

ALHS Rules for Alpine Skiing/Snowboarding

Excess speed and loss of control are primary factors associated with snow skiing fatalities, according a study reported in *The Physician and Sports Medicine*.the study also shows that more than three-fourths of ski-related deaths occurred after collisions with stationary objects, such as trees and lift towers. Head injuries were cited most often as the cause of these fatalities.

1. Observe all ALCS Norms and rules.
2. Pass ski safety test with a 100%.
3. Participate in and sign full value contract.
4. Follow all ski area rules and posted signs. Keep off closed trails and out-of-bound areas.
5. Be prepared for extreme weather conditions.
6. Stay hydrated
7. Wear bright clothes, orange ribbons, and helmets in order to identify ALCS students.
Failure to wear ribbon or helmet will result in ½ day off the slopes.
8. You are going with an intent to ski. (all exceptions have been pre-approved).
9. Members must commit to a day of lessons if they are a first time skier or snowboarder.
10. Students must ski at their level by only entering slopes designated by a symbol (black, blue, or green) indicating their ability level.
11. When skiing or snowboarding, give moving skier and snowboarders the right of way.
You should be able to see them: they might not see you.
12. Skiers will always ski with a buddy and one member of each group will have a cellphone.
13. Team-leaders and staff will carry walkie-talkies or phones and check in with staff at lunch and 2:00. Fail to do so will result in grounding for the rest of the day.
14. Staff will carry medical information for all students during the trip.
15. Students will check in with their team-leaders twice a day designated by their leader. If they fail to do so, they will be grounded for the rest of the day.
16. Staff and/or student-leaders will review safety before we hit the slopes.
17. Team leaders will be in contact with each other via walkie-talkie or phones.
18. Students will carry ICE card.
19. Injured students will not be left alone. Flag down another skier to have skier to go for help.
20. A staff member will accompany injured students to the hospital if possible.

I, _____ promise to follow all ALCS Rules for Alpine Skiing/Snowboarding.

Signature

Date

Aldo Leopold Charter School

Your student is eligible to participate in a school-sponsored trip at a location away from the school campus. This activity will take place under the guidance and supervision of Catalina Claussen.

Destination: Sunrise Ski Area

Date of departure: 01/24/19

Date of return: 01/25/19

Method of Transportation: School Bus

Student: _____

Is sponsor authorized to approve emergency medical treatment? (Yes) (No, my child may be denied permission to go)

Is my student covered by medical insurance? (Yes) (No)

If yes, name of insurer: _____

Any medical allergies or instructions: _____

Name of emergency contact:

_____ **Phone#:** _____

Phone number(s) where you can be reached during this trip:

By signing below, the parent/guardian acknowledges and accepts the risk of physical injury associated with participation in the activity described above. Except for the gross negligence on the part of the sponsor, parent/guardian accepts personal financial responsibility for bodily or personal injuries sustained during this activity. Further, the parent/guardian promises to hold harmless the school and its representatives for any injury related to the activity. If a dispute over the agreement or any claim for damages arise, the parent/guardian agrees to resolve the matter through a mutually acceptable arbitration process.

I understand that misbehavior by or injury of my child may result in me being required to come and pick up my child at this activity. There will be no refunds for students who miss the bus.

Print Parent/Guardian name

Signature of Parent/Guardian

Date: _____