Troy Recreation Department

Downhill Ski & Snowboard Program

Participant Manual

Important Information

- Troy Recreation Department 248.524.3484
- Weather Hotline 248.689.9756
- www.troymi.gov/RecreationWeatherUpdates
- Text/email alerts www.troymi.gov (select black box at top)
- www.troymi.gov/skiermanual

City of Troy Recreation Department

2017 Ski Season

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Welcome to Our Ski & Snowboard Program

The intent of this manual is to provide an overview of the entire Downhill Ski and Snowboard program so that we can ensure a safe and well-organized experience for you and your family.

Should you have any questions after reading this manual please call the Troy Recreation office at 248.524.3484.

Have a Great Ski and Snowboard Season!
Troy Recreation Department

Weather Conditions

The City of Troy Recreation department reserves the right to cancel and re-schedule a day of skiing/snowboarding, for the safety of the participants, based on the following conditions: frigid or warm temperatures, poor skiing conditions, or any reason deemed necessary by the department. Please be aware that Mt. Holly has extensive snow making machinery and grooming equipment, therefore a green Troy does not mean no snow at Mt. Holly. You can also check program status online from your computer or receive email or text alerts! See web addresses listed below.

Cancellations updates will be on our Weather Hotline as follows:

Friday - skiers should call after 1:00 pm
Saturday - skiers should call after 9:00 pm on Friday night

Or Check online at: www.troymi.gov/RecreationWeatherUpdates

Email & Text Alerts sign up at: www.troymi.gov (select black box at the top "subscribe to City News & Updates" choose text or email from drop down box.

IMPORTANT PHONE NUMBERS:

Troy Recreation Department	248.524.3484
Weather Hotline	248.689.9756
Mt. Holly Ski Area	248.634.8260

Call first!

Frequently asked Questions for 2017:

WHEN DO I PAY FOR LIFT AND RENTAL FEES?
In addition to registration fee, skiers/snowboarders must purchase lift and if needed, rental, each week. These fees are paid in cash or check (to Mt. Holly), at your departure site. Staff collect the money and distribute lift tickets.

See list of expected fees below.

WHAT IS THE REFUND POLICY?
DEADLINE-DECEMBER 9
No Refunds or Transfers will be granted after Friday, December 9. Skiers must ride the bus they are registered for. There is no substituting of skiers. There are no make-ups or refunds if you miss a week.

Service Fee $10 fee

WHEN ARE THE FRIDAY SKI/SNOWBOARD DATES?
January 6, 13, 20, 27 and February 3
Yes– we ski when there is a 1/2 day of school.
Make-up dates: February 10 & 17

Friday Lift: $20
Friday Rental: $20
Snowboard Rental: $20
Hemet Rental: $10

WHEN ARE THE SATURDAY SKI/SNOWBOARD DATES?
January 7, 14, 21, 8, and February 4

Make-up dates: February 11 & 18

Saturday Lift: $21
Saturday Rental: $21
Snowboard Rental: $21
Helmet Rental: $10

EXTRA LESSON TICKETS?
Extra Lesson tickets are available at the Ski School Desk at Mt. Holly. Our staff does not have any extra tickets.

Ski: $9.5 for one

Snowboard:
$19 for one

WHAT ARE MAKE UP DATES?
Make up dates are when there is inclement or unseasonable weather that we cannot ski/snowboard. Make up dates are for our entire program, not individuals who miss a week.

WHEN IS THE SKI/SNOWBOARD EMERGENCY FORM DUE?
All students must have a Downhill Ski Emergency Form turned in prior to the first day of the ski program in order to participate. Without this form on file at our office, your child will **NOT be allowed** to board the bus.

Due Date: December 15

Emergency Form due for all Participants!

In order for students to participate, a parent or guardian must completely fill out a Downhill Ski/ Snowboard Emergency Form. The form contains valuable emergency medical and parental contact information needed for staff in emergencies.

Students will NOT be permitted to board a bus without this form on file at the Recreation office **PRIOR to** the first day of skiing. **Deadline:** December 15.

Forms can be obtained at the front desk of the Community Center, page 20 of this booklet or online.

