



PARENTAL GUIDANCE FOR YOUTH PROGRAM PARTICIPANTS

Bridger Bowl's multi-week youth programs provide your child with training from professional instructors, skiing/ riding companionship with others of similar age and ability, and a lot of runs,. We have a large group of returning, well trained professional instructors who look forward to working with your child on snow. Our new hire instructors are background checked and receive five days of child focused training before beginning to teach. Throughout the ski season we provide continuing education in the use of current techniques and professional certification.

Mogul Mice groups have approximately a 1 to 5 instructor/student ratio. The first timer Red Level groups are often team taught, meaning that two instructors will work with a group of 10 children so that one instructor is able to lead activities while the other instructor assists the children. Mitey Mite groups average a 1 to 6 ratio.

The color coded ability levels provide a basic means of sorting students. We then form the groups based on demonstrated skills and confidence levels. If a participant is seen to be struggling or is insufficiently challenged, we will attempt to move them to a more appropriate group if available. If you have a question regarding group placement, the supervisor in charge of that program will be happy to assist you. The progress of each class will vary due to the nature of group lessons. For example, in a group lesson the group as a whole must be reasonably skilled at stopping before they can go up the lift.

CHAIRLIFT RIDING PARENTS, PLEASE READ AND REVIEW WITH YOUR CHILDREN!

Riding chairlifts is an integral part of the sport of skiing. It is important that your child is willing and able to perform the functions to load, ride unload and be evacuated from the chairlift, as well as following safe chairlift riding practices at all times. Parents are the key to their child's safety and need to determine whether their child is ready to accept the responsibility for chairlift riding.

Beginner participants will learn to ride using Snowflake lift. Snowsports School Ambassadors ride with participants age 4-6, on this lift only. When 4-6 year olds ride other lifts such as Virginia City and Powder Park, we ask willing adults to ride with children and make attempts to pair them up, however there is no guarantee your child will ride with an adult and may ride the lift alone. Children age 7 and over may ride the lifts with the instructor, other students, the general skiing public, or alone.

Please share the following information with your child as often as possible and emphasize to your child that no matter how many times they ride chairlifts, forgetting to observe safe chairlift riding practices may have negative consequences. It's important to remember that chairlift passengers are responsible for their own loading, riding and unloading.

When loading all chairlifts it is important that skiers and riders have a free hand to grab the chair as they load the chairlift. Skiers are to have pole straps removed and held in one hand when loading any chairlift in order to have a free hand to grab the chair. Leaving pole straps on is prohibited.

PAY ATTENTION AT ALL TIMES – Read the chairlift instructional signs. Not all chairlifts load the same way.

BE PREPARED - Watch others get on the chairlift, ask for help if you need it, and when it's your turn - **GO**.

Emphasize to your child that it's OK to miss a chair if they are not quite ready to proceed to the loading position. If your child needs assistance to load successfully, ask the lift operator for help. If they drop a piece of equipment, let them know not to worry. Their equipment will be sent up to the top station with another chairlift passenger.

GET ON - "Back to Back, Bottom to Bottom"

Once loaded on the chair, it is important for your child to quickly slide back in the chair as far as they possibly can. They should have their entire back against the back of the chair. This is the safest way to sit on the chairlift. Younger children's legs will often be straight (as opposed to a 90 degree bend at the knee) to permit having their entire back against the chair.

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SIT STILL, HOLD ON - No horseplay while riding the chairlift.

No horsing around, it's dangerous when you are riding a chairlift up in the air. More kids get into trouble on chairlifts from horseplay than any other factor. Falls from chairlifts are possible. Once your child is seated on the chairlift, it is important that they look ahead, sit still and hold on until they get to the top of the chairlift. It is your child's responsibility to maintain a proper sitting position and avoid actions that may cause a fall from the chairlift such as leaning forward or trying to look behind. Parents assume if an adult or an instructor is riding with their child that they will be able to prevent the child from falling from the lift. Unfortunately this is not always true, as the adult or instructor may not react fast enough to prevent the fall.

