Learn to Ski/Snowboard  
Snowy Range Ski Resort  
Information Sheet  
Section 1 or 2

This document outlines the basic information regarding the trip. More details regarding the trip may be provided or changed at the Pre-Trip Meeting. If you have further questions after reading this document, please see “Contact Information” below.

Program Description:
Winter is here! Now is the perfect time to get out in the snow and learn the fundamentals of alpine skiing or snowboarding. This class is geared toward beginners who want to learn the basic skills needed to enjoy resort skiing or riding.

This trip is designed for people who have limited or no skiing or snowboarding experience and would like to take a lesson and get an introduction to skiing or snowboarding in a resort setting. Participants will receive transportation to Snowy Range Ski Area, a ski or snowboard rental, lift ticket, and 2-hour lesson from a professional instructor.

Mandatory Pre-Trip Meeting:
All participants in the Learn to Ski/Snowboard trip must attend a mandatory pre-trip meeting on the Wednesday before the trip at 6 PM in the Outdoor Program office (next to the Climbing Wall). During this time important information will be discussed and collected, meet with your Trip Instructors and fellow participants, as well as ask any questions. If you cannot attend this meeting, please contact the Outdoor Program as soon as possible.

Basic Itinerary:
The group will meet and depart the day of the trip at 7:00 AM. The group will return no later than 7:00 PM.

Meals & Food:
The Outdoor Program does not provide food on day trips. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (bars, jerky, etc.). Food is available at Snowy Range Ski Resort for purchase.

Refund Policy:
Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee. Participants wanting to transfer courses should contact the Coordinator – Climbing Wall/Outdoor Program. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

Drugs and Alcohol:
Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.
Electronic devices:
As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy please discuss this with your Trip Instructor.

Equipment Checklist:
This list is a handy reference guide concerning what gear to bring for the trip. Please pack accordingly to suit your needs. Clothing, sundries, and Optional gear is your responsibility to secure. If you have any further questions, contact your Trip Instructors.

Equipment provided by the Outdoor Program/Snowy Range
- Alpine Downhill Skis OR Snowboard
- Poles (if skiing)
- Boots (for either skis or snowboard)
- Lift Ticket
- 2-Hour Lesson

Clothing
- Lightweight Long Underwear tops and bottoms (wool or synthetic)
- Ski parka or winter jacket
- Ski pants
- Fleece sweater or equivalent (NO COTTON!)
- Stocking cap
- Helmet (optional – can rent at Snowy Range)
- Gloves or mittens
- 2 pair socks for boots (heavy wool or synthetic)
- Face mask (optional)
- Sunglasses or ski goggles
- Water bottle
- Day pack to store items

Sundries and Optional Gear
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection
- Hand sanitizer (small amount)
- Feminine hygiene products w/plastic bag for disposal
- Toilet paper (consider natural options, these will be discussed at the pre-trip meeting)
- Camera (optional)

Important Information for Participants:

Inclusivity Statement
The Outdoor Program in Campus Recreation is dedicated to creating a welcoming and inclusive environment for participants of all ability levels. It is our goal to provide support, assistance, and accommodation whenever possible to allow everyone to participate in Outdoor Program activities. Please contact Outdoor Program Assistant Director Rodney Ley at rodney.ley@colostate.edu at the time of your registration to discuss options.
**Pre-trip meetings and safety**
Our pre-trip meetings are designed to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the Trip Instructor prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs. If at the end of the pre-trip meeting you decide that the trip is not appropriate for you, please contact a Trip Instructor to discuss your options.

**Our expectations of you as a participant:**
As a participant in our outings, you are expected to help out in such areas as setting up camp, cooking, and cleaning. If you are unfamiliar with how to perform these tasks, that’s okay, we are happy to help you learn. Beyond helping out, it is imperative that you listen and pay attention to the Trip Instructor(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

**Environmental impact**
On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of 'Leave No Trace.' We expect that all participants on our outings will do the same.

**Health considerations and physical preparedness**
Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your participation please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your trip leader(s) about any condition that may affect your participation in the trip.

**Contact Information**
Questions regarding the trip can be directed to:

Rodney Ley, Assistant Director – Outdoor Programs  
Rodney.Ley@colostate.edu  
970-491-0964

OR

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program  
Andy.Nelson@colostate.edu  
970-491-7305