



Ski & Snowboard Club 2023

Hello Ski Club Members,

It's time for the 2023 ski and snowboard season! We are excited to partner with Ski Sundown in New Hartford, CT for all of our trips and their new adaptive sports program, SUMMIT Adaptive Sports! SUMMIT Adaptive utilizes the same instructors as previous years and we are excited to see this new organization thrive! This packet includes all of the information you will need to join the ski and snowboard club. Please be sure to read all the guidelines so that you are familiar with the UPDATED procedures and safety regulations. We look forward to seeing you on the slopes!

Gaylord Sports Association Ski & Snowboard Trips:

Saturday, January 7

Saturday, January 21

Monday, January 30

Saturday, February 4

Saturday, February 25

Monday, March 6

ABOUT THE SKI & SNOWBOARD CLUB: This program provides adaptive athletes the opportunity to ski or snowboard with or without the use of adaptive equipment with trained ski and snowboard instructors. The program is organized by the Gaylord Sports Association and provides 6 trips each season. Trips include a lesson, equipment, and limited transportation. We partner with SUMMIT Adaptive Sports and Ski Sundown to offer this program. Please review the following packet to learn about the program as well as how to register for an outing.

ABOUT THE GAYLORD SPORTS ASSOCIATION:

For over twenty-five years, the Gaylord Sports Association has been dedicated to helping people with physical disabilities experience the benefits of adaptive sports and recreation. We offer the most diverse adaptive sports program in the state of Connecticut with over a dozen different sports. Programs range from introductory clinics to competitive sports teams. We welcome everyone from casual beginners to competitive athletes. We serve individuals ages 16 and up with a permanent physical disability or visual impairment. The Gaylord Sports Association is a program of Gaylord Specialty Healthcare, located in Wallingford, CT.



LESSONS: SUMMIT Adaptive Sports organizes the adaptive ski and snowboard program at Ski Sundown. Each lesson includes a 2.5 hour individualized lesson, specialized and/or standard ski and snowboard equipment rental and a lift ticket. The lesson includes time to get fitted to ski/snowboard equipment as well as discuss your individual needs and preferences to your ski/snowboard coach. The SUMMIT Adaptive ski and snowboard coaches have been extensively trained in all disabilities and how to adapt to all learning styles. All lessons are located at Ski Sundown in New Hartford, CT. <https://www.summitadaptive.org/>. The cost for each lesson is \$50.

TO JOIN: Please read through this packet and complete the necessary paperwork. Participants must complete paperwork for both the Gaylord Sports Association and SUMMIT Adaptive Sports. The last page of this packet includes detailed information on the registration process and links to paperwork.

RESERVATIONS: During the initial registration process, you will be able select all trips you are available for. We will then notify you with the first two lessons we were able to accommodate you on. We will confirm your lesson dates once we receive all your registration forms, doctor's note and payment. Once you have participated in your first outing, you may reserve your next lesson date by calling or emailing the Gaylord Sports Association. If a trip is full, we will put you on a waiting list. This process will allow everyone a chance to ski with us this season! Information on the registration process is included in this packet. *Please note, you are not fully registered until all paperwork and payment has been received.*

TRIP CONFIRMATIONS: We will email and call you a week prior to the trip to confirm you attendance. Please confirm with us at that time to let us know that you still plan to attend.

TRANSPORTATION: Transportation will be available on the Gaylord bus on a limited basis for both Monday nights and Saturday trips. Space is limited and priority will go to participants who cannot drive themselves. If riding the bus, a mask is required at all times. If participants would like to meet at Gaylord, they can also follow the trip leader in personal vehicles, or meet directly at the mountain.

LESSON TIMES: Saturday ski lessons are from 1:00 PM -3:30 PM. Monday night lessons are 5:30 PM – 8:00 PM. Please arrive at least 30 minutes early to change and be ready for the lesson.

MEETING TIMES: For Saturday lessons, the bus will be leaving Gaylord promptly at 11 am and for Monday evening lessons, the bus will be leaving at 3:30 PM. If you are meeting us at the mountain, we recommend arriving no later than 12:30 for a 1:00 lesson or by 5:00 for an evening lesson. When you arrive at the mountain, please check in with a Sports Association staff member.

ADDITIONAL ASSISTANCE: The Sports Association staff asks you to bring a companion if personal assistance or care is required during the trip. Personal care is not provided. Minors must be accompanied by a legal guardian. Sports Association staff are not certified to administer medications. Participants must be able to manage their own medical needs. If a companion is skiing, they are responsible for purchase of their own shadow lift ticket.



GUESTS: Guests are welcome to ski with their participant during the lesson with the purchase of a companion ticket (\$35). If guests would like to ski independently of the lesson, they are responsible for purchasing their own lift tickets, rentals and/or lessons through the mountain. Rates are available on mountain website.

SKIER CANCELLATIONS: If you are no longer able to attend the lesson, please let us know as soon as possible by calling us at 203-284-2772 or emailing sports@gaylord.org. If you need to cancel on the day of the event, please call the Sports Association cell phone at 203-671-8122. We often have a waiting list and notification of your cancellation as soon as possible may allow another person to participate. If you cancel at least one week prior to the event (7 days), your fee may be reimbursed or applied to the next event. **If a cancellation is less than 1 week prior to the event, the fee is non-refundable.** If a participant does not alert the Sports Association of a cancellation and does not attend the event, they may be placed on the waitlist for the next lesson they would like to attend.