GET OFF - and out of the way

When they get to the top they need to keep their tips up as they approach the unload ramp, and when they get to the "Unload Here" sign, simply stand and let the chair push them forward, slide down the unload ramp and away from the unload area. Children need to clear the unload area and wait off to the side for the rest of their group.

For additional information on chairlifts utilizing traditional loading procedures visit Kids on Lifts.org

For Mountain Regulations including the duties of a skier, dangers, risks and warnings visit Mountain Regulations

If you have questions regarding riding chairlifts, please contact the Snowsports School at 406-556-5662

WHAT TO EXPECT

After registering, you will receive a laminated tag with the skier's name, program and ski ability represented by a color coded dot. This tag should be attached to their parka and worn each day of the program.

Groups gather at 9:45 a.m. (or 12:45 p.m. for the afternoon group) near the Snowflake Lift. Each meeting area has colored flags which match the ability color dot on the participant's tag. Groups leave the meeting area at 10:00 a.m. (or 1:00 p.m. for the afternoon group), disbursing to various lifts and runs. Out of consideration for students who arrive on time, groups cannot wait for late students.

On your child's registration form you chose HOLD or RELEASE. Any Mogul Mouse or Mitey Mite whose tag is marked "HOLD", is to be picked up by the parent in the meeting area immediately at the end of class. Students are to stay with their instructor until they reach their flag. **For the children's safety and to avoid confusion please do not intercept or pick up your child before they reach the flag.** Mitey Mites whose tag is marked "RELEASE" will be dismissed on their own.

Skills are introduced in a progressive manner, with new skills building upon old. A primary focus at all ability levels will be stance on skis/boards. A stance that promotes balance is a prerequisite to development and refinement of the other primary skills. Catching up skills that are lagging behind will also be important. Learning how to use and blend the skills to suit conditions results in increased confidence on a variety of terrain.

We also work with participants on turn shape – how it affects speed and direction, how to change it, and how to use equipment design to make cleaner turns. (Participants should be using properly sized equipment of a current design). Further refining of their technique at upper intermediate and advanced levels creates a versatile, smooth, efficient skier/ rider.

Mileage is another important factor. Groups may move to runs that they consider easy in order to learn new skills, drills, etc., and then apply it on their favorite runs. Periodic exposure to runs that are more challenging is also important for learning the application of new skills and in stretching perception of easy and hard.

Parking Your Vehicle

The Unload Lot is for drop-off only. Please, do not leave your vehicle parked in the Unload Lot for the class period. Unloading is restricted to designated locations. Move your vehicle to a parking lot as soon as possible, limit 15 minutes. Space here is limited, others need to use it as well.

Snowsports School Program participants are permitted to park in Lot A on the day of their lesson. Notify the attendant that you are enrolled in a Snowsports program.

Remember to allow enough time to drive to the ski area, park, gather equipment and make bathroom stops before meeting the instructor. Give yourself 1 3/4 hour minimum from Bozeman to meeting place.

On new snow days, you will need extra time.

Dress your child in warm layers.

A turtleneck and a polar fleece or wool sweater, a warm weather-proof parka, long johns and ski/snowboard pants, a neck gator, ski helmet, mittens, goggles, and one pair of knee high warm wool socks are the norm. Overdressing is better than underdressing -the weather can be very different than in town and extra clothes can always be taken off. Children not dressed appropriately for the day's weather may not be accepted into class.

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Make sure your child gets adequate sleep the night before his lesson and has a substantial breakfast in the morning or lunch before afternoon classes.

When you are on the mountain with your child, seek a lot of mileage on runs where the child is comfortable and confident and less mileage on runs they find challenging.

Remove the need to wedge very often and emphasize the use of turns to control speed. Progress may be halted or even set back by taking your child on runs where they resort to a huge wedge (snowplow) or sideslip. The route to parallel turns is via mileage on confidence building terrain!