Check program status:

Call the Weather Hotline – 248.689.9756

www.troymi.gov/RecreationWeatherUpdates

Sign up for email or text alerts: www.troymi.gov

Facts

KINDERSPARKS PROGRAM

- Grades 1-3 – all levels; 3rd grade beginners
- Fun Learning Experience (Play Based)
- Five - two and a 1/2 hour lessons included
- Lessons taught by Mt. Holly staff
- Supervision: 1 adult to 5 students
- Students are placed in groups according to ability and whether they own or rent equipment
- Skiers stay with staff at all times during the day

ELEMENTARY SKI PROGRAM

- Grades 3-5 - All abilities
- Five - 50 minutes lessons included
- Lessons taught by Mt. Holly staff
- Snowboarding permitted only on the Snowboard bus.
- Supervision: 1 staff person to 8 skiers
- Students placed with staff based on ability and whether or not they rent or own equipment
- Students must ski with staff person

ELEMENTARY SNOWBOARD PROGRAM

- Grades 3-5 - all ability levels.
- Five - 50 minutes lessons included.
- Lessons taught by Mt. Holly staff.
- Supervision: 1 staff person to 8 skiers.
- Students placed with staff based on ability and whether or not they rent or own equipment.
- Only snowboarders on this bus.
- Students must snowboard with staff person
- Rental boards available for $21/use

MIDDLE SCHOOL & HIGH SCHOOL SKIERS

- Grades 6-12 - All ability levels.
- Skiers are permitted at this age level
- Skiers DO NOT ski with staff; Buddy System is used see p. 18
- Two lesson tickets included in registration fee for skiers.
- Three staff people provide supervision on the bus

MIDDLE SCHOOL & HIGH SCHOOL SNOWBOARDERS

- Middle School and High School students only
- One lesson ticket included in registration fee
- Check the Snowboarder box on your Ski Emergency Form (upper right hand corner) or snowboarder card may not be available
- Students do not stay with staff person; must use Buddy System. see p. 15
- Rental boards available for $20 (Friday) $21 (Saturday)/use

Kinderspark Format

Troy Recreation and Mt. Holly have combined efforts to give your child a positive introduction to skiing. It is "play based" and emphasizes a fun learning experience. Children will have as much fun playing in the snow as they will learning how to ski. Youngsters are placed in groups according to their ability and whether or not they rent equipment.

The Kinderspark program consists of five-2 ½ hour lessons provided by certified ski instructors. Approximately halfway through the lesson skiers will be brought back inside to warm up, use the restroom, and receive a cup of hot chocolate. (This schedule may vary according to the needs of the children and the weather conditions. If it is extremely cold, they will take more breaks. If it is warmer and the children do not want a break, they will work straight through.)

As skiers progress through the lessons they may earn patches, though patches are not a goal of this program. **Patches are $2.50 each. (payable at Mt. Holly)**

Kinderspark participants are required to pay for a lift ticket each week. Helmets are recommended for this program. They are also available for rental through Mt. Holly $10.

Those renting equipment will be asked to fill out a rental agreement form.

Kinderspark Participant Orientation Night

(for parents only)
Tuesday, November 29
6:30-7:30 pm
Troy Community Center

Parent Orientation Night for first time participants:

Tuesday, November 29
7:30-8:30 pm
Troy Community Center

Elementary Snowboard Lesson Format

What to expect for snowboarding lesson? The beginning part of learning to snowboard can be slower than learning to ski. If your child has prior experience with Skateboarding or wake-boarding, he/she will be quicker to progress through the lessons, than those who have not tried those sports. Your child may not come home with a yellow patch the first week or maybe even the second week.

Listed below is the lesson progression for Snowboard students. The class ratio is one instructor per four students. There are only three patches to earn as a snowboarder and as they are earned, each must be sewn to the student's ski jacket.

In each lesson we review parts of "Your Responsibility Code" and other safety issues, previous lesson, teach the new maneuver and grade (except for beginner lesson).

FIRST LESSON – For first time snowboarders. Introduction to snowboarding, stance, skating, skate and glide, edging and gliding on the flats. Straight glide, fall line sideslips, skidded traverse, and straight glide to a stop on the slope. The goal is to perform a straight glide to a stop and an elementary turn. Students may ride on the beginner hill only.

SECOND LESSON – Yellow patch may be earned. Review of the first lesson, garlands and fan exercise. The goal is to perform a basic skidded turn crossing the fall line, connected by skidded traverse. Students may ride on the green and yellow hills.

THIRD LESSON – Brown patch may be earned. Review of the previous lesson, garlands and fan exercises, rhythm turns, traverse and sides slipping and board in lanes exercises. The goal is to perform linked skidded turns showing rhythm turns. Students may ride on the green, yellow and brown patch hills.

FOURTH LESSON – Black patch may be earned. Review of the previous lesson as needed. Carved traverse, flat terrain tipping, garlands, cross-over- cross-under exercises and angulation exercises. The goal is to perform rhythmic, linked, carved turns of varying radii under complete control with no traverses between turns and a very quiet upper body. Students may ride the entire area.

