

Lexington Recreation and Community Programs Department

39 Marrett Road, Lexington, MA 02421, 781-698-4800



Friday Night Ski/Snowboard Program At Nashoba Valley Ski Area

INFORMATION FOR SKIERS, SNOWBOARDERS, AND PARENTS

SKI/SNOWBOARD INFORMATION/CANCELLATION LINE 781-698-4810

Welcome, skiers and snowboarders, to the Friday Night Program at Nashoba Valley! The following is helpful information for both participants and parents. Please read it through and share it with one another. This information will help answer questions and aid you in having a successful and enjoyable time while learning to ski or snowboard.

~ **Dates/Cancellations/Make-ups:** The five-week ski/snowboard program will run from January 6 through February 3, 2017. Session cancellations* occur when there are severe weather conditions or when the program is canceled by Nashoba (which is very rare). Make-up sessions, if needed, will be scheduled on Friday, February 10, 17, etc. (the program will not take place during school vacation week, February 24, but will resume the following week(s) as needed). The **Friday evening** program **might run even if school is canceled in Lexington providing conditions improve later in the day.** Please note: having no snow in Lexington does not mean there is no snow at Nashoba. They have excellent snowmaking!

***The Recreation and Community Programs Department ski cancellation line is 781-698-4810. Call after 2:00 p.m. on Friday. Cancellations will also be announced in the schools when possible.**

~ **Departure/Buses:** Buses will line up in front of the Lexington High School field house (Worthen Road parking lot) **by 5:30 p.m. and leave promptly at 5:45 p.m.** There will be either four or five buses pending the number of participants. The lead bus (#1) will be for high school students, #2 (possibly a combo for LHS/Clarke (as needed), #3 for Clarke, #4 for Diamond, and #5 for a combination of middle school students. Look for the sign in the first window on the side of the bus for bus number and school name (the number is not the same as the permanent number on the school bus). **The bus you board the first evening will be your bus for the duration of the five-week program.** If there is a friend you would like to travel with, plan to get on the same bus the first week. If you are absent the first week, you may call the office by the following Monday and request to be placed on the same bus as your friend; otherwise, you will be assigned to a bus. **Do not** board the bus until a chaperone checks you on.

Skiers/snowboarders must ride to and from Nashoba on the bus. Frequent exceptions are disruptive in assuring that all participants in the program are accounted for at Nashoba and we ask your help in this matter. If indeed, an exception is necessary, a parent should notify the office by Wednesday. The participant must then report to the head chaperone, **with the responsible adult present, when either arriving at or leaving** Nashoba.

Please **do not send** your child if he/she was absent from school because of illness on Friday or is not feeling well. You do not need to notify us if you are unable to attend due to illness.

~ **Return:** All buses will return to the LHS parking lot at approximately **10:45 p.m.** **PLEASE BE WAITING FOR YOUR CHILD!** The school is not open for our use and the nights are cold! Please be patient if the buses run late. We cannot control weather conditions or participants who are late returning to the bus!

~ **Clothing/Equipment/Belongings:** To avoid lost belongings at Nashoba, it is suggested you have a bag (i.e. backpack, small duffle bag, drawstring plastic bag) with a name or identifying mark on the bag. Before going to the slopes all belongings should be placed in this bag and put in a cubby or shelf in the ski rental building. (Hint: this area gets very busy throughout the night so keep your items together to avoid loss.)

Parents, please provide your children with warm clothing appropriate for skiing/snowboarding. Knitted mittens and lightweight socks are **not** warm enough. A warm hat, water repellent insulated ski mittens or gloves with a fitted cuff are appropriate. This is a cold weather sport!

Renters will find it is cost effective to make the pre-fit at the Lexington Community Center dining room on Thursday, December 1, from 6:30 p.m. to 8:00 p.m. If you are renting, you must be fitted for equipment. Checks (no credit cards) in the amount of \$100.00 should be made out to Nashoba Valley Ski Area. If you have received a rental form, please bring it with you (more will be on hand that evening). If you are unable to make the pre-fit, you must go to Nashoba **before** January 1, 2017 (\$110.00 at Nashoba). An adult must sign the rental form and present a driver's license. Please remember that you must register for group rentals in advance. You will **not** be able to rent equipment on the first day of the program! Rental equipment will be waiting for you each week at Nashoba. The equipment should be returned no later than 9:45 p.m. as to allow time for boarding the bus at 10:00 p.m.

Non-renters can stow their equipment outside on the racks and use the ski rental facility to put on boots and store belongings. All items should be labeled and **a lock is strongly recommended for securing personal equipment to the racks.** For safety, carry skis with tips up and poles with tips down.

To avoid injuries, the use of a helmet is recommended for all skiers and snowboarders. Helmets will be on sale for \$60.00 at the pre-fit payable by cash or check (payable to Nashoba Valley Ski Area) only.

Electronic items and cell phones should be left at home. There is no safe place to keep these items while skiing or snowboarding and they are often misplaced or lost. If you must bring a cell phone, please refrain from using it on the bus (drivers find it distracting) except to notify your parent that we have left Nashoba and will arrive in Lexington shortly. Chaperones are not responsible for these items.

~ **Armband and Ski/Snowboard Tags:** Each week you will be provided with a Lexington armband. Armbands are given out and collected weekly. Ski tags will be handed out on the bus at the first session. **It is the responsibility of the participant to bring this tag weekly.** The participant is responsible for these items. A fee will be charged for these lost items.

~ **Arrival at Nashoba Valley:** Please take all your belongings off the bus. Participants renting equipment will be the first ones off the bus. Chaperones will accompany you to the ski rental facility. Have your rental slip with you for easy check-in.

