ADAPTIVE – NORDIC – ALPINE

SKI AND SNOWBOARD

For Children and Adults 6 Years and Older with Physical and/or Developmental Disabilities

City of Spokane PARKS & RECREATION

Therapeutic Recreation Services
808 W. Spokane Falls Blvd, 5th Floor
Spokane, Washington 99201-3317
509.625.6245

Check out our website
SpokaneParks.org
And register online with CivicRec

2020

In cooperation with Mt. Spokane Ski & Snowboard Park

GENERAL INFORMATION

Meals

Skiing/snowboarding can be very physical and we burn up a lot of energy, especially on those cold days. For those in the downhill programs there will be food available for purchase in the lodge. Please pack a nutritious lunch and drink. Please be sure to notify us of food allergies. The instructors will help/assist each student as necessary. We will not give money for meals.

Clothing

LAYERING is the best way to dress for skiing, and the concept is very simple. Articles of clothing are combined to form various strata of insulation around the body. It begins with the layers closest to the body, which trap heat and wicks away perspiration. Next comes the intermediate layers. Their job is to maintain a warm layer of trapped air. Finally, the exterior garment forms a protective membrane. This keeps wind, cold air, and water from cooling the warmth-building inner layers. The beauty of this approach to dressing is that you can add or subtract various layers to maintain the desired inner temperature.

First Layer

- **LONG UNDERWEAR** – (top and bottom) these should be polypropylene as this type of material wicks off moisture caused by perspiration. Capilene, REI brand etc. are also a desirable material. It comes in different weights of which expedition is probably the best for the downhill skiing and it does not retain odors. This material is more costly than polypropylene, but well worth the investment if you can afford it.
- **SOCKS** – polypropylene—for same reason as above. Avoid cotton next to the skin. Avoid too many or too thick of socks as there could be bunching that leads to blisters.

Second layer

- **FLEECE PANTS** – for use in very cold weather.
- **MICROFLEECE OR LIGHT-WEIGHT FLEECE TOP OR VEST** – to provide an insulating and breathing layer. Make sure the top allows for freedom of movement.
- **JACKETS, SHELLS OR BIBS** – are filled with either the traditional goose down or some synthetic insulating material. They are usually covered by some sort of nylon blend or by a water-resistant fabric like Gore-Tex. You may also invest in a silicone spray or Camp-Dry to spray materials helping them to be more water resistant. **No Jeans.**
- **MITTENS OR GLOVES** – Keeping your hands warm is best done with mittens, but gloves allow you to feel the poles much better. For the real cold days, a liner can be worn inside your gloves. It is also best to have an extra pair of gloves in case your gloves get wet.
- **SKI HAT** – A ski hat is essential. You can lose almost 50% of your body heat through your head, and not wearing a hat on cold days is an invitation to illness.
- **GOGGLES OR SUNGLASSES** – Goggles or sunglasses can help protect a portion of your face from the wind, as well as filter out the harmful rays of the sun.
- **DUFFEL BAG** – Each student should have a large duffel bag to carry his/her extra clothing and lunches. PLEASE wear or bring an extra pair of winter boots to change into for the bus ride home. Remember to label all clothes, ski-equipment and bags!
- **HELMETS** – we strongly encourage downhill skiers and boarders to wear ski helmets. If competing in Special Olympics the skier must wear a helmet. If unable to purchase one, we do have several in our loan program.

**Spokane Parks and Recreation is not responsible for lost equipment or clothing. Please mark equipment.*

Scholarships

Scholarships available upon request. A limited amount of scholarship money is available for individuals needing assistance. We request that individuals pay as much as they can afford so that we may assist more skiers. Call 625-6245 or email to abusch@spokanecity.org to request an application.

ALPINE – ADAPTIVE SKI & SNOWBOARD

The Program
This program is for children and adults 6 years and older with physical disabilities. All lessons employ a one-to-one or one-to-two instructor/ student ratio. The Instructors are volunteers from the community and local universities/colleges. Our instruction methods follow closely with the P.S.I.A. American Teaching System. Program fees do not accurately reflect actual costs. Persons/organizations interested in making donations to help buy specialized equipment should contact the Spokane Parks and Recreation Department. A Therapeutic Recreation Foundation has been established for this purpose. We are wanting to buy child-size mono and upgrade our bi-skis. Call 625-6245 for more information.