MT. HOLLY STUDENT SNOWBOARD CARD
2015–2016
School
Sponsor Club Night
Student
I agree to the patch program rules. Card "non-transferrable"
Student rates are good M-F Non-holidays from 3pm-close
Holiday Discount 12/21/15 - 1/3/16 - Save $5 on tickets
MUST SHOW YOUR CARD TO RECEIVE DISCOUNT
01235 SNOWBOARD
SNOWBOARD LESSON TICKET

Ski Lesson Format

The Mt. Holly Ski School is a Professional Ski Instructors of America (PSIA) member. The American Teaching System (ATS) utilizing PSIA centerline skiing maneuvers is used in the student lesson program.

To insure consistency in the student lesson progression, all Mt. Holly Ski Instructors are required to attend a series of lesson progression clinics.

Student lessons are part of a program offered to school students who purchase a special discount lift ticket, which restricts where the students can ski based upon what level of instruction they have passed. Each lesson has a colored patch associated with it, which **MUST BE SEWN ONTO THE RIGHT SLEEVE OF THE STUDENTS JACKET.** Here is a list of what is taught in each lesson and where the student is allowed to ski:

LESSON	SKIABLE AREAS	MANEUVER
No Patch	Beginner Rope Tows	Braking & gliding wedge turns
Yellow Patch	Up to Grant's Trail	Wedge turn
Brown Patch	Up to Woodward	Wedge Christie 1
Blue Patch	All but Lightning &Thunderbolt	Wedge Christie 2
Red Patch	All but Thunderbolt	Open Parallel
White Patch	Entire Area	Dynamic Parallel
Black	Entire Area	Diverging Parallel

Definitions of Maneuvers:

Wedge turns – Emphasizes steering skills.

Wedge Christie 1 – Starts as a wedge turn but has a matching and skiing of the skis after the fall line, here edge and pressure skills begins to develop.

Wedge Christie 2 – from a wedge skies are matched before the fall line with proper pole use, increased speed with more edge and pressure on the outside ski continue to refine the skid.

Open Parallel – The turn is initiated with the skis parallel, early weight transfer, and refined down motion and angulations improve the skid.

Dynamic Parallel – (medium or short radius) This is an aggressive parallel turn, requires a refinement of all skills.

Diverging Parallel – Before completing a parallel turn the uphill ski tip is steered open with a slight lifting. Weight is transferred to the uphill ski with a step. This requires

Save this portion of the lesson card to use at Mt. Holly for student discount rate.

Lesson tickets cannot be replaced if lost by student.

Middle & High School Snowboard Students Lesson Format

In each lesson we review parts of "Your Responsibility Code" and other safety issues, previous lesson, teach the new maneuver and grade (except for beginner lesson).

FIRST LESSON – For first time snowboarders. Introduction to snowboarding, stance, skating, skate and glide, edging and gliding on the flats. Straight glide, fall line sideslips, skidded traverse, and straight glide to a stop on the slope. The goal is to perform a straight glide to a stop and an elementary turn. Students may ride on the beginner hill only.

SECOND LESSON – Yellow patch may be earned. Review of the first lesson, garlands and fan exercise. The goal is to perform a basic skidded turn crossing the fall line, connected by skidded traverse. Students may ride on the green and yellow hills.

THIRD LESSON – Brown patch may be earned. Review of the previous lesson, garlands and fan exercises, rhythm turns, traverse and sidesslipping and board in lanes exercises. The goal is to perform linked skidded turns showing rhythm turns. Students may ride on the green, yellow and brown patch hills.

FOURTH LESSON – Black patch may be earned. Review of the previous lesson as needed. Carved traverse, flat terrain tipping, garlands, cross-over- cross-under exercises and angulation exercises. The goal is to perform rhythmic, linked, carved turns of varying radii under complete control with no traverses between turns and a very quiet upper body. Students may ride the entire area.

Those who wish to snowboard must obtain their I.D. Card, which includes one lesson, by using the card given to them by the Parks & Recreation ski staff the first night. There are three patches to earn as a snowboarder.

Save this portion of the lesson card to use at Mt. Holly for student discount rate.

Lesson tickets cannot be replaced if lost by student.

Equipment Information

Places to look for equipment

- The Ski Company in Rochester 430 Main St., Rochester 248.652.9240
- R.E.I. 766 E. Big Beaver, Troy 248-689-4402
- Don Thomas Sporthaus 690 S. Old Woodward, Birmingham 248-220-1999
- Play It Again Sports, Clawson 1203 W. 14 Mile, Clawson 248-435-7240
- Boyne Country Sports 42881 Woodward Ave, Bloomfield Hills 248-338-0803

SKI EQUIPMENT

1. Consider renting skis from a downhill ski store, buying new skis or buying used skis to maximize your child's skiing pleasure.
2. Participants who wish to rent skis from Mt. Holly need to fill out a rental form each week. The sponsor in charge of your child's bus will have extra forms.
3. The City of Troy Recreation department, its employees and volunteers are not responsible for lost, stolen or damaged equipment and/or personal belongings.
4. Ski patrol suggests that students put their skis in the ski corral when not skiing. (no charge)
5. For specific questions about equipment contact the Troy Recreation Department at 248-524-3484.

