



2025 After-School Ski / Snowboard Program PARENT HANDBOOK

Thompson Brook School

Tuesdays
January 7 – February 4
2:45 pm - 7:45 pm

Avon Middle School

Thursdays
January 2 – January 30
2:45 pm - 7:45 pm

*For inquiries, questions, program add-ons, or cancellations:
Contact the Recreation Office at 860-409-4332 or avonrec@avonct.gov*

BE PREPARED!

Pre-Program To-Do List:

- Make sure you have all the required equipment/clothing (see daily packing list below)
- If using your own equipment, have a ski shop perform a binding safety check and wax/tune equipment
- Label all equipment with the participant's name, phone number, and group name: "Avon Recreation"**
- Purchase a Visa gift card or Ski Sundown gift card for participants to buy dinner with

DAILY PACKING LIST

- Watch
- Waterproof gloves/mittens
- Snow jacket
- Snow pants
- Ski/Snowboard socks
- Neck warmer or face mask
- Goggles
- Helmet (Ski Sundown rental package does not include a helmet)
- Ski/Snowboard boots
- Skis/poles or Snowboard
- Retention strap (snowboarders only)
- Seasons pass (if applicable)
- Packed dinner or gift card to purchase dinner
- Snacks
- Reusable water bottle
- Long johns
- Extra layers
- Hand warmers (optional)

*All items above are required for participation

*Note: it is at least 10-20 degrees colder at Ski Sundown than in Avon. Chaperones have the right to prohibit participation for anyone who is not properly dressed for the weather

*Jeans, knit mittens, and scarfs are NOT safe or appropriate to wear for this program

PROGRAM INFORMATION

Parents – please review this section of the manual with your child.

Chaperones

Chaperones will be stationed in the base lodge at the group table and on the mountain to assist and supervise participants. Going to the group table in the base lodge is the best place to find a chaperone if assistance is needed. Chaperones are not responsible for teaching participants how to ski or directly supervising any one participant.

Participant Expectations:

- Ski safely and independently
- Always stay with your “buddy”
- Keep track of all belongings/equipment – Make sure nothing is strewn about the floor at the lodge
- Be able to put on and take off equipment without assistance
- Be able to carry equipment and boot bag without assistance
- Wear/display group badge and season pass or midweek 12-pack pass (if applicable)
- Return program badge to group leader at the end of each day
- Know and follow “The Responsibility Code” (see page 4)
- Be respectful to all staff and participants
- Follow directions from Avon Recreation and Ski Sundown staff
- Always use appropriate and kind language
- Be on time for check-ins

3 Strike System – Avon Recreation and Parks

Our participant expectations are vital for running a safe and quality ski program. Not meeting any of the above expectations will result in a “strike”. Participants who receive 3 strikes will be removed from the program with no refund. Depending on the severity of the behavior, the Avon Recreation and Parks Department reserves the right to dismiss a participant before 3 strikes.

Revocation of Privileges – Ski Sundown

Mountain Hosts and Ski Patrol are here to ensure that Ski Sundown’s safety policy is followed. They may stop skiers/boarders who are skiing in such a manner as to endanger themselves or others. If deemed necessary, they can revoke or restrict a skier/boarder’s skiing privileges. Any skier/boarder found drinking alcoholic beverages, stealing, possessing a controlled substance, vaping, using vulgarities, throwing food, throwing objects from the lifts, skiing or using lifts in a reckless manner, or doing anything else that in Ski Sundown management’s opinion, is dangerous, disruptive, or illegal will be dismissed from the program without a refund.

Arriving at School

Skis and snowboards are not allowed on school buses. Participants who are bringing their own equipment must be driven and dropped off at school on program days or parents can drop off skis/snowboard either before 7:30 am or between 8:30 am – 2:15 pm at the school.

School Dismissal

After-school ski program participants will be dismissed over the intercom at the end of the school day. Participants should grab their boot bags and head straight to the small gym (AMS) or cafeteria (TBS) to begin changing. Participants will need to be organized and efficient during the changing process.

Everyone needs to be ready to go by 3:00 pm. Please have your child wear their base layer to school so that they do not need to use a bathroom to change.