Sit Skiing
Sit-skiing allows the non-ambulatory (Para., quad., M.S., C.P., etc), the chance of achieving dramatic levels of control and maneuverability (proportional to the disability) on slopes of varying degrees of difficulty. To accomplish this, we teach how to use bi-skis, and mono-skis. The bi-ski is our newest addition of adaptive equipment. It will benefit a wide range of disabilities. People with higher level injuries will experience a new freedom as it requires very little head and neck movement to get the ski on edge and skiers with lower level injuries will find it a great help to ease the transition to a mono-ski. Our inventory is limited - **REGISTER EARLY!**

In order to insure control, all participants are attended by a trained tethered instructor who skis behind holding a nylon strap attached to the sit ski. Friends and spouses of the participants, who are strong skiers are encouraged to learn. They will be required to purchase a regular lift ticket. ***Please note we will not be able to accommodate skiers over 200 lbs.**

Snowboarding
We currently offer stand up snowboarding using a variety of adaptive equipment as necessary.

Blind Skiing
With the help of a sighted instructor, the student learns to respond to verbal signals as well as to 'see with their feet'. Our instructors primarily follow the P.S.I.A. American Teaching System, with brief vocal cues to facilitate orientation to the terrain.

Outrigger Skiing
An outrigger ski is similar to a forearm crutch with a short ski that pivots. Leg amputees ski with or without their prosthetic leg(s) in what is called a three or four-track method. Students with balance deficits also use this method.

Lessons Update
Lessons occur Saturday mornings from 9:30-11:30am or afternoon 12:30-2:30pm. New this year are Wednesday afternoon lessons from 1:30-3:30pm. Single lessons may also be available depending upon instructor availability.

Mountain Updates
We are excited to try the new runs that will make getting from chair 2 to 6 easier for our adaptive equipment. Thanks to Mt. Spokane for hearing our feedback!

NORDIC – BLUE WAXERS

In cooperation with Mt. Spokane Nordic Ski Area

The Program

This program is for children and adults 12 years and older with developmental disabilities, and in good physical condition. The program began in the early 80's, and relies on volunteers from the community in order to teach Nordic skiing to our participants. We are thankful for the volunteer ski patrol at Selkirk Lodge as well as the grooming from the State Parks. We appreciate Washington Special Olympics who sponsor the Washington Chapter Winter Games in Leavenworth. Nordic skiing provides fresh air, exercise, making new friends and having fun. This class size is limited to 13, however this can increase if number of volunteers increase.

Calendar

Ski Season – Saturdays, Jan 4 through Feb 22, 2020
Selkirk Lodge, Mt Spokane Nordic Area
No class February 8th

Feb 9, 2020 – Langlauf Community Nordic Race

Feb 28-Mar 1, 2020 –
Special Olympics Chapter Winter Games, Wenatchee

Time

9:00am - Noon

Fees

$199.00	Lessons, transportation and equipment (if needed)
$145.00	Lessons and equipment
$50.00	Van transportation to Wenatchee, WA (if qualify for Winter Games)

Transportation

The TRS Van will leave:

Park Operations, 810 N. Stone	7:30am
Yokes, Mt. Spokane Day Road	8:00am

The TRS Van return:

Yokes, Mt. Spokane Day Road	1:00pm
Park Operations, 810 N. Stone	1:30pm

Volunteer Clinic

Volunteer training clinic is Saturday, December 28, 2019, 9:00am-12:00pm, at Mt. Spokane Selkirk Lodge, Nordic Area. Please call 625-6245 or email to abusch@spokanecity.org for registration form and additional information.

Langlauf

Community Nordic Race
Sunday, February 9, 2020
Mt. Spokane Nordic Area

Each skier must pre-register and pay for this event on their own. Forms can be found at www.spokanelanglauf.org, Fitness Fanatics or Mt. Gear. TRS will provide supervision and transportation. Times and locations to be provided upon notification of registration for event.