Supervision

1. Troy Recreation will provide supervision to and from Mt. Holly and on the ski hills for grades 1-5.
2. There is no supervision at the school site when school is dismissed.
3. Staff can be found at a table in Grant's Trail at all times and on the ski slopes.
4. The Mt. Holly Ski Patrol will be on duty to handle unsafe skiers.
5. Skier's, 5th grade and under, will be required to ski in supervised groups and take lessons each week.
6. Middle School and High School students ski using the Buddy System. They do not ski with a staff member. (See Buddy System description on Orientation page number 15)

NO PARENTAL PICK-UPS AT LODGE

For safety reasons, skiers are required to ride to and from Mt. Holly on the bus.

ABSOLUTELY NO EXCEPTIONS.

Bus Assignments

Each activity number represents a separate bus. Youngsters MUST ride the bus they are signed up for. This is for safety reasons. The Sponsor listed, is in charge of the bus. Staff numbers and ratios vary depending on the age of the skiers. If you have any specific questions about the ski program please do not hesitate to ask them.

All youngsters are expected to follow regular bus rules. Refer to page 16 for Code of Conduct and discipline procedures.

BUSES DO NOT ARRIVE AT THE PICK UP SITE UNTIL *AFTER* 4:30 PM ON FRIDAYS.

Patch Policies

THE FOLLOWING INFORMATION IS REQUIRED BY MT. HOLLY SKI AREA AND THE TROY RECREATION SKI STAFF WILL BE ENFORCING THESE RULES. LIFT OPERATORS WILL ALSO BE USING THE SAME POLICIES.

Each participant is given a Troy Recreation Patch so that our ski Staff can identify our own skiers. This patch as well as all patches earned at Mt. Holly **MUST BE SEWN NOT PINNED** to the **RIGHT SLEEVE** of their ski jacket. Skiers will not be allowed to purchase a lift ticket or board the bus if this is not done correctly. No overlapping of patches.

If you earn a patch while at Mt. Holly a temporary pass will be issued to you that day. The following week that patch MUST be sewn to your jacket in order to ski in those areas you earned the patch for. Patches may be purchased at Mt. Holly for a fee of $2.50 if student successfully passes their respective level.

Violation of this policy will lead to disciplinary action under LEVEL I of the Code of Conduct.

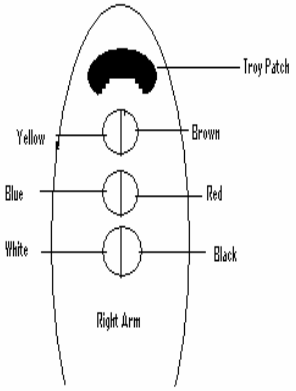
Kindersparks – receive earned patch(es) on the day they pass a level . They are $2.50 each.

Skiers Responsibility: at the bottom of each chair lift there are signs designating the patches necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lifts. See pages 7 & 8.

Buddy System: For Middle and High School Students only, students ski in pairs or threesomes but do not ski with a staff member. Buddies should be of the similar skiing ability.

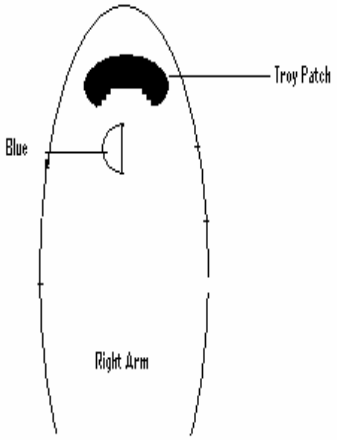
CORRECT

All patches must be sewn on the upper portion of right jacket sleeve.



INCORRECT

Must have all patches starting with the yellow patch.



Look at
Mt. Holly!

About Mt. Holly

Skier friendly, Mt Holly has something for everybody! Inside and out!

Inside? Two cafeterias, a pizza room, and a snack bar give skiers a variety of dining choices. The slope-side cafe features a food court layout with taco and Mexican food bar, a self serve drink island, and a walk up grill for your dining pleasure.

Outside? A vertical drop of 350 feet with 18 slopes for beginner, intermediate & advance skiers. Our Mach 1 Express Super-lift is southeast Michigan's only high speed detachable chairlift! Easy load and unload.

NEW THIS SEASON: new snow guns and groomers!

