



City of Spokane
**PARKS
& RECREATION**

HOURS OF
RIVERSIDE

2025 BLUE WAXERS NORDIC 2025 POWDERHOUNDS ALPINE SKI AND SNOWBOARD

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

In cooperation with Mt. Spokane
Ski & Snowboard Park



Check out our website SpokaneParks.org and register online at SpokaneRec.org

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 for before and after lesson. You can lose almost 50% of your body heat through your head. A thin skull cap liner can be used under helmet for extra warmth.
- 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 if riding the TRS van home. Remember to label all clothes, ski-equipment and bags!
- HELMETS – All instructors and students must wear helmets during program time. Be sure your helmet is less than 5 years old and fits properly.

*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 people. Call 509-625-6245 or email to abusch@spokanecity.org to request an application.



The Program

Last season we successfully combined the adaptive and powderhounds into one program. We loved the flexibility it gave to families and our instructors and we saw improved individualized experiences. The TRS Powderhound course gives people ages 6+ opportunities to experience freedom and control of gliding down the ski slopes. Lessons offered are snowboarding, sit ski (mono & bi), stand up with outriggers (3 & 4 track) for amputee/balance needs as well as stand up (2 track) for those with cognitive, visual or sensory needs.

One-to-one instructor/student ratio with volunteers trained in PSIA methods and therapeutic recreation elements. The Instructors are volunteers from the community and local universities/colleges. Program fees do not accurately reflect actual costs. Persons/ organizations interested in making tax deductible donations thru Spokane Parks Foundation to give student scholarships, buy equipment or fund a new building should contact the TRS supervisor at 509-625-6245.

We hope you will share our admiration and support of the Mt. Spokane Ski & Snowboard Resort, Ski School, and the Mt. Spokane Ski Patrol which have been instrumental to the success of this program. Please be sure to thank the mountain for their amazing support.

Sit Skiing

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 until able to advance skills. Friends and spouses of the participants, who are strong skiers are encouraged to learn by volunteering and going through our training. They will be required to purchase a regular lift ticket. If want to be on the slope watching the lesson a discounted lift ticket is available for purchase. **Please note we will not be able to accommodate skiers over 240 lbs. or are unable to fit in the frame of the sit ski.**

Snowboarding

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



Stand-up Skiing

Standing skiers may use two- (standard skis, boots, and poles), three-, or four-track skiing techniques. These techniques often use outriggers for balance or be attached to a tetherline controlled by the instructor. These methods can accomodate participants with balance difficulties, amputations, hearing and visual impairments and developmental disabilities.

Lessons Update

Lessons occur Saturday mornings from 9-11:30am or afternoon 12:30-3pm. Locations for lessons are the yurt at Lodge 1 and the Snowsports Chalet at Lodge 2. Fee includes equipment, lift ticket and instruction. If participant enrolls in 4+ lessons a season pass will be made available due to our amazing partnership with Mt. Spokane Ski & Snowboard Resort.

Calendar

Ski Season – Saturdays, Jan 18 through Mar 1, 2025
 No skiing at Mt. Spokane on Feb 8
 Powderhounds Cup March 8

Fees

\$75.00 per lesson includes lift ticket, equipment and instruction. With an enrollment of 4+ lessons a season pass will be included.

Transportation

Transportation is available only to those taking the AM Lessons. Each day is \$20. CAREPROVIDERS/ PARENTS/STUDENTS – Please be aware that if the roads are clear the van may arrive back as much as fifteen minutes early and if road conditions make for slow travel, the van 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 Park Operations. 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 Park Operations as transportation site.

If you are not taking our transportation, please meet at designated lesson area no earlier than 15 minutes prior to start of lesson. Student needs to be as ready as possible to be outside as our indoor facilities are available on a very limited basis.

The van will leave:

Park Operations, 2304 E. Mallon Ave 7:45am
 Yokes, 14202 N. Market St. 8:15am

The van will return:

Yokes, 14202 N. Market St. 1:30pm
 Park Operations, 2304 E. Mallon Ave 2:00pm

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.

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. Nordic skiing provides fresh air, exercise, making new friends and having fun. Class size will be limited by the number of volunteer instructors.



Calendar

Ski Season – Saturdays, Jan 11 through March 1, 2025 Selkirk Lodge, Mt Spokane Nordic Area No ski Feb 1. Feb 2 Langlauf Race – see below.

Time

9:00am - Noon

Fees

- \$199.00 Lessons, transportation and equipment (if needed) \$145.00 Lessons and equipment

Transportation

The TRS Van will leave:

Park Operations, 2304 E. Mallon Ave 7:30am Yokes, 14202 N. Market St. 8:00am

The TRS Van return:

Yokes, 14202 N. Market St. 1:00pm Park Operations, 2304 E. Mallon Ave 1:30pm

Volunteer Clinic

Volunteer training clinic is Saturday, January 4, 2025, 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.

Blue Waxer Highlight Kevin Vandeventer



Kevin has been skiing with the Blue Waxers for 30 years. He competes annually in the Langlauf 10k race. While competing in Special Olympics, Kevin qualified for World Games at both Anchorage and Sun Valley. When not skiing, Kevin works at GU, volunteers at Second Harvest and hits the gym.

