

**ELDORA**  
  
MOUNTAIN RESORT

# **ELDORABLES**

## *PARENT HANDBOOK*

2861 Eldora Ski Road #140 Nederland, Colorado 80466 303-440-8700 x271 Fax 303 440-8797

# ***PHILOSOPHY***

**The Eldora Mountain Resort Eldorables program promotes a fun team-learning environment between children and coaches.**

## ***GOALS***

**The Eldora Mountain Resort Eldorables program is based on a skill oriented, confidence-building lesson. The Eldora Snowsports School promotes a safe, fun, learning environment with each lesson given. The Eldorables program is an *introduction* to skiing based on the reasonable expectations of four, five and six year olds in a group setting.**

## **LESSONS**

All Eldorables lessons are group lessons. Lessons are geared to the age and ability of the lowest level in the group. We strive to meet the individual needs of each child, while ensuring the comfort, safety and happiness of the *whole* group.

Coaches set reasonable goals based on the reasonable expectations for this age. We have included a reasonable expectation chart with this package. Please note that this chart refers to an *all day* lesson and remember Eldorables is a two-hour lesson.

At the start of each lesson, your child's coach will review what was worked on during the previous class. This is to help establish proper muscle memory. Parents can help at home by having their child practice proper beginning skier foot stance - "pizza", "french fries", "duck feet". Parent's can also ask their child's coach what they should be working on between lessons.

We want our Eldorables to have fun! Eldorables coaches are trained to create a "no pressure" atmosphere. We play lots of games and take rests and bathroom breaks as needed.

# WHAT TO EXPECT

## **First Day:**

- Please take your child outside behind the Indian Peaks lodge to meet their coach at the colored flag that corresponds with the colored sticker on their program pass.
- Please arrive at the colored flag promptly at 1:15 pm. Lessons begin at 1:30pm sharp.
- Children must be dressed and ready to ski!
- Children must use the restroom at Eldora before lessons.
- **Please note:**
  - **There will be no indoor first day check in.**
- If you signed up for rentals please pick them up in the Children's Center by 12:30pm on the first day.
- Lessons end at 3:30pm. Please pick up your child in the Children's Center.

## **For the Remaining Days of Eldorables:**

- Rentals are available for pick up beginning at 12:45 pm in the Indian peaks Lodge, 2<sup>nd</sup> floor, outside the main door of the Children's Center.
- Eldorables classes meet at 1:15 pm, outside and behind the Indian Peaks Lodge. Lessons start at 1:30 pm.
- Children must use the restroom at Eldora before lessons.
- Lessons end at 3:30pm. Please pick up your child in the Children's Center.

## ***Parents - On the First Day***

Parents and/or legal guardians should arrive at Eldora Mountain Resort at least 30-45 minutes prior to the 1:30 lesson start to get their child dressed and ready to ski. Parents who have rented equipment for the session should pick up their equipment in the Children's Center on the 2<sup>nd</sup> floor of the Indian Peaks Lodge between 12:30 and 1:00. Once your child is dressed and ready to ski you should take them outside behind the Indian Peaks lodge to meet their coach and classmates. You will meet your child's coach at the colored flag that corresponds with the colored sticker on your child's program pass.

## ***Parents Please Note:***

For first time skiers, just getting accustomed to the bulky clothing and awkward equipment will be a major accomplishment. Many children in this age group will not progress to sliding on their skis, stopping or turning after a 2-hour group lesson. We want the first day to be fun, with no pressure. We do our best to meet the individual needs of each child. We recommend that parents stay out of the child's view during lessons. This will help limit separation anxiety and provide your child with a memorable first day experience. There is a viewing area upstairs in the Indian Peaks Lodge.

Lessons End at **3:30pm**. Please pick up your child in the Children's Center on the 2<sup>nd</sup> floor of the Indian Peaks Lodge. Please do not take children from coaches on the slope, at the shuttle bus stop, or from the lift. This will slow down the entire groups return to the Children's Center.

## WHAT HAPPENS DURING THE LESSON?

On the first day in a beginner 4-6 year old lesson a lot of time is spent without skis on. For many of the children this age, just walking around in these weird plastic shoes is difficult. The coaches are trained to play games with the children that will help develop some of the fundamentals of skiing such as balance and independent leg movements. They will play games that involve running, feet and leg twisting, and jumping. Once the coach feels that the class is comfortable with these movements they will progress to moving, twisting, and sliding with one ski on. (Sometimes this may be as far as they get in one 2-hour lesson). When all children are comfortable with these movements with one ski on, the coach will then introduce the children to their second ski. This will look like pure chaos to a parent, but the coaches have been trained to manage groups of kids who are in constant motion. Sometimes your child may have to wait a minute or two for the coach while the coach is helping the other students.