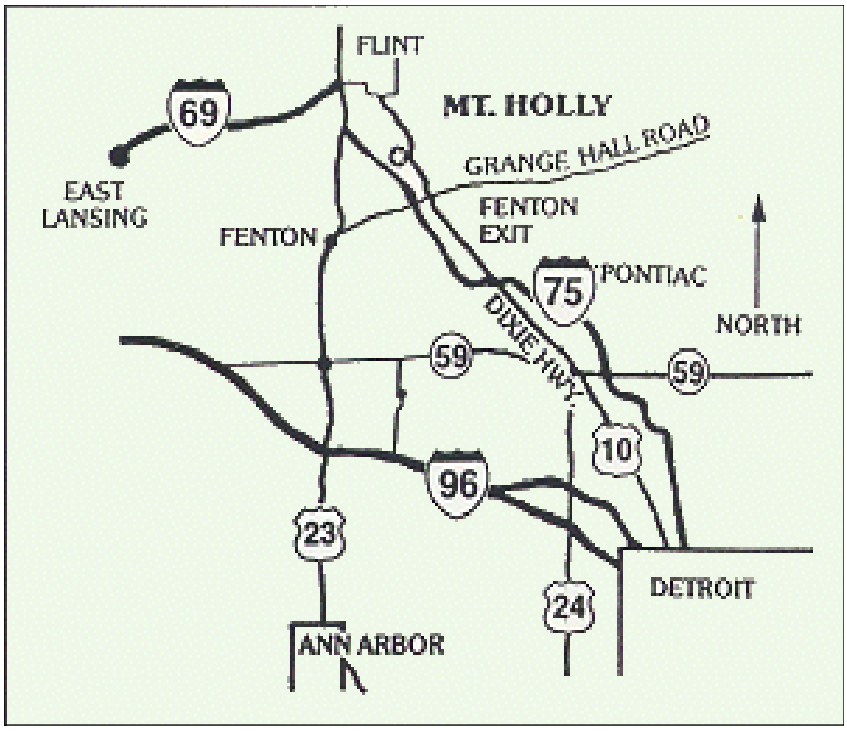
About Mt. Holly / Pine Knob Ski Schools
Mt. Holly / Pine Knob Ski and Snowboard schools are Professional Ski Instructors of America (PSIA) member ski schools that use the American Teaching System (ATS).

Private and semi-private lessons go out at the customer's request on the hour. Group lessons go out hourly from 10:00 am to 7:00 pm on weekends and holidays and at 11:00 am, 1:00 and 5:00, 6:00 and 7:00 pm Monday through Friday non-holidays.

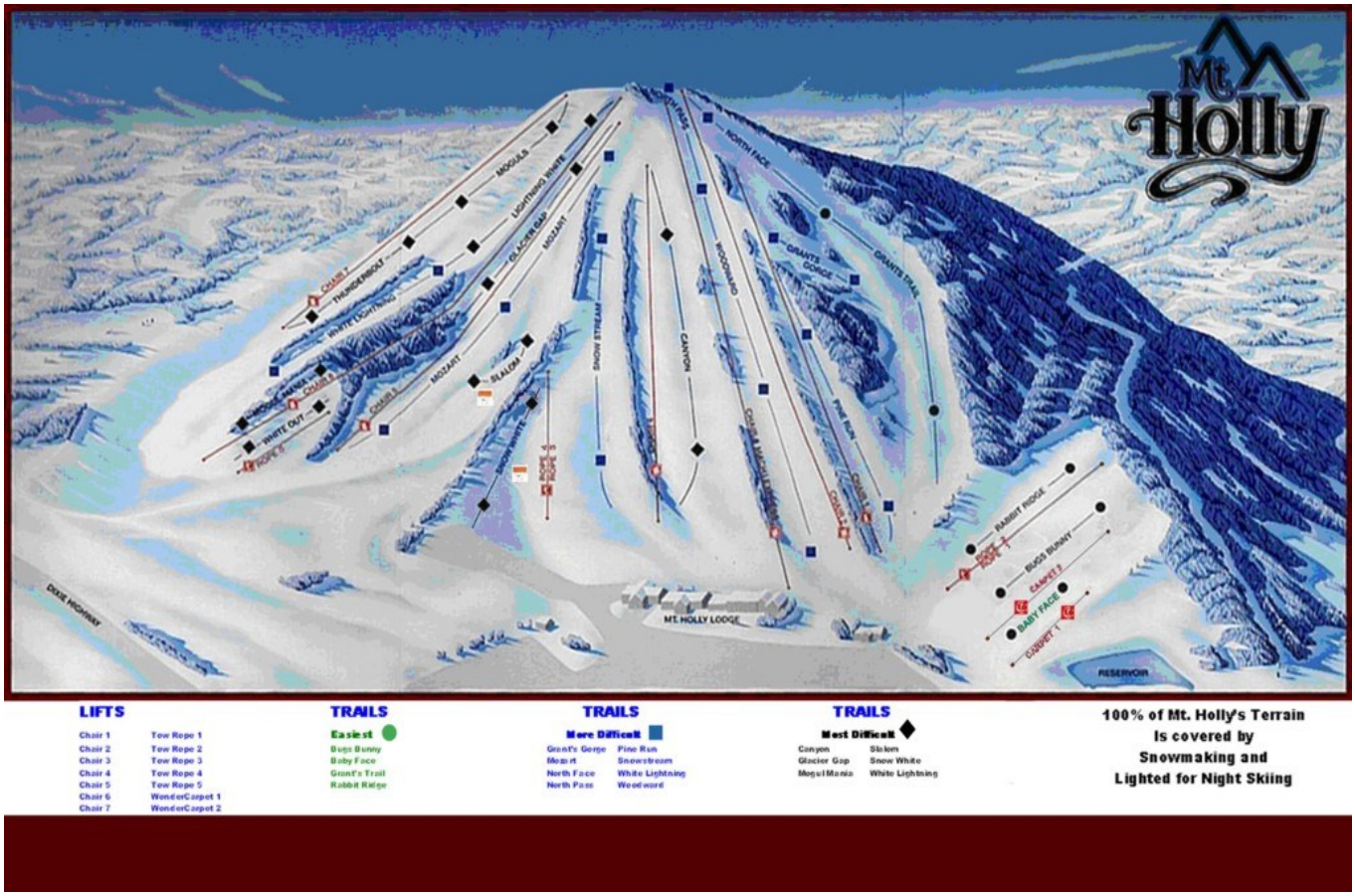
Mt. Holly Ski Area, 13536 S. Dixie Hwy, Holly, MI 48442
Snowline - 1-800-582-7256