ALPINE – POWDERHOUNDS

In cooperation with Mt. Spokane Ski & Snowboard Area

The Program

This program is for children and adults 8 years and older with developmental disabilities and is now in its 46th year of operation. We utilize volunteers from the community and local universities/colleges in order to achieve a one-to-one instructor/student ratio for new skiers/snowboarders and at least one-to-three for experienced skiers. This allows for improved safety and skill development in a main streamed environment. We hope you will share our admiration and support of the Mt. Spokane Ski & Snowboard Resort and Ski School which have been instrumental to the success of this program. We are also appreciative of Washington Special Olympics who sponsor the Chapter Winter Games in Wenatchee.

Calendar

Ski Season – Saturdays, Jan 4 through Feb 22, 2020
No skiing at Mt. Spokane on 2/1 & 2/15

Feb 1, 2020 – Ski Day at Lookout Pass – $53.
See page 8 for more details.

Jan 26, 2020 – Special Olympics Regional Race at Mt. Spokane Lodge 1

Feb 28-Mar 1, 2020 –
Special Olympics Chapter Winter Games, Wenatchee

Fees

$180.00	Lessons Only
$270.00	Lift ticket and lessons only - No bus transportation.
$372.00	Lift ticket, lessons, and bus transportation.
$372.00	Lift ticket, lessons, and equipment rental. (No bus transport).
$462.00	Lift ticket, lessons, equipment rental and bus transportation
	Transportation Only. (Cost is $19 per trip).

Fees do not include Special Olympics fees for transportation costs to the Chapter meet. If qualify after regionals the fee for SO Winter Games is $50.

Transportation

Careproviders/Parents/Students

Please be aware that if the roads are clear the bus may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the bus could be a few minutes late. Please be at the sites in plenty of time to take your student home. One late pick-up can cause delays for the rest of the group. We may assess late fees if necessary. All late pickups will be taken to Sinto Senior Center. Be sure to mark on your registration form which site you will be using. We encourage not using paratransit for this program but if you do please use only Sinto as transportation site. If you are not taking our transportation, please meet at Lodge #1 at 10:30 a.m. Practice will be done at 3 p.m.

The bus will leave:

Sinto Senior Center, 1124 W. Sinto	9:00am
Lincoln Rd & Division	9:30am

The bus will return:

Lincoln Rd & Division	4:30pm
Sinto Senior Center, 1124 W. Sinto	5:00pm

The Powderhound program emphasizes having fun, making friends, exploring the mountain, improving skills and being safe. Each student will be assigned a volunteer instructor who will be a buddy and provide support and instruction as desired. We will provide support to those who would like to compete in Special Olympics. If someone is competing in another sport such as basketball or iceskating they can still ski or ride with Powderhounds as we are a city operated program.

REGISTRATION

This is confidential information used only to assist the staff in meeting the participant's needs.

Participant's Name: _____ Home Phone: _____

Email:_____ Cell Phone: _____

Address: _____ City:_____ Zip_____

Contact person (to obtain more information about student) Self____ Other_____

Relationship_____ Phone_____

Contact in case of emergency:_____ Emergency #:_____

Physician Name: _____ Phone: _____

****You will need a physician's note approving participation if you have been discharged less than one year since injury.**

Sex: M____ F____ Birthdate_____ Age:_____ Height:_____ feet_____ inches Weight:_____ Shoe size:_____

Medications taken during program? YES____NO____

***There is a 200 lb. weight limit for all adaptive sit skiers.**

Medications (dosage, frequency, side effects, reason):_____

_____

_____

Any seizures within the last year? (Y/N)____ Date of most recent seizure:____ Grand mal____ Petite mal____ Other_____

Allergies (food, bees, medication, etc): _____ Other Health Conditions: _____

Assistance in using the bathroom? YES____ NO____ Explain_____

What is the form of communication style (check all that apply): Verbal____ Non-Verbal____ Sign Language____ Other (explain)_____