There are times when private lessons work better for a child.

Younger children who are overwhelmed by the group environment, are timid or fearful, are anxious when separated from their parent, or prove to not have the requisite motor skills may enjoy skiing more and experience more success in a private lesson situation. Private lessons can also provide additional tutoring for the exceptional student.

All Day participants lunch.

Students registered in Full Day Mitey Mites should have adequate lunch money with them. If leaving a sack lunch for your child, a drop bin will be located adjacent to the lunch room being used. Please pack lunch separately for each student and disposable lunch bags are recommended. The lunch bins are not in a supervised area – we are not responsible for totes, Tupperware, etc.

SKI AND SNOWBOARD EQUIPMENT

It is important that your child's equipment be current, tuned and properly fitted. Shaped skis in shorter lengths are important!

Rental equipment is available through the Bridger Bowl Ski Shop at a very reasonable rate. There are also economical season-long lease programs for skis and snowboards available through the shops in town.

If the equipment has been passed down from friends or older siblings please take the precaution of having it professionally fit and tuned by a certified ski technician. They will be able to advise you as to whether the equipment is the correct size, set the bindings to proper release settings, and check that the skis are properly tuned. The few dollars it costs is definitely worth it. You don't want your child to have trouble keeping up with the class simply because their skis are too long, their boots are too big or skis area not tuned. They soon become frustrated and lose confidence in their abilities.

BRIDGER BOWL RENTAL EQUIPMENT

If you wish to rent equipment through the Bridger Bowl Program Rental Shop, please download a multi-week registration form from the Bridger Bowl website. Taking the time this fall (at least one week prior to the start of the program) to have your child personally fitted for their rental equipment will save time on that busy program first day – your child's rentals will be pre-set and ready for pick up. Children who have not been pre-fitted will need to wait in the fitting line on the first day. **Please allow up to 1.5 hours for this process.**

Please weigh and measure your child's height, and know their current shoe size prior to the fitting process.

This information must be accurate as it effects the binding settings. Bring the completed multi-week rental form with you to your fitting session. The Snowsports Office and Rental Shop will have fall hours beginning mid-October for your convenience – please consult the website for days and times.

WEATHER POSTPONEMENT/ REFUNDS

Sometimes we must postpone the class a week due to adverse weather. We monitor several weather agencies and base our decision on factors such as expected overnight low, expected daytime high, wind speed, temperature inversions, etc. We try to make the decision early enough to post a message saying that class is postponed on the 7 a.m. snowphone update.

The snowphone number is **586-2389** and provides regularly updated snow conditions.

Refunds (less a 20.00 processing fee) are offered to those who cannot attend the Session due to illness or injury.

Requests for refunds should be accompanied by a note from the physician. No refunds after the 3rd week of the Session.



2017 Multi-Week Youth Program

Mitey Mites/Freestyle and RidgeTeam Age: 7 & up

Please complete **BOTH PAGES** of form and remit with payment.

FOR OFFICE USE I Amt Pd _____ Method _____ Date _____ Init _____ Tag _____ DE _____	FOR OFFICE USE II Amt Pd _____ Method _____ Date _____ Init _____ Tag _____ DE _____
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Child's Name _____ Age: *at start of session* _____

Parent's Names _____ E-mail _____
for sending confirmation

Home Phone _____ Work Phone _____

Address _____ City _____ ST _____ Zip _____

Does your child have any **medical conditions** or **allergies** we should be aware of? _____

Does your child have a Season Pass YES NO *(If no, a season pass or lift ticket portion of the program is required)*

CHOOSE SESSION	CHOOSE DAY	CHOOSE TIME
<input type="checkbox"/> SESSION I (starts Jan. 7, 8) and/or	<input type="checkbox"/> SATURDAYS	<input type="checkbox"/> 10 a.m.- Noon <input type="checkbox"/> All Day (10 am - 3 pm)
<input type="checkbox"/> SESSION II (starts Feb. 25, 26)	<input type="checkbox"/> SUNDAYS	<input type="checkbox"/> 1 p.m.- 3 p.m.

