strap should be connected as soon as possible
- For the unload, verify that the carabineer on the safety strap or harness will unlock between the last tower and the ramp.