Arriving at Ski Sundown

Upon arriving at Ski Sundown, chaperones will accompany participants who are renting or taking lessons to the rental shop and/or lesson area. All other participants will head to the lodge and drop off their bags at the group table and then may begin skiing or eating a snack.

Lessons

Lessons will begin at 3:45 pm. Participants will be placed in groups according to their skill level. If a participant cannot ski/board in control or ride a chair lift, he/she will be grouped with the new skiers/boarders to review the basics. Lesson groups are arranged on the first day and participants will stay in the same group unless an instructor recommends a change. If a participant has an issue with a lesson group assignment, he/she should inform a chaperone who will speak with a snow sports school lesson supervisor prior to the start of the lesson. *Please communicate with your child if you signed them up for a lesson so they know their schedule!*

Renters

Rental equipment is set based on the information in the “Group Participant Information & Program Agreement”. The rental equipment is reserved for the group on its scheduled day during each week of the program. After checking in with the Rental Shop attendant, renters should locate their equipment. The group name and renter name will be on the card attached to the skis or snowboard. The renter must sign the Rental Release Card each week and turn it in at the check-out desk before leaving the Rental Shop. The renter must also check in with a rental shop attendant when returning equipment at the end of each visit.

Dinner

Participants may eat dinner in the lodge at any point during the program. Participants need to either bring a packed dinner or a gift card to purchase dinner. Please note that the lines to buy food can be very long. All participants should bring snacks and water regardless of whether they are bringing or purchasing dinner.

End of the Night Check-in

Participants are responsible for checking in at the group table **by 7:15 pm**. It is important that everyone is checked in on time so that the bus stays on schedule. Anyone who checks in later than 7:15 pm will receive a strike. *Give yourself more time than you think you need to get back to the lodge.* The last run of the night should be 7:05 pm. **If it is past 7:05 pm, do not get on the chair lift - you will be late.**

Bus

Participants cannot enter the bus before a chaperone is on. At the end of the night, participants need to check in at the group table **BEFORE** heading to the bus. If there is a reason a participant needs to go to the bus during the program, the participant needs to check in at the group table and let a chaperone know before doing so.

Tips for Success

- ✓ When placing your skis or snowboard on the rack, try to pick the same spot every time so it becomes routine, and you know where to look.
- ✓ If you have your own equipment, practice putting on/taking off at home to make sure you can do so without assistance.
- ✓ Label all equipment clearly to prevent items from being lost or stolen.
- ✓ Purchase and use a ski lock to prevent items from being lost or stolen – especially if you are leasing equipment.

RESPONSIBILITY AND SAFETY

Parents – please review this section of the manual with your child.

RESPECT

- ❖ The mountain is for everyone to enjoy. Respect the mountain and those using it and act responsibly at all times. Be watchful and aware of others and show courtesy to them. Present a positive image for our sport.

SAFETY

- ❖ The mountain undergoes changes continuously. Take a slow and careful run to familiarize yourself with the current conditions and trails.
- ❖ Never follow anyone too closely.
- ❖ Do not stop in the middle of a trail.
- ❖ We try to provide features that accommodate different skier/boarder abilities. **KNOW YOUR LIMITS.**
- ❖ We **DO NOT ALLOW INVERTED AERIALS** at Ski Sundown.
- ❖ Be aware of your surroundings. Ski or snowboard with care.

PROPER USE OF LIFTS

- ❖ Be familiar with the common courtesies and guidelines for using the lifts at Ski Sundown. They are for your safety and the safety of others.
- ❖ Obey all posted instructions at each lift.
- ❖ Do not use a lift until you are familiar with its operation. Watch and learn. Ask any lift employee for help.
- ❖ The area around all lift mazes is a **SLOW SKIING ZONE**.
- ❖ Do not stand in front of lift mazes or block the flow of traffic.
- ❖ Load and unload only at designated areas.
- ❖ Lower restraining bar immediately after loading.
- ❖ Sit quietly and do not bounce chairs, hit lift towers, or in any way abuse lift equipment.
- ❖ When unloading, make sure no loose clothing, poles or packs are caught in the lift. Move quickly away from unloading areas.
- ❖ If a lift stops, do not attempt to get off. Remember, if there is a mechanical problem, area personnel will provide assistance.