Behavioral or other issues we need to know about participant:_____

Primary disability:_____ Year of Diagnosis (Date) _____

Spinal Cord Injury: C1-C7____ T1-T6____ T7-T12____ L1-L5____ S1-S5____ Complete____ Incomplete____

Mobility: Walks Independently____ Walks with Assistive Device____ Manual WC____ Power WC____

Transfer Ability: Transfers Independently____ Transfers Self with Assistance____ Can Bear Weight with Assistance____

No Ability to Self Transfer____ Cannot Bear Weight____

Any additional comments, instructions, learning style, etc., (include special issues that may apply to outdoor sports,i.e. Sensitivity to sun, poor circulation,etc…) which will assist us in providing you a quality experience:

_____

_____

_____

Describe any physical limitations that you are aware of:_____

Do you use paratransit services? YES____NO____ What is #_____

Have you participated in the Ski Program before? YES____NO____ If yes, when (date)?_____

List ski experience: _____

Is it okay to use your photo/video image taken during activities and use for publicity purposes? YES____NO____

CITY OF SPOKANE PARKS & RECREATION

ALPINE – ADAPTIVE SKI & SNOWBOARD – PLEASE CHECK ALL BOXES THAT APPLY

- ☐ Two-track
- ☐ Three-track
- ☐ Four-track
- ☐ Bi-Ski
- ☐ Mono-Ski
- ☐ Adaptive Snowboard
- ☐ Visually impaired
- ☐ Hearing impaired

Lessons — Includes Lift ticket & Instruction — **$65 Per Lesson**

Sat. **9:30-11:30am**

- ☐ 4987 1/11
- ☐ 4988 1/18
- ☐ 4989 1/25
- ☐ 4990 2/1
- ☐ 4991 2/8
- ☐ 4992 2/22

Sat. **12:30-2:30pm**

- ☐ 4993 1/11
- ☐ 4994 1/18
- ☐ 4995 1/25
- ☐ 4996 2/1
- ☐ 4997 2/8
- ☐ 4998 2/22

Wed. **1:30-3:30pm**

- ☐ 4999 1/22
- ☐ 5000 1/29
- ☐ 5001 2/5
- ☐ 5002 2/12
- ☐ 5003 2/19
- ☐ 5004 2/26

Rental Equipment — Per Lesson

- ☐ I have my own equipment, none needed $0
- ☐ Bi, or mono-ski, and outriggers, adaptive snowboard $12
- ☐ Skis, boots, & poles or snowboard from mountain..... $12
- ☐ Outriggers only..... $8

There is a 200 lb. weight limit for all adaptive sit skiers.

NORDIC – BLUE WAXERS – PLEASE CHECK ALL BOXES THAT APPLY

☐ 4969	Sat	1/4 - 2/22*	7:30am - 1:30pm	Includes Lessons, Transportation, Equipment Rental (If needed).....	$199
☐ 4971	Sat	1/4 - 2/22*	9:00am - 12:00pm	Includes Lessons, Equipment Rental (No transportation).....	$145
☐ 4972	Fri-Sun	2/28 - 3/1	Special Olympics Winter Games Bus Transportation (details to follow)		$50

For qualifying participants. You must have a current Special Olympics Application for Participation Form on file with TRS by January 2, 2020. Budget $50 for van transportation to Wenatchee and $40 to cover two meals and souvenirs.

***No lesson on 2/8**

ALPINE – POWDERHOUNDS SKI & SNOWBOARD – PLEASE CHECK ALL BOXES THAT APPLY

- ☐ Skier
- ☐ Snowboarder

Transportation — Bus Pickups

- ☐ Sinto Sr. Center, 1124 W. Sinto (Paratransit use location)
- ☐ Lincoln Rd & Division

Transportation: 9:00am-5:00pm

If you are intereseted in a one-time transportation ($19 per trip) please contact abusch@spokanecity.org or call (509) 625.6245.