See map at right

Going North on I-75
I-75 to the Dixie Hwy., Waterford exit (exit 93). Turn right , come 8 miles North. We're on the left.



Mt. Holly Site Map



Skier's Responsibility Code

1. Always stay in control, and be able to stop or avoid other people and other objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must stop where you obstruct a trail, or 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 off closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

What to Wear

CHECK YOUR CLOTHING!

BE SURE YOUR PATCHES ARE SEWN ON YOUR JACKET ACCORDING TO PATCH POLICY. See Diagrams on page 11.
(If you have lost patches or want an early start on lessons, you may want to consider going to Mt. Holly in late December to purchase patches or to start your lessons.)

WHAT TO WEAR/ NOT TO WEAR:

1. Ski helmets are *optional* at Mt. Holly . Go to: www.lidsonkids.org for more information on helmets. Helmet rentals are available at Mt. Holly for $10.
2. Dress in layers. Layering allows you to accommodate your body's constantly changing temperature. For example, dress your kids in polypropylene underwear (top and bottoms) which feels good next to the skin, dries quickly, absorbs sweat and keeps you warm. Your kids should also wear a turtleneck, sweater and water-proof jacket.
3. Be prepared. Mother nature has a mind of her own. Kids should wear a hat or headband, 80 percent of heat-loss is through the head. Kids should also wear gloves or mittens (mittens are usually better for kids who are susceptible to cold hands).
4. Kids should have sunglasses and/or goggles with them. Skiing is a lot more fun when you can see. Always wear eye protection.
5. When buying skiwear, look for fabric that is water and wind-resistant. Look for wind flaps to shield zippers, snug cuffs at wrists and ankles, collars that can be snuggled up to the chin and deep pockets. Be sure to buy your children quality clothing products.
6. **Jeans are NOT recommended as skiwear.**
7. **Neck gator or face mask for very cold and windy days.**
8. Label all of participant's belongings with their name.

Skier & Snowboarder Program Orientation

PLEASE REVIEW THE FOLLOWING INFORMATION WITH YOUR CHILD. IT WILL ALSO BE REVIEWED ON THE FIRST DAY OF SKIING BY YOUR SPONSOR. INFORM YOUR SPONSOR IF YOU MISS THE FIRST WEEK.

"BUDDY SYSTEM" - Two youngsters skiing together for safety purposes. This is used for red patch and above elementary skiers as well as Middle School and High School students.

LESSON TICKETS - Lesson tickets will be passed out on the first day for Middle School and High School students. Elementary skiers receive their ticket on a weekly basis. Kinderspark students do not have paper tickets for lessons.