LESSON CANCELLATIONS: In the event that we need to cancel, participants will be contacted by phone and/or email as soon as possible (typically the day before or morning of the lesson). Cancellations may occur due to inclement weather, low registration or unforeseen circumstances. Please respond to the cancellation call or email as soon as possible to verify receiving the call and confirm that you know the event is cancelled. If a trip is cancelled, there will not be a make-up trip. You may apply your fee to another ski trip, or your fee will be refunded.

SAFETY: All participants are required to wear a ski helmet and stay with their ski instructors. All participants must notify their instructor and Sports Association staff if an incident occurs. We strive for a successful and positive experience. Please be sure to tell us about your experience. Participants must also follow all safety COVID guidelines as described on the following page.

WEIGHT LIMIT-(For sit skiers only!): Please note, Ski Sundown has a weight limit for sit-ski equipment usage of 180 pounds.

DOCTOR'S NOTE: A NEW doctor's note is required each year. All skiers must obtain a note from your doctor stating medical clearance to participate and or any medical changes. If you have a history of seizures, a seizure action plan may be requested. Doctor's notes may be hand delivered, emailed or faxed to (203) 284-2813 (Attn: Sports Association).

WHAT TO BRING:

- Clothing - warm jacket, snow pants, well-fitting waterproof gloves or mittens, wool or synthetic blend socks (not cotton), long underwear, hat for under helmet, neck gaiter or balaclava. For sit skiers, wear warm waterproof boots.
- Personal Equipment: Goggles and ski helmet (use of a ski helmet is required for participation. A helmet may be borrowed if needed). Optional mask and/or face covering.
- Ski or Snowboard Equipment – All equipment is provided as part of your lesson (includes either standard or adaptive equipment). If you have your own equipment, you are welcome to bring it with you for the lesson.



ARRIVAL AT SKI SUNDOWN: Parking - Please allow for ample time on busy weekends. Lot attendants will guide you to accessible spaces near the entrance.

MEETING LOCATION – Look for a Sports Association staff member to assist you in meeting your ski coach. You can proceed to the main lodge or the SUMMIT ADAPTIVE SPORTS Chalet located at the far end of the beginner area (look for the big billboard) to get ready. If rentals are being utilized, they will be ready for you inside rentals. Non-ambulatory participants, please proceed through rentals and exit onto the ramp to the deck at lesson time.

COVID GUIDELINES: The safety of our participants, volunteers and guests is our first priority and we remain focused on our health and infection control requirements to keep everyone as safe as possible. We ask that everyone follow the COVID-19 guidelines and responsibility code to decrease potential exposure. Gaylord Sports Association and Gaylord Specialty Healthcare cannot guarantee that you will not be exposed or contract COVID-19 during this program., but we hope to decrease this possibility by following CDC and state guidelines as well as guidelines established by SUMMIT Adaptive and SKI SUNDOWN for this program. The COVID policy will be updated as guidelines change.

All participants are expected to follow our criteria for participation guidelines and refrain from participating if under a COVID-19 quarantine protocol or experiencing any cold, flu or covid-19 symptoms.

Criteria for participation in Gaylord Sports Association Programs:

- **No signs or symptoms of COVID-19** including (fever, cough, shortness of breath, loss sense of smell or taste, sore throat, nausea/vomiting/diarrhea)
- **Not currently positive for COVID-19** or waiting on COVID-19 test results.
- **Not currently under quarantine** as directed by a health professional, school or other organization.
- If you have been **exposed** to COVID, you may participate if you have no symptoms and adhere to strict masking throughout the program.
- Follow any **mask mandates** for Gaylord and Ski Sundown. Currently, masks are not required at Ski Sundown. Mask are required in the vehicle if you are using transportation provided by the Sports Association.
- **Practice healthy habits** to help slow the spread of COVID-19 such as hand sanitization, social distancing of 6 feet between yourself and others, staying home when feeling sick and getting tested when appropriate.



SKI & SNOWBOARD CLUB REGISTRATION

Please complete the following online forms and requirements. Links for these forms are available at www.gaylord.org/skiclub.

- [Sports Association Member Profile](#) (Online Form)
- [Sports Association Ski Registration Form](#) (Online Form)
- [Sports Association Waiver](#) Online Waiver and Media Release
- [Ski Sundown and SUMMIT Adaptive Waivers](#) (online form)
- [Doctor's Note \(note from your doctor, can be mailed, emailed or faxed to us\)](#)
sports@gaylord.org or FAX 203-284-2813. View sample note at www.gaylord.org/skiclub
- [Sports Association Online Payment](#) or mail us a check. *** Make checks payable to Gaylord Hospital. Please pay for one lesson (\$50) at the time of registration. (see above section for additional payment information).**

PAYMENT INFORMATION:

The cost per skier, per lesson is \$50.00.

Payment may be made online at: www.gaylord.org/sportspay. Please pay for ONE lesson to start. Additional payments can be made when you receive confirmation from the Sports Association that you are scheduled for your next lesson. If you are registering after Jan 21st, please wait for us to confirm your lesson date before making a payment.

If a participant cancels less than 7 days prior to lesson, we will not be able to provide a refund unless there are extenuating circumstances.

For payment by check, please make check payable to Gaylord Hospital, Inc.; Please write in memo section: Sports Association Ski Trip and date of trip. Checks may be mailed to: Gaylord Hospital, Attn: Sports Association, 50 Gaylord Farm Rd., Wallingford, CT 06492.

CONTACT INFORMATION:

For reservations or questions, call the Sports Association at 203-284-2772 or email us at sports@gaylord.org. If you need to reach us during a ski club trip, please call our cellular phone at 203-671-8122. For more information on the Sports Association, visit www.gaylord.org/sports.