

ELDORA

MOUNTAIN RESORT

TREK

PARENT HANDBOOK

What you can find in the TREK Parent Handbook;

- ***Overall goal of the TREK program***
- ***TREK group lesson description***
- ***What to expect on Day's 1-6***
- ***Ability level placement***
- ***Special requests***
- ***Absences, Illnesses, and Tardiness***
- ***What to wear, including equipment needs***
- ***Chairlift riding procedures***
- ***Lunch expectations***
- ***Student Drop off and Pick-up***
- ***Behavior expectations and Disciplinary actions***
- ***Emergency Procedures***
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PHILOSOPHY

The Eldora Mountain Resort TREK Program promotes a team-learning environment between the children and their coaches.

GOALS

The Eldora Mountain Resort TREK Program is based upon a skill oriented, confidence-building lesson. The Eldora Snowsports school promotes a *safe, fun*, learning environment with each lesson given. Lesson planning within the TREK program will concentrate on developing safe, controlled skills on appropriate terrain.

LESSONS

All TREK lessons are geared to the age and ability of the group. New skills will be introduced on easier terrain progressing to more challenging terrain once the whole group has mastered the necessary skills.

A Special Note to the Parents of 4-6 Year Olds:

We want our very special “Mini-Trekkers” to have fun! Our Mini Trek coaches are specially trained to create a “no pressure” atmosphere. Coaches set reasonable goals based on reasonable expectations for these ages. We will do our best to meet the individual needs of each child, while ensuring the comfort, safety and happiness of the whole group. In Mini Trek we will take extra rest, bathroom and play breaks!

What to Expect

First Day:

- Please take your child, with their lunch and equipment, outside the Indian Peaks lodge to meet their coach at the colored flag that corresponds with the colored sticker on your child's program pass.
- Please arrive at the colored flag promptly at 9:15. Lessons begin at 9:30 sharp.
- Children must be dressed and ready to ski!
- Children must use the restroom at Eldora before the lesson starts.
- **Please note:**
 - **There will be no indoor first day check in.**
- Lessons end at 2:30. Please pick up your child in the same place where you dropped them off.

For the Remainder of TREK

- Please meet your coach at the colored flag, where you picked up your child the first day, promptly by 9:30. Classes will leave the corral at 9:30. If you arrive after 9:30 it is your responsibility to take your child to his/her class. Eldora staff will do their best to help assist you with this process.
- Lessons end at 2:30. Please pick up your child in the same place where you dropped them off.

ABILITY LEVEL PLACEMENT

Each TREK participant will be placed in a class based on their skiing/riding ability, not on the level of terrain on which they have previously skied or ridden. On the first day, after verbally assessing each child's ability key staff will place the children into the proper group. Each group will then be assessed together on snow. Any adjustments will be made during this time. 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 during the on snow assessment. Please note children may **regress** from year to year depending on new equipment, growth spurts, or cognitive development.

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 call the Programs Office at **303-440-8700 ext 271** (starting November 15th, 2010) if you would like to add information to your registration form.

ABSENCE, ILLNESS, and TARDINESS

Please be fair to everyone and do not bring your child to TREK if he/she is sick! A sick child can make the day miserable for everyone, and possibly make the coach and other participants sick.

If your child becomes sick or injured while in their lesson, we will put his or her name on the "Sick and Sad" board outside the Children's Center desk on the second floor of the Indian Peaks Lodge. We will also do our best to write the parents' or legal guardians' names and instructions on the dry erase boards at the base of the lifts. It is the parents' or legal guardians' responsibility to check these boards throughout the day. Please notify your child's coach if you will be skiing on Little Hawk Mountain, Bryan Mountain, Corona Bowl, or if you will be in the lodge for the day.

****** There are no make-up days in the TREK program. We cannot switch days if your child is unable to make his/her designated day. All TREK classes will be filled to the maximum instructor/student ratio. We do not want to disrupt the group dynamics by adding a new student to the group each week.***

******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 clothes under a waterproof jacket and pants, warm, waterproof mittens, a warm hat and one pair of warm socks. Wool (polypropylene, capilene, or any other synthetic 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.

- You can check Eldora's daily weather before attending your child's lesson by calling 303-440-8700 or www.eldora.com for the updated snow report.

Each Trek participant should bring their own equipment. If you are renting equipment, we strongly advise that you obtain a "seasonal" ski and boot rental from your local ski shop. Seasonal rentals are checked out for the whole season and do not have to be picked up and returned daily. Helmets are also available seasonally.