BUS PROCEDURES - Troy School District buses are used for the Ski Program. Students are expected to follow all school bus rules. When leaving Mt. Holly the paging system will page skiers 45 minutes prior to departure time which is one hour prior to the arrival time in Troy. Participants are responsible for helping keep bus clean if eating has occurred.

TARDINESS - Students who are late will either miss the bus (if buses are going to Mt. Holly) or be left at Mt. Holly with On-Site Coordinator (if buses are coming home). This is an infraction of the Code of Conduct. See Code of Conduct for discipline action that will be taken.

CODE OF CONDUCT - It is a list of the rules, procedures and policies for those participating in the ski program. The complete list is on the back of the Emergency Form and in this manual. It will be enforced by all ski staff. (p.16)

LIFT TICKETS - Must be paid for each week. Please send the EXACT change. Please leave wire tab on from week to week.

CANCELATIONS - Pro-rated refunds will not be given if a participants cannot attend a ski date or a make-up date. However, if there are more than 2 cancellations participants will receive a pro-rated refund. All dates as well as make-up dates are listed in this manual on page 4.

PERSONAL ITEMS - We strongly suggest that participants NOT bring any expensive personal belongings or leave them on the bus. Staff is at dinner and the bus does not lock. Lockers at Mt. Holly cost .75 cents. The Recreation department and their staff are not responsible for lost/stolen items.

SKI CORRAL - Do not leave skis/snowboard unattended or unlocked. There is a ski corral that is free of charge to use.

MEALS - Brown bag meals may be eaten on the bus en route to Mt. Holly. There are two cafeterias on site if brown bagging is not convenient for Friday participants. Saturday participants should bring a lunch with their name on it.

STAFF LOCATED AT MT. HOLLY - Table in the Grant's Trail area of the lodge and on the slopes.

INJURIES - All first aid is administered by the Ski Patrol staff at Mt. Holly. When a student is injured the ski patrol will page one of the Troy Recreation department staff people. Our staff as well as Mt. Holly will fill out an Accident Report form regarding the incident. If a serious injury occurs, a parent will be contacted regarding treatment.

AT MT. HOLLY - All new participants will have a walking tour to locate rental area, ski desk, cafeteria area, restrooms, first aid, etc... that will be given by our staff the first week.

PATCHES - Patches can be purchased at the Ski School desk for $2.50.

CHECK-IN PROCESS—At each bus site, the bus sponsor will check each child onto the bus. At check-in payment for lift ticket and equipment rental will be taken. Elementary children will be introduced to their ski/snowboard buddy supervisor. (the person they will ski/snowboard with throughout day) Parents are welcomed to follow the bus up to Mt. Holly. Please note your child will not be able to ski/snowboard with you.

Code of Conduct

CITY OF TROY RECREATION DEPARTMENT

DOWNHILL SKI & SNOWBOARD PROGRAM

PROCEDURES, CODE OF CONDUCT AND DISCIPLINE

All Downhill Ski Staff will enforce the following rules.

EMERGENCY FORMS

Each participant **MUST** have a completed emergency form on file at the Recreation Department prior to the first day of skiing in order to be permitted on the bus. Not having a form presents a serious liability problem in not being able to contact parents and not getting the proper medical attention. Staff will refuse all students who do not have this form from attending the program. **A new form is required each year of participation.**

NO PATCH(ES)

Troy Recreation and Mt. Holly require that all patches, including the Troy Parks & Recreation Patch, be sewn on the right sleeve of the skier`s jacket. Before the bus leaves your departure site, all participants will be checked to see if their patches are sewn on appropriately. If the patch(es) are not correctly attached, participation will not be allowed until the patch is appropriately affixed.

CODE OF CONDUCT

Each participant is required to conduct themselves in an appropriate manner. If the Troy Recreation Downhill Ski Staff determines that a participant is behaving inappropriately, (including but not limited to the items listed below), the following progressive discipline may be employed.

LEVEL I

For all Level I offenses, the Troy Recreation Staff shall have the discretion to utilize any and/or all of the following disciplinary actions: notification to parent(s); warning to the participant by tearing in half the lift ticket; completely removing the lift ticket; and/or suspension for a one week period.

The following actions, or similar actions (left to the discretion of the Ski Staff), shall constitute Level I offenses:

- Unruly bus conduct
- Getting out of bus seat
- Swinging poles and hitting pylons
- Tardiness getting back to bus
- Skiing improperly on hills
- Leaving litter on the bus
- Skiing on trails on non-designated hills
- Fraudulent use of patches
- Fraudulent identity
- Improper patches
- Disobeying rules

LEVEL II

For all Level II offenses, the Troy Recreation Staff shall have the discretion to utilize any and/or all of the following disciplinary actions: notification to parent(s); notification to the Troy Police Department; notification to the Oakland County Patrol; notification to the Mt. Holly Staff; and/or suspension for at least one week up to a total suspension from the program WITHOUT A REFUND. Additional action may be taken by the Troy Police Department, the Oakland County Patrol, or the Mt. Holly staff.