☐ 5008	Sat	1/4- 2/22*	Includes Lessons Only	$180
☐ 5009	Sat	1/4- 2/22*	Includes Lift Ticket, Lessons (No transportation)	$270
☐ 5011	Sat	1/4- 2/22*	Includes Lift Ticket, Lessons, Transportation	$372
☐ 5010	Sat	1/4- 2/22*	Includes Lift Ticket, Lessons, Equipment Rental (No transportation)..	$372
☐ 5012	Sat	1/4- 2/22*	Includes Lift Ticket, Lessons, Equipment Rental, Transportation	$462
☐ 5023	Sat	2/1	Ski Day at Lookout Pass – 7:30am-5:30pm.....	$53
☐ 4986	Fri-Sun	2/28-3/1	Special Olympics Winter Games Bus Transportation (details to follow)	$50

For qualifying participants. You must have a current Special Olympics Application for Participation Form on file with TRS by January 2, 2020. Budget $50 for van transportation to Wenatchee and $40 to cover two meals and souvenirs.

***No lessons on 2/1, 2/15**

I have read and agree to the ***Accident Waiver/Release of Liability and Acknowledgement of Risk*** on page 7 of this booklet.

SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE: _____

Method of payment:

☐ Check ☐ Cash ☐ Money Order ☐ Charge Card

For TRS customers wanting to pay via credit card, MySpokane will contact the payee by phone after registration is submitted.

Total Program Fee: $_____

Donation (if any): $_____

TOTAL AMOUNT ENCLOSED: $_____

DDA will send funds. ☐ Yes ☐ No	
Case Manager Name:	Phone
Case Manager Email:	
Please contact your case manager to send verification of payment to abusch@spokanecity.org	

Accident Waiver/Release of Liability and Acknowledgement of Risk

1. Each person participating in the city of Spokane parks & recreation division's adaptive ski and snowboard, Nordic blue waxers or alpine powderhounds programs are referred to as "participant." I, the undersigned, am a participant and, if a participant is under 18 or has a guardian, I am the participant's parent or legal guardian. I understand that participating in skiing, snowboarding, or other snowsports or gravity sports; renting equipment; and using ski area facilities, including but not limited to use of the parking lots, walkways, lodges, restaurants, lifts, ski slopes, trails, and other equipment, for any purpose (the "activity"), can be hazardous and involve the risk of physical injury and/or death.

2. I understand the dangers and risks of the activity and that participant assumes all inherent dangers and risks of the activity, including those of a skier (as referenced in rcw ch. 79a.45) or other winter sports participant.

3. I expressly acknowledge and assume all additional risks and dangers that may result in property damage, physical injury and/or death, which may be above and beyond the inherent dangers and risks of the activity, including but not limited to: falling or loss of balance; icy, slick or uneven surfaces; avalanches, cornices and crevasses; collisions with natural or man-made objects, other people, bumps; moguls; tree wells and stumps; downed timber and other forest growth; rocks, drainage channels, streams, creeks, holes, debris, and other rugged mountainous terrain; marked and unmarked obstacles; unmaintained or unmarked trails/roads or trail obstructions; the negligence or failure of participant, city of Spokane employees and/or volunteers, ski area employees, or other guests to act safely (including an instructor's selection of terrain that exceeds participant's ability) or within their own ability including failure to stay within designated areas and comply with signage; falling snow or ice from natural or man-made sources; equipment malfunction, failure, or damage; improper use or maintenance of equipment; misloading, entanglements, or falls from ski lifts; varying visibility, storms, lightning, hail, snow and other adverse weather; becoming lost or separated; lack of shelter; limited access to and/or delay of medical attention; participant's health condition, physical exertion, exhaustion, dehydration, hypothermia, altitude sickness, or frostbite; and/or mental distress from exposure to any of the above. I understand that the description of the risks in this agreement is not complete and voluntarily choose for participant to participate in and expressly assume all risks and dangers of the activity and the possibility of personal injury, death, property damage and loss resulting therefrom, whether or not described here, known or unknown, inherent or otherwise.