***PLEASE NOTE: Rentals are not included in the cost of TREK.**

CHAIRLIFT

Riding the chair lift is 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.

LUNCH

Please pack a healthy, hearty lunch for your child. Pre-packaged lunch boxes may not provide enough substance to keep your child going until the end of the day. All lunches must be in a disposable container, (**no backpacks or lunch boxes**) with your child's first and last name written on the bag. Plastic grocery bags work best for keeping the lunch dry on wet days.

Snacks should be stored in your child's coat pocket.

Please do not send money for the cafeteria. Coaches cannot leave the rest of the class to take your child through the food line.

Children will eat with their instructors at designated times and in designated areas. Please check with your child's coach for time and place if you are interested in seeing your child at lunch.

Please make sure your child has a good breakfast!

DROP-OFF AND PICK-UP

There will be a special drop-off and pick-up area for vehicles set up in front of the Indian Peaks Lodge. Look for orange cones and signs. **Please limit your drop-off time to five minutes.** Many other parents are trying to do the same. Please be courteous. Parking attendants are not always available for assistance.

Please give yourself plenty of time to drive to Eldora. Please arrive in time to get your child to the bathroom and to their class flag outside the Indian Peaks Lodge before classes leave at 9:30. We cannot guarantee that late TREK participants will ski or ride with their assigned class before lunch time.

Classes leave the "TREK Corral" outside the Indian Peaks Lodge promptly at 9:30am!

TREK classes end at 2:30pm. All TREK participants must be picked up at the "TREK corral" at their assigned flag outside the Indian Peaks Lodge. Please do not take children from coaches on the slopes or at lunch unless it is an emergency. This in turn limits the rest of the class getting back on time to the TREK flags for the other parents. At the flags, coaches will give you a brief summary of what the class worked on and your child's accomplishments that day.

Coaches cannot release children to "free ski" or "free ride" on their own after lessons unless we have a written permission slip signed by a parent or legal guardian each day of the request. Eldora does not take responsibility for children once they leave the class. Please help Eldora by educating your child that if he/she sees you in the distance that he/she needs to stay with the coach until you arrive and speak with his/her coach.

BEHAVIOR EXPECTATIONS AND DISCIPLINE

Each TREK 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 where you 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 and creating a fun learning environment are our main goals! If your child has behavioral issues, let the instructor know what discipline measures you use.

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

EMERGENCY PROCEDURES

If your child is injured or ill, they will be transported to the Ski Patrol First Aid Room, located at the southwest corner of the main parking lot. The 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 outside the Children's Center on the second level 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 the parent or legal guardian is present. Ski Patrol has limited space for patients. Please check the dry erase boards throughout the day to avoid your child spending the day 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 your child.

Please notify the Programs Office at 303-440-8700 ext. 271 (starting November 15th, 2010) if your emergency contact changes.

Wayward Wanderers

Your child will be given clear instructions for what to do if they are separated from their 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 to programs@eldora.com
- Phone to the Programs Office 303-440-8700 ext. 271 (starting November 15th, 2010)

REFUNDS

TREK 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

Important Notes to Follow Throughout the Season

- **12 week Trekkers** must wear their "Season Pass." This pass can be picked up at the Season Pass Office on the lower level of the Day Lodge, or at Eldora Mountain Sports. (28th and Canyon Boulevard in Boulder) **Passes must be picked up prior to the first day of TREK.**
- **6 week Trekkers** must wear their "TREK Pass." These passes will be issued when you sign up for the program or when you pick up this information.
- Please make sure your child is well hydrated. There will be water available throughout the day.
- Children must use the restroom at Eldora prior to the start of class!
- Children must be dressed appropriately with all clothing **on** upon arrival at their flag.
- Children must bring a **bag lunch**. Everything must be disposable, no backpacks or lunch boxes. Please do not send money for your child to eat in the cafeteria.
- If you are staying at Eldora for the day, please let your child's coach know where you will be.
- If you are letting another adult pick up your child, please inform your child's coach prior to the start of class. Your child must also have a signed permission slip for each day he/she will be picked up by someone other than a parent or legal guardian.
- RTD bus schedules are available by phone at 303-299-6000, or on the RTD website: www.RTD-Denver.com. Bus schedules are also printed on the back of our Trail Maps.

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 their own. You may see your 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.
- TREK is a progression of lessons. Each week's lesson builds on the previous 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 a level every week. This defeats the purpose of the program.