The following actions, or similar actions (left to the discretion of the Ski Staff), shall constitute the more serious Level II offenses:

- Vulgarity
- Abusive language
- Stealing
- Use of or under influence of drugs/alcohol
- Immoral conduct
- Smoking
- Fighting

Skier's Responsibility: At the bottom of each chair lift there are signs designating the patches necessary to board the lift. It is the responsibility of the student to make certain they are on the appropriate hill and riding the correct lifts.

Buddy System: For middle school and high school students only, students ski in pairs or threesomes but do not ski with a staff member. Buddies should be of similar skiing ability or snowboarding ability.

Revised: 10/11

State of Michigan Youth Sports Concussion Awareness Law

New this season is the State of Michigan Youth Sports Concussion Awareness law. Our adult staff will be completing the required online concussion awareness certificate class.

As a parent you are welcome to take the free online certification class. The online class takes approximately 30 minutes to complete. Find the course at www.michigan.gov/sportsconcussion. We currently require any coach, volunteer or staff who are adults to complete this course.

On the following pages (p. 18 & 19) is the parent/athlete concussion information sheets. You have already signed off on these when you registered for the program.

PARENT & ATHLETE CONCUSSION INFORMATION SHEET

HEADS UP CONCUSSION

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

DID YOU KNOW?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

SYMPTOMS REPORTED BY ATHLETE:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Michigan Department of Community Health
MDCH
Rick Snyder, Governor
James K. Haveman, Director

"IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON"

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

1. If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.
2. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.
3. Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

_____
STUDENT-ATHLETE NAME PRINTED

_____
STUDENT-ATHLETE NAME SIGNED

_____
DATE

_____
PARENT OR GUARDIAN NAME PRINTED

_____
PARENT OR GUARDIAN NAME SIGNED

_____
DATE

JOIN THE CONVERSATION www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION

Content Source: CDC's Heads Up Program. Created through a grant to the CDC Foundation from the National Operating Committee on Standards for Athletic Equipment (NOCSAE).

Troy Recreation Department

Downhill Ski/Snowboard Program

EMERGENCY INFORMATION FORM

Please read form carefully and fill in all required information

(please print clearly)

Activity # _____

Last Name _____

Site _____

Day: Friday Saturday

❍ **Skier** ❍ **Snowboarder**

PARTICIPANT INFORMATION

Last Name _____ First Name _____ Gender M F

Home Phone # _____ Age _____ Birthdate _____

Address_____ City _____ Zip _____

Child resides with: ❍ Both Parents ❍ Joint Custody ❍ Father only ❍ Mother only

IN CASE OF EMERGENCY (please include area codes)

Father's Name: _____ Work:_____ Cell phone: _____

Mother's Name: _____ Work:_____ Cell phone: _____

Relative/Neighbor if parent cannot be reached: Name _____ Phone: _____

I hereby release and hold harmless the City of Troy and Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child, and other family members while participating, watching or traveling to or from this activity.

Parent Guardian Signature _____ **Date** _____

ANSWER THE FOLLOWING QUESTIONS:

Has your child been in our ski program before? Y N

Has your child been to Mt Holly before? Y N

If yes, check last patch earned:

❍ None
❍ Yellow
❍ Brown
❍ Blue
❍ Red
❍ White
❍ Black

Will child rent equipment? Y N shoe size? _____

Check level of ability if skier has not skied with our program:

❍ Beginner ❍ Adv Beg
❍ Intermediate ❍ Advanced

Note any allergies, special needs, or any situation that we need to be aware of?

_____

I am aware that my child must ride the bus to and from Mt. Holly.

Your Initial _____

I am aware that **ALL PATCHES** including the Troy Recreation patch **must be sewn** (not pinned) to the right sleeve of the jacket or the skier will not be permitted on the bus.

Your Initial _____

I am aware that parents are to pick up their youngsters according to the schedule given. Youngsters are NOT permitted to walk home. Late fees will be assessed to late parents.

Your Initial _____

I am aware that this is an instructional program and that lessons are required.

Your Initial _____

I am aware that skiers 5th grade and under ski/snowboard in supervised groups. Sixth grade and older **do NOT ski with a staff member**, they use the Buddy System, and are responsible for abiding to ability signs on each hill.

Your Initial _____

A signed and completed copy of this form must be turned in to the Parks and Recreation offices no later December 15, 2016 in order for your child to participate in this program.