Kevin is a positive asset to our program and adapts to changes well.



Powderhounds Highlight

The Alpine Haus does a demo day at Mt. Spokane each year and has graciously donated the proceeds to the Powderhounds. We are very grateful for this terrific partnership.



Langlauf Community Nordic Race February 2, 2025 • Mt. Spokane Nordic Area

Each skier must pre-register and pay for this event on their own. If you would like to mail in your registration, you must go to www.spokanelanglauf.org and print a registration form. Mail in registrations MUST be postmarked by Saturday 1/18/2025.

Langlauf 10K Cross Country Ski Race www.skisignup.com/Race/Events/WA/Mead/spokanelanglauf

TRS will provide supervision and transportation. Times and locations to be provided upon notification of registration for event.



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 240 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:

What other sports do you participate in? _____

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 ____



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

Lessons — Includes lift ticket, instruction and equipment if needed. **\$75 Per Lesson**

Sat. 9:00-11:30am

- 17547 1/18
- 17548 1/25
- 17549 2/1
- 17550 2/15
- 17551 2/22
- 17552 3/1

Sat. 12:30-3:00pm

- 17558 1/18
- 17557 1/25
- 17556 2/1
- 17555 2/15
- 17554 2/22
- 17553 3/1

Rental Equipment Needed

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

There is a 240 lb. weight limit for all adaptive sit skiers.

TRANSPORTATION - PLEASE CHECK ALL BOXES THAT APPLY

Transportation is only available to those taking AM Lessons. Participant must be independent in loading their equipment and responsible for personal items. Must require little supervision. Wheelchair spots are limited.

Van Pick Up Locations — **\$20 Per Day**

- Park Operations, 2304 E. Mallon Ave (Paratransit use location)
- Yokes, 14202 N. Market St.

The TRS Van will leave:

Park Operations, 2304 E. Mallon Ave 7:45am
 Yokes, 14202 N. Market St. 8:15am

The TRS Van return:

Yokes, 14202 N. Market St. 1:30pm
 Park Operations, 2304 E. Mallon Ave 2:00pm

Sat.

- 17619 1/18
- 17620 1/25
- 17622 2/1
- 17623 2/15
- 17625 2/22
- 17626 3/1

BLUE WAXERS NORDIC - PLEASE CHECK ALL BOXES THAT APPLY

- 17503 Sat 1/11-3/1* 7:30am - 1:30pm Includes Lessons, Transportation & Equipment Rental (if needed) .. **\$199**
 - 17542 Sat 1/11-3/1* 9:00am - 12:00pm Includes Lessons & Equipment Rental (No transportation) **\$145**
- *No ski 2/1**

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: \$ _____

If interested in applying for scholarship please contact Alice at abusch@spokanecity.org or call 509.625.6245 for more information.

DDA will send funds. <input type="checkbox"/> Yes <input type="checkbox"/> 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.



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

Address Service Requested

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

VOLUNTEERS Direct registration go to spokanerec.org. Type in Ski Volunteer under Filter section. Registrations and additional information can also be found at spokaneparks.org.

2025 VOLUNTEER TRAINING CLINICS

ALL NEW Instructor Meeting for Powderhounds and Blue Waxers

Tuesday December 3rd from 6pm-7:30pm
@ Park Operations, 2304 E. Mallon Ave.

Blue Waxers

17544 – \$10

Nordic Snow – Sat. Jan 4, 2025 9am-12pm,
@ Selkirk Lodge – **MUST have Sno-Park Permit**

Powderhounds – New Instructors

17628 – \$55

Dryland Training: Fri. 1/10 6-8:30pm
Park Operations, 2304 E. Mallon Ave.

On Snow Training: Sat. 1/11 8:30am-4pm **and** Sun. 1/12 8:30am-4pm, Mt. Spokane Ski & Snowboard Resort

Powderhounds – Returning Instructors

17546 – w/o Pass \$55

17627 – w/Pass \$35

Dryland Training: Fri. 1/3 6-8:30pm
Park Operations, 2304 E. Mallon Ave.

On Snow Training: Sat. 1/4 8:30am-1pm **or** 1:30pm-6pm,
and Sun. 1/5 8:30am-4pm
Mt. Spokane Ski & Snowboard Resort

5TH ANNUAL POWDERHOUNDS CUP

Saturday March 8, 2025 9am-2pm

Celebrate the end of the season by participating in the annual Powderhounds Cup. Mt. Spokane staff and MSSRA will set up a course on Chair 5 & 3. All who are able and want to race can do. This is an extra day outside of our 6-week lesson program. There is no extra fee. After racing we will enjoy music, food, and prizes.

2024 Powderhounds Cup was a big success due to MSSRA, MT Spokane Staff and all our sponsors.

Alloe & Appa
Alpine Haus
Berriochoa Family
Christy Family
Luke Gottschalk
Daniel Gould

Knights of Columbus
McCoy Family
Chris McLaughlin
Brandon Olson Family
Guy & Linda Parkin

Pawpular Companions
Boutique
Pilgrim Family
Sleep Dentistry
Tucker Family
Wintersteen Family

If interested in sponsoring this year, please let Alice know.