~ **Ski/Snowboard Lessons:** Lessons **begin at 7:00 p.m.** and last one hour. Please head to lessons promptly, especially the first night. Skiers should meet in front of the ski rental building and snowboarders meet by the chairlift to the far right (facing the slopes). You will be tested the first week and assigned to a group. If you miss the first class, you will be tested the following week. Arrive at the lesson area 15 minutes early the first week and five to ten minutes early the following weeks. **Please remember the level to which you have been assigned as well as the instructor's bib number.** There is plenty of slope time to ski/snowboard with a buddy after your lesson. Do not ski or snowboard on slopes beyond your ability. Take time to warm up as needed and watch out for frostbite. Have fun!

~ **A "Lexington" table,** designated with a sign, will be set up in the lodge where the snack bar is located. You will always find a chaperone at this table. All chaperones will be wearing identifying armbands. Never hesitate to ask questions or seek out their help when needed.

~ **Boarding Buses at Nashoba:** Return to the buses for boarding by 10:00 p.m. for a prompt 10:15 p.m. departure. Do not board until there is a chaperone present to check you on.

~ **Snacks:** The lodge at Nashoba sells hot and cold refreshments. You have the entire evening to snack before boarding the bus. Remember, food and drinks are not allowed on the bus so please plan accordingly!

~ **Restrooms:** Girls and boys restrooms are located inside the front entrance of the lodge.

~ **First Aid:** Please report any injuries to the head chaperone. Ski Patrol is adjacent to the rental facility and Ski Patrol has medical staff on duty. In the event there is an injury, your parent will be contacted. **Parents, the emergency contact number on your child's form must be a number where you can be reached on Friday evenings.** Should this number change at any time, please notify the office or the head chaperone.

~ **Lost and Found:** There is a lost and found box in the ski rental building and lodge. If you are unable to locate a missing item, report this to a chaperone as soon as possible. Every effort will be made to help you locate the item. (Helpful hint: Nashoba does not save everything until the end of the season. Look early and often for lost items!) The Recreation and Community Programs Department does not assume responsibility for lost items.

~ **Behavior:** Skiers and snowboarders must show respect for one another on and off the slopes. Please listen respectfully and attentively to all instructions, requests, rules and regulations given by Recreation program staff. Yelling, fighting, teasing, swearing, disruptive behavior, and failure to follow the rules on the bus and at Nashoba will not be tolerated. Skiing, snowboarding, and transportation privileges will be taken away if this becomes a problem at any time. Parents will be notified. **Anyone caught with drugs or alcohol will be removed from the program immediately, no questions asked!** In the event you are dismissed from the program, no refund will be given and you may risk future participation in Recreation and Community Programs Department offerings.

Please review the "Responsibility Code for Skiers and Snowboarders" and "Participant Conduct Guidelines and Expectations" at the end of this information sheet, whether or not you are a returning participant or are new to the slopes.

~ **Of Special Note:**

Make-up sessions are consecutive unless otherwise noted, i.e., the program meets each week until five-week sessions are completed. Make-ups are scheduled only when Nashoba is closed or the program is canceled because of severe weather conditions. If needed, make-up sessions will be on February 10, 17, etc. (there is no make-up session scheduled during school vacation week). An individual make-up session cannot be scheduled for participants who miss a regularly held ski/snowboard session.

In the event of adverse weather conditions during the five-week ski program, Nashoba Valley Ski Area reserves the right to issue credit coupons. The \$50.00 non-refundable deposit will not be returned as a result of this cancellation.

If **withdrawing** from the program, refunds will not be guaranteed after December 22, 2016. The \$50.00 non-refundable deposit will be deducted from all withdrawals. The Recreation and Community Programs Department will not guarantee a refund or credit after this date.

The Friday Night Ski and Snowboard Program has been successful for many years. Participants quickly become acquainted with the routine and become quite independent while having a fun

time at Nashoba. While this is a lot of information to think about, we hope it has answered your questions and will benefit you in advance. Further reminders and instructions will be given to the participants when the program begins. See you in January and THINK SNOW!

PARTICIPANT CONDUCT GUIDELINES AND EXPECTATIONS

While participating in a Recreation and Community Programs Department run or sponsored event:

- Participants will use polite and appropriate language. They will not swear, make unkind or mean spirited comments to or about other people involved in the program.
- Participants will treat others with respect at all times.
- Participants will listen respectfully and attentively to all instructions, requests, rules and regulations given by staff.
- Participants will follow and obey the rules and regulations of the program.
- Participants should feel comfortable politely asking appropriate questions or for clarification of rules and regulations.

Consequences resulting from the disregard of the above participant guidelines:

1. The participant's parents will be contacted immediately.
2. The participant may be dismissed from the program immediately and will not receive a refund.
3. The participant may risk future participation in program offerings.

RESPONSIBILITY CODE FOR SKIERS AND SNOWBOARDERS

- Ski/snowboard under control and in such a manner that you can stop or avoid other skiers/snowboarders and objects.
- When skiing/snowboarding downhill or overtaking another skier, you must avoid the skier below you.
- You must not stop where you obstruct a trail or are not visible to on-coming skiers.
- Yield to other skiers/snowboarders when skiing downhill.
- Keep off closed trails and observe all posted signs.
- Do not ski/snowboard on a slope above your ability.
- Approach the lift line under control.
- When riding a chairlift, pair up or triple up when in the lift line.
- Do not cut in line.
- Do not stand directly under the chairlift.
- No clicking skis while riding the chairlift; skis might fall off and injure another skier/snowboarder below.
- Do not intentionally drop or throw anything when riding the lift.
- There is to be no jumping, fast skiing, snowboarding, or "tucking" down Nashoba slopes.
- Crossed skis, poles, bamboo poles, or netting block off an area for a specific reason (injured skier, snowmaking equipment, races, etc.). Observe these warnings and do not ski near that area.