YOUR RESPONSIBILITY CODE

1. Always stay in control. You must be able to stop or avoid other people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

***Know and Obey the Code. It's Your Responsibility.
If you need help understanding the Code, please ask an employee.***

PARENT INFORMATION

Participant Independence

Parents, please note that this is a very independent program. Participants are responsible for all their belongings including money/gift cards, arriving at check-ins on time, and safely navigating the mountain.

Emergencies

Chaperones will call parents in the event of an injury or emergency during the program. Chaperones may ask that you pick your child up at Ski Sundown if they go to the first aid station. **PLEASE BE SURE TO ANSWER YOUR PHONE WHILE YOUR CHILD IS AT SKI SUNDOWN.**

Pick Up

The bus will arrive back at the school at approximately 7:45 pm. All participants must be picked up on time. **Any participants picked up late more than once will lose bus privileges.** Please park in the side parking lot when waiting for the bus. Do not park in the bus lane. It is discouraged to drop or pick your child up from Ski Sundown but if you need to please let a chaperone know ahead of time and be sure to sign in and sign out at the group table in the lodge.

Absences

Please contact the Recreation Office if your child is going to be absent from the ski program. If your child misses a program day, their program badge is valid for a 4-hour Lift Only make-up visit on Mondays through Fridays until the end of the season (excluding holidays). There is no make-up, credit, or refund for a missed lesson. If your child purchased the rental option, he/she will be able to use the rentals on the make-up visit if prior arrangements are made with the rental shop. You can contact the rental shop at (860) 379-7669 ext. 250.

Lost Equipment/Clothing

If an item is missing, a lost and found form can be filled out online at Ski Sundown's website or in person at the ski shop. If a participant loses their program badge, it will cost \$10 for a replacement badge.

Forgot Equipment/Clothing

If your child forgets any required equipment or clothing, parents must drop items off at the schools before 2:15 pm or drop the items off at Ski Sundown.

Cancellations

The Recreation Department will keep you informed of any changes, cancellations, or make-up dates. If school is closed or has an early dismissal, the ski program is automatically canceled. Announcements will be made via email blasts and the cancellation line at 860-409-4365. If the program is canceled, it is the parent's responsibility to pick up equipment from the school. The schools are not able to store equipment.

Ski Sundown Safety Guidelines and Helpful Hints

Clothing

- ❖ Be prepared for the weather. It may be warm where you go to school, but it gets colder after dark, especially on the mountain!
- ❖ Mark clothing clearly with your name. If an item is lost, check Lost & Found in the Ski Shop above Rentals. There is also a form on our website to report any lost items.

Equipment

- ❖ Mark equipment clearly with your name to prevent your items from getting lost or stolen. If an item is lost, check Lost & Found or report item lost through the form on our website.
- ❖ Skis and Snowboards belong in racks. Pick a place on any rack and try to use it every time so that it becomes routine. Do not leave equipment laying in the snow.
- ❖ If you have your own equipment, make sure you can put it on/off without assistance. Also, try on your boots and make sure they fit.

Know the Mountain

- ❖ Know the Trail Signs: Green Circle = Easier, Blue Square = More Difficult, Black Diamond = Most Difficult, Double Black Diamond = Extremely Difficult
- ❖ Do not go on trails marked above your ability
- ❖ Avoid snowmaking equipment on the trails
- ❖ Understand that conditions vary according to the weather and time of day
- ❖ Be aware that grooming will occur anytime between 6 and 7pm nightly. Stay clear of grooming equipment on the mountain.
- ❖ DO NOT SKI UNDER ROPES MARKING A CLOSED TRAIL

We are a Community

- ❖ As a community of skiers and snowboarders, watch out for each other. Keep each other safe.
- ❖ Don't try to convince your first-time skier/rider friend to go on terrain that is too difficult for them.
- ❖ Your most important piece of safety equipment is your brain. Use it.