



COMMON ACKNOWLEDGEMENT OF SAFETY

Shared Ski Adventures include adventurous and exhilarating outdoor activities.

The natural & man-made elements and equipment a part of Shared Ski Adventures (SSA) result in inherent risks of participation. Common to all ski and snowboard experiences these risks can result in serious or fatal injury. To ensure safety of your participant and yourself the SSA "SMART Code" is a great tool to reference when instructing skiing and/or snowboarding

S - Skier first

- Use students strengths and build from there
- It is your skier's/boarder's lesson, you are the passenger
- Safety: Focus is always be on student's safety

M - Make a plan

- For every lesson, run and movement
- ALWAYS communicate with your student

A - Adaptability

- Understand individual needs change and be flexible
- Equipment is to help learn skills not replace them

R - Respect

- Student needs and goals are the priority over instructor's ambitions
- The focus is abilities NOT disabilities

T - Take it Easy

- Have fun together! No pressure, just support

In the case of an emergency (Student and Instructor)

1. Stay with the individual who needs care
2. Make sure your student is safe & supervised
3. Notify Ski Patrol *Immediately*
4. Notify an SSA Coordinator ASAP so they can notify parent/caregiver/emergency contact
5. An accident report will need to be filled out once everyone is safe or in good hands
6. Follow up with SSA Coordinator (~~Mike Zappa~~) in case of any post incident needs

Nathalie Ventura

Specific Equipment Safety

Sit Ski Safety

- ALWAYS...
 - Ski within your ability *and* participants comfort
 - Ensure you as an instructor are tethered (attached) to the sit ski when assisting a skier.
 - Check pin, bindings, straps and belt after each run
 - Communicate with your fellow instructors (transfers, lifts, safety and terrain)
 - Check often that the student is not too cold, your student in the sit ski will get cold much sooner than you
 - Sit Skis are not to go on terrain above a **blue** **WITHOUT APPROVAL FROM AN SSA COORDINATOR**. This is in the best interest of the students' comfort and safety.

Slider Safety

- Sliders are used to make large and wide turns and therefore should be used on wide terrain
- Sliders are **ONLY** to be used on **green** terrain

**THINK
SAFE!**

As a volunteer instructor for the Shared Ski Adventures program I recognize, respect and uphold the stated best safety practices communicated in the Common Acknowledgement of Safety . I understand as a volunteer instructor I need to use all the safety practices in all my lessons. If I have any questions or concerns I will contact a SSA Coordinator.

Sign: _____

Date: _____

Print Name: _____