4. Participant assumes responsibility for maintaining control at all possible times while engaging in the activity and for reading, understanding, and complying with all signage, including instructions on the use of lifts. Participant must have the physical dexterity and knowledge to safely load, ride, and unload the lifts. I understand that a minor participant may use the ski lifts without an adult present or may ride the ski lifts with non-employee guests. I understand that snowmobiles, snowmaking equipment, and snow-grooming equipment may be encountered at any time, and that falls, collisions, and injuries are common.

5. In consideration for allowing participant to participate in the activity, I agree, to the greatest extent permitted by law, to waive any and all claims against and to hold harmless, release, indemnify, and agree not to sue the city of Spokane, which includes the city of Spokane parks & recreation division and therapeutic recreation services; any employees, chaperones, or volunteers; and all their respective insurance companies, successors in interest, commercial & corporate sponsors, affiliates, agents, employees, representatives, assignees, officers, directors, and shareholders (each a "released party") for any injury, including death, loss, property damage or expense, which I or participant may suffer, arising in whole or in part out of participant's participation in the activity, including, but not limited to, those claims based on any released party's alleged or actual negligence or breach of any contract and/or express or implied warranty or breach of any statutory or other duty of care. I understand that negligence includes failure on the part of any released party to take reasonable steps to safeguard or protect against the risks, dangers, and hazards of the activity. This waiver and release also applies to any claims based on an allegations that the city of Spokane enhanced the inherent risks of the activity.

I further understand that riding a chairlift is a necessary and normal part of skiing, snowboarding, or in the use of other adaptive equipment in downhill snowsports (including the activity I am going to engage in after signing this release). I understand that using a chairlift (including loading and unloading) is an inherently risky activity, and I further understand that in consideration for allowing me to participate in the activity that this waiver applies to any injury I may receive in using the chairlift, boarding the chairlift, unloading the chairlift, or being struck by the chairlift.

I understand that I am engaging in an activity that has numerous inherent risks that could lead to my serious injury (including complete paralysis) or death. I acknowledge that removing those risks is not possible and eliminating those risks would fundamentally change the nature of the activity and would jeopardize the essential qualities of the activity. In further consideration for allowing participant to participate in the activity, I further release and give up any and all claims and rights that I may now have against any released party and understand this releases all claims, including those of which I am not aware, those not mentioned in this release and those resulting from anything which has happened up to now.

6. I also agree to pay all costs, including attorneys' fees, incurred by any released party in defending an investigation, claim, or lawsuit brought by or on participant's behalf whether arising in whole or in part from participant's participation in any activity or from any misrepresentations or fraudulent execution of this agreement.

7. I represent that participant is in good health and that there are no special problems associated with participant's physical or mental condition that would enhance the risks of my participation in the activity, that would increase the likelihood of my injury and/or death, or that would interfere with my safety in the activity. I authorize a licensed physician or other medical care provider to carry out any emergency medical care for participant which may be necessary and agree to be fully responsible for any costs associated with such care or transport to such care.

8. I grant the released parties the right of publicity to own and use any image collected of participant while participating in the activity.

9. I agree that any and all claims for loss, injury, and/or death arising from participant's participation in the activity shall be governed by the law of the state of Washington and that exclusive jurisdiction of any such claim shall be in a court of competent jurisdiction in the in the state of Washington, county of Spokane

10. By signing on behalf of a minor or other participant, I represent that I am authorized to sign on participant's behalf and/or I am the parent or legal guardian of the minor participant and acknowledge that participant is bound by all the terms of this agreement. I acknowledge that the activity entails known and unanticipated risks that could result in physical or emotional injury, paralysis, or death to participant as well as damage to property, or to third parties. I understand that such risk cannot be eliminated without jeopardizing the essential qualities of the activity. I assume the risk and financial responsibility for any injury, illness, or liability resulting from participant's participation. I waive any claims and agree to hold harmless and not sue released parties from all claims or liability arising out of participant's participation. I have been made aware of the itinerary and give permission for participant to ride in the vehicle designated by the staff of the city of Spokane park & recreation division while attending or participating in the activity, and I understand this release/ waiver applies with equal weight to any claim arising from riding in a vehicle, including entering or exiting the vehicle. I certify that the participant has no medical or physical conditions that could interfere with his/her safety in this activity, or else I am willing to assume and bear the costs of all risks that may be created, directly or indirectly, by any such condition. In case of emergency involving participant, I understand every effort will be made to contact me. In the event I cannot be reached, I authorize a qualified physician/surgeon selected by city of Spokane personnel to examine and in the event of injury or serious illness administer emergency care to the above-named participant which may include hospitalization, anesthesia, surgery, or injections of medication for participant. I understand every reasonable effort will be made to contact me to explain the nature of the problem prior to any involved treatment. In the event it becomes necessary for city of Spokane parks & recreation staff or volunteers to obtain emergency care for participant, I agree that neither the city of Spokane nor any of its personnel assumes financial liability for expenses incurred because of the accident, injury, or illness.