Once each child has shown enough control and balance with both skis on, the coach will then introduce them to gliding on a small incline. When gliding has been mastered with a good stance and proper balance the class will progress to the magic carpet. This is another area that will appear to be chaotic. It may appear that your child is not being helped, but all the coaches work together at the carpet - one helping unload, one coaching, and one helping get the children on.

If at any time you are unsure or have questions about what is happening please do not hesitate to ask the Eldorable's coordinator. Please remember before getting upset that there is usually a reasonable explanation and without bringing it to our attention we can not fix it.

## ABILITY LEVEL PLACEMENT

Each Eldorable participant will be placed in a class according to their "ability level", age, and any special requests. They will *not* be placed on the level of the terrain on which they have previously skied. On the first day, after taking these things into consideration each child will be assessed outside on snow and put into the appropriate ability level. If your child has skied before, you can make your child's first day more enjoyable and progressive by coaching them to show the Eldora staff their very best skiing on that first day.

Please do not misrepresent your child's age or ability. This undermines our classes and coaches and most importantly, does a disservice to your child.

# SPECIAL REQUESTS

If your child would like to be in the same class as a friend, we will do our best to accommodate this request. We do have to consider each child's age, ability, and skill level. Please be aware that the children will be placed in the lower ability level group of the two friends. This request, or any other special information, should be written on your registration form. Please instruct your children to speak up if we separate friends or siblings that want to be together, and know if brought to our attention we can make changes after the first lesson. Please call the Programs Office at 303-440-8700 ext 271 (starting November 16<sup>th</sup>, 2009) if you would like to add information to your registration form.

# ABSENCE, ILLNESS, and TARDINESS

**Please be fair to everyone and please do not bring your child to Eldorables if he/she is sick! There are no make-up days in the Eldorables program. We cannot switch days if your child is unable to make his/her designated day.**

If your child becomes sick or injured while in their lesson, we will put his/her name on the "Sick and Sad" board at the Children's Center desk on the 2<sup>nd</sup> floor of the Indian Peaks Lodge. We will do our best to write the parents' or guardians' name(s) and instructions on the dry erase board at the base of the lifts. It is the parents' or guardians' responsibility to check these boards during the time your child is in class.

**\*\*\*If you arrive for your child's lesson after 1:30 it will be your responsibility to take your child to his/her coach. Eldora staff will do their best to try and assist you. Eldorables is only a 2 hour lesson. It is not fair to the students who are on time to have to wait for tardy participants. Please be considerate of other students and be on time.**

**\*\*\*Eldora does not cancel classes for weather. Skiing is a winter sport which can involve wind, snow, and below freezing temperatures.**

## Special Medical Needs

If your child has a medical issue that requires special medication, or may require emergency treatment, please make sure this information is on your registration form and please notify your child's coach on the first day!

# WHAT TO WEAR

Your child should wear warm layers of clothing under a waterproof jacket and pants, warm, waterproof mittens, a warm hat and one pair of warm socks. Wool (a synthetic like polypropylene or capilene can be substituted) is preferable to cotton garments, as cotton absorbs water and does not hold body heat. Goggles and a helmet are also strongly recommended. Please label all clothing and equipment with your child's name.

# CHAIR LIFT

Riding the chair lift is a part of skiing. Each coach is trained to give a safe and detailed lesson on proper lift loading and unloading. Children will not load chairs until the whole group has mastered these skills. Children may ride with another child or by themselves on a chair lift. The lift operators have been trained to help the kids get on the lift. The beginner chair lifts move at a slower speed and the lift operator has the ability to slow the lift down if needed. We do not encourage coaches to get adults from the general public to ride with the kids due to ability levels of the adults, and kids riding with strangers.

# FOOD AND REST

Please make sure your child has had a hearty meal, plenty of water and plenty of rest before they come to class. We generally take cocoa, water and snack breaks if the children need them.

# BEHAVIOR EXPECTATIONS AND DISCIPLINE

Each Eldorables coach is expected to establish a clear understanding of the Skier's Responsibility Code with each class.