DISCIPLINE Alpine Skis Snowboard

ABILITY: Please check the color which most closely describes your child's present ability. *See Ability Key, page 2.*

Red Green Blue Yellow Black White Purple

- MITEY MITES Age 7 - 14** *All Ability Levels*
- FREESTYLE TEAM Age 7 - 14** *Limited to Black thru Purple Ability Levels, Saturday Only, Helmet Required*

PROGRAM COST *Enter \$ Amount*

<input type="checkbox"/> 5 - 2 Hour Lessons	\$ 120	\$ _____
<input type="checkbox"/> Both Sessions (10-2 hour Lessons) paid up front	\$ 230	\$ _____
<input type="checkbox"/> 5 - All Day Lessons (10 am - 3 pm).....	\$ 225	\$ _____
<input type="checkbox"/> Both Sessions, All Day paid up front.....	\$ 440	\$ _____
<input type="checkbox"/> 5 - All Day Lift Tickets (required unless child has a season pass) (\$90.00 / Both Sessions).....	\$ 45	\$ _____
<input type="checkbox"/> 5 - All Day Rental (\$ 100 for both Sessions) Download the Multi week Rental Form	\$ 50	\$ _____
<input type="checkbox"/> Helmet Rental (\$40 for both Sessions) Download the Helmet Rental Form.....	\$ 20	\$ _____

HOLD (I will pick up child at meeting area) RELEASE child after lesson

TOTAL DUE

- RIDGE TEAM** Age 10 - 16** *Advanced Skiers / Riders Only, Qualifying runs on Day 1.*
**** Helmet, Shovel and Transceiver are required to participate****

PROGRAM COST *Enter \$ Amount*

<input type="checkbox"/> 5 - All Day Lessons (10 am - 3 pm).....	\$ 225	\$ _____
<input type="checkbox"/> Both Sessions (10 Lessons) paid up front.....	\$ 440	\$ _____

TOTAL DUE

THERE ARE NO REFUNDS OR MAKEUPS FOR MISSED LESSONS.

PAYMENT INFORMATION Check Visa, Mastercard, Discover

Credit Card # _____ CSC Code # _____ Exp. Date: _____

Signature _____ *PLEASE REMEMBER TO COMPLETE PAGE 2*

ALPINE SKIS**ABILITY KEY****SNOWBOARD**

RED..... 1st time on skis or beginner who cannot yet stop unassisted
 GREEN.....Rides the chairlift, skis Snowflake Lift and stops unassisted
 BLUE.....Links turns together to control speed, skis Green runs on Sunnyside / Alpine lifts and stops unassisted.
 YELLOW...Comfortable on Blue runs. Skis Alpine and Pierre's Knob Lifts.
 BLACK.....Parallel skier on all groomed terrain. Skis Pierre's Knob and Mid-way Bridger Lifts.
 WHITE.....Parallel skier, working on powder and moguls. Skis all lifts.
 PURPLE...Parallel skier, all terrain, all snow conditions.

RED.....You are new to the sport.
 BLUE.....Uses heelside edge to glide and stop.
 YELLOW...Uses toe and heel edge. Beginning to make "S" shaped turns.
 BLACK.....Links toe and heel side turns on Blue runs.
 WHITE.....Links a variety of turn sizes. Comfortable on Black runs.
 PURPLE...Confident rider. Rides whole mountain, including Black and Double Black runs.