11. I understand that this agreement will apply for each and every day participant participates in any activity during the applicable operating season. I understand that this agreement is a contract and, to the fullest extent permitted by law, shall be binding on me and my assignees, subrogors, distributors, heirs, next of kin, executors and personal representatives. If any part of this agreement is deemed to be unenforceable, the remaining terms shall be an enforceable contract between the parties.

Photo Release: I give my permission to have my photo taken during activities and understand that such photos may be used for publicity purposes. I hereby consent to receive medical treatment which may be deemed advisable if I am injured or become ill while participating in alpine/adaptive skiing. I hereby certify that I have read this document and I understand its content.

CITY OF SPOKANE PARKS & RECREATION

Therapeutic Recreation Services
808 W. Spokane Falls Blvd
Spokane, Washington 99201-3317

Address Service Requested

PRSRT STD
U.S. Postage
PAID
Spokane, WA
Permit No. 722

VOLUNTEERS

Are needed to Ski with the participants

Volunteer Training Clinics

Alpine – Powderhounds Ski & Snowboard

Dry Land Training
Wednesday, December 6, 2019, 6:00-8:00pm
Location: Corbin Senior Activity Center, 827 W Cleveland

On Snow Clinic
Saturday, December 28 & Sunday, December 29, 2019, 9:00am-4:00pm
Location: Mt. Spokane Lodge 1

Nordic – Blue Waxers

Saturday, December 28, 2019, 9:00am-12:00pm
Location: Mt. Spokane Selkirk Lodge, Nordic Area

Alpine – Adaptive Ski & Snowboard

Dry Land Clinic
Friday, January 3, 2020, 6:00-8:00pm
Location: Corbin Senior Activity Center, 827 W Cleveland

On Snow Clinic
Saturday January 4, 2020, 8:30am-4:00pm
Sunday, January 5, 2020, 9:00am-4:00pm
Location: Mt. Spokane Adaptive Snow Sports Chalet

Please call 625-6245, email to abusch@spokanecity.org or go to website www.spokaneparks.org Therapeutic Recreation Services for registration form and additional information.

TRS SKI DAY

1 day | Ages 18+

Come join us for fun, sun, and hopefully some powder snow at Lookout Pass. This program is for people with developmental disabilities who can ski independently, stay with a group, follow directions, and get along with others. Numbers accepted will be dependent on number of volunteer instructors. This is a great opportunity to experience a new mountain and enjoy a day of recreational skiing. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto. $53

5023 Sat. 2/1 7:30am-5:30pm

Washington Chapter

SPECIAL OLYMPICS WINTER GAMES

Wenatchee, WA
February 28 - March 1, 2020

Powderhounds and Blue Waxers interested in competition, have met the requirements of TRS, and qualified at Regional Games, please read the following. Must have a Special Olympics Application for Participation Form on file with TRS by January 2, 2020. Special Olympics will cover competition costs, hotel, partial transportation and all but two meals.

The Powderhounds will have a qualifying competition at Mt. Spokane on Sunday, January 27, 2020. There will be a required $50 transportation fee payable to Spokane Parks and Recreation. TRS will notify you of class number to enroll once qualified participants are known.

Bring $40.00 on the trip to cover two meals and souvenirs.