The Skier's Responsibility Code is as follows:

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

Each coach has a set of rules and expectations with regard to safety and behavior that will be clearly explained to each participant. Coaches will use discipline only when expectations are not met. Discipline may be a time out, or in rare cases, a visit to the Children's Center for some down time. Parents will be notified if there are problems with a child. Safety, fun and creating a happy learning environment are our main goals!

**Eldora Mountain Resort reserves the right to remove a disruptive child from further participation in the Eldorables program.**

# EMERGENCY PROCEDURES

If your child is injured or ill, they will be transported to Ski Patrol First Aid Room, located in the southwest corner of the main parking lot. The Ski Patrol building has a large red cross on the front and is below the Eldora administrative offices. The name of the child will be placed on the "Sick and Sad" dry erase board on the wall outside of the Children's Center on the 2<sup>nd</sup> floor of the Indian Peaks Lodge. Also, the parents' or legal guardians' names and instructions will be written on the dry erase boards at the base of the lifts.

Injured children will remain in the Ski Patrol First Aid Room until a parent or legal guardian is present. Ski Patrol has limited space for patients. Please check the dry erase boards throughout the afternoon to avoid your child spending the afternoon in the First Aid Room.

If an injury or illness warrants an emergency procedure, we will immediately contact your child's emergency contact person. It is essential that your emergency contact be available and willing to come to Eldora. In the case of an ambulance or Flight For Life transfer to a hospital, we will make every effort to find the parent or legal guardian at the resort! Your emergency contact will also be advised of the situation, and given instructions for where to meet the child.

**Please notify the Programs Office at 303-440-8700 ext. 271 (starting November 16<sup>th</sup>, 2009) if your emergency contact changes.**

# WAYWARD WANDERERS

Your child will be given clear instructions for what to do if they are separated from the class. Please review these procedures with your child's coach and remind your child each day if necessary. We have an efficient Ski Patrol network that responds immediately upon notification of a separated child.

# CHANGES

Sometimes it is necessary to make changes to your program registration. We would like to keep these to a minimum. Therefore, we have a firm policy for registration changes. One change per participant is allowed. ***Additional registration changes will be subject to a \$40 administrative fee.*** To make a registration change, please contact us via:

- Email at [programs@eldora.com](mailto:programs@eldora.com)
- Phone to the Programs Office 303-440-8700 ext.271 (starting November 16<sup>th</sup>, 2009)

# REFUNDS

**Eldorables is a non-refundable program. There are no make-up days.**

Special circumstances or concerns must be addressed in writing to be reviewed by Eldora Mountain Resort.

Please address letters to: Eldora Mountain Resort

P.O. Box 1697

Nederland, CO 80466

Attn: Snowsports School

or

E-Mail: [programs@eldora.com](mailto:programs@eldora.com)

# SPECIAL CONSIDERATIONS

Please keep these considerations in mind:

- Does your child attend regular daycare or preschool?
- Does your child have separation issues when you are not around?
- Does your child still take regular naps? If so what time of day?
- Can your child manage by him/her self in the bathroom?  
**\*\*Coaches are not allowed to assist children in bathrooms.**
- Is your child involved in any organized physical activities?
- Does your child enjoy playing outside on cold days?

These are important issues to consider that can affect your child's behavior in a group lesson. All children develop mentally and physically at different rates. In order for your child to get the most out of his/her skiing experience these issues should be reviewed in detail. If you answered no to the majority of these questions you may want to enroll your child in one of our daily kids lessons prior to the start of the Eldorables program to see how they do.

Notes regarding group ski lesson:

- In a group lesson, Instructors will do their best to give individual feedback and attention, but sometimes feedback may be directed to benefit the entire group or an instructor may need to work with the slower student in order to get him/her caught up so the entire group can move on.
- We operate a **skill based** learning environment. As your child's skills progress, your child's group will progress to more challenging terrain.
- For children who have skied before, Eldora staff will do their best to group classes according to skill level, common goals, and confidence levels.
- Children are taught how to get up after they fall on there own. You may see you child struggle for a minute or two while the coach is helping another student. Please be patient and the coach will get to your child as quickly as possible.
- Eldorables is a progression of lessons. Each week's lesson builds on the next week's lesson. If you take your child skiing in between lessons he/she will naturally improve at a quicker pace than the rest of the class. We may not have the ability to move your child up levels every week. It also defeats the purpose of the program.