WARNING, NOTIFICATION OF RISKS
***** PLEASE READ CAREFULLY *****

I hereby voluntarily request to have my minor child participate in a Bridger Bowl Snowsports Center Multi- Week Program. I understand there are inherent dangers and risks of skiing that are part of the sport including: changing weather conditions; snow conditions as they exist or as they may change, including ice, hardpack, powder, packed powder, wind pack, corn snow, crust, slush, cut-up snow, and machine-made snow of any depth or accumulation, including but not limited to any depth or accumulation around or near trees or snowmaking equipment; avalanches, except on open, machine-groomed ski trails; collisions with natural surface or subsurface conditions, such as bare spots, forest growth, rocks, stumps, streambeds, cliffs, trees, and other natural objects; collisions with lift towers, signs, posts, fences, enclosures, hydrants, waterpipes, or other artificial structures and their components; variations in steepness or terrain, whether natural or the result of slope design, snowmaking, or snow grooming operations, including but not limited to roads, freestyle terrain, ski jumps, catwalks and other terrain modifications; collisions with clearly visible or plainly marked equipment, including but not limited to lift equipment, snowmaking equipment, snow grooming equipment, trail maintenance equipment, and snowmobiles, whether or not the equipment is moving; collisions with other skiers; the failure of a skier to ski within that skier's ability; skiing in a closed area or skiing outside the ski area boundary as designated on the ski area trail map; and restricted visibility caused by snow, wind, fog, sun, or darkness. I am aware that natural and man-made obstacles exist. Fencing, equipment covers, signs, rope lines, and other marking devices may be in place and mark some, but not all of the potential obstacles or hazards. These markers will not prevent injury. I understand it is my child's responsibility to stay away from marked areas. I acknowledge the existence of these risks and accept such risks on behalf of myself and/or my minor child whether they are marked or unmarked.

Warning, Risk of Avalanche: Avalanche hazard reduction measures within the ski area boundaries help reduce the risk of avalanches, but can not eliminate the possibility of an avalanche occurring in avalanche prone areas and runout zones open for skiing. I acknowledge the existence of this risk and accept such risk on behalf of myself and/or my minor child.

I am aware that my child may be riding the chair lift alone.

I am aware that there are inherent and other risks or dangers for those who are in the process of approaching, loading, riding, unloading and departing from chairlifts, tows and conveyors. All passengers who use a chairlift, tow or conveyor shall be responsible for their own loading, riding and unloading. I understand that all persons who use a chairlift, tow or conveyor shall be presumed to have sufficient ability, physical dexterity and/or personal assistance to negotiate and be evacuated safely.

I am aware that skiing and using aerial chairlifts, tows and conveyors may result in loss, damage, expense or injury (including death,) from these risks and I voluntarily accept such risks on behalf of myself and/or my minor child.

I understand that my child shall obey "Your Responsibility Code," Bridger Bowl Mountain Regulations and Montana State Law, Duties of a Skier.

I consent to the commercial use and reproduction, without compensation, of any photos or visual representation taken of my minor child while using the facilities, slopes and trails at Bridger Bowl.

By signing this document you may be waiving your legal right to a jury trial to hold the provider legally responsible for any injuries or damages resulting from risks inherent in the sport or recreational opportunity or for any injuries or damages you may suffer due to the providers ordinary negligence that are the result of the provider's failure to exercise reasonable care.

If I am signing on behalf of a minor, I accept full responsibility for all medical expenses or liability incurred as a result of my minor child's actions or participation in this program and agree to release, hold harmless and indemnify Bridger Bowl Inc. for any such expenses. I agree to explain the risks and safety items outlined in this agreement to my minor child including "Your Responsibility Code," Bridger Bowl Mountain Regulations and Montana State Law.

I have carefully read this Warning, Notification of Risks, understand it, and accept its terms.

PRINT CHILD'S NAME: _____

PARENT OR GUARDIAN SIGNATURE: _____ DATE: _____

REMIT COMPLETED FORM WITH PAYMENT TO THE FOLLOWING ADDRESS:

BRIDGER BOWL SNOWSPORTS SCHOOL
 Bridger Bowl Ski Area, 15795 Bridger Canyon Rd., Bozeman, MT 59715
 (406) 556-5662 Fax: (406) 556-5729 skischool@bridgerbowl.com