

Participant FAQ:

LESSONS

- Please arrive 10 minutes prior to all lesson times.
- If you are bringing a ski buddy and they are proficient skiers, they may accompany participants on lessons starting Wednesday.
- If you wish to participate in Nordic/Biathlon, Curling, Ice Skating, or Sled Hockey please contact Ryan Semke (rsemke@dsusa.org) to add those to your registration.

EQUIPMENT

- If you brought your own equipment, bring to learn-to room (Conference Room 17). Label and place equipment on designated racks.
- If you need stand up equipment, head to the ski shop and pick up your discounted rentals. The ski shop will label your equipment. Please take your equipment to the learn-to room to the designated area.
- If you need sit-down equipment you will be fitted when you first head outside for your lesson, adaptive equipment is provided to you.
- You **MUST** wear a helmet during ALL on-snow lessons– please bring your own or rent at the ski shop.

HEALTH AND SAFETY

- Disabled Sports USA requires that you **WEAR A HELMET** at all times while participating in sports activities.
- **DRINK PLENTY OF WATER!** At 9,600 feet above altitude, altitude sickness is common and can be prevented with proper hydration and avoidance of alcohol.
- If you are sick or injured during a lesson, on-site doctors are available during the day, locate a Disabled Sports USA staff member to coordinate medical attention.
- If urgent care is required outside of lesson times, dial 911 or contact St. Anthony Summit Medical Center (970.668.3300, 340 Peak One Dr, Frisco, CO 80443).

MEALS

- **Lunch** is served every day by the equipment truck at noon
- **Breakfast & Dinner** will be on your own (there are restaurants within the resort or you're welcome to explore the town of Breckenridge)
- **Banquet Tickets** are available for purchase in conference room 8
 - **Opening Banquet:** Tuesday, December 5
 - **Closing Banquet:** Saturday, December 9

THEME NIGHTS

- **Casino Night:** Wednesday, December 6. By making a donation to Disabled Sports USA you can try your luck at the various poker games. At the end of the night, cash in your chips for a chance to win prizes!

Lesson Procedures

Upon arrival

- December 4, 2017: Proceed to the third floor of Beaver Run Resort, Conference Rooms 1-3 to check between the hours of 1:00—6:00pm.
 - December 5-9, 2017: Check in is in Conference Room 8 from 7:30am-10:00am & 12:00pm—2:00pm.
 - If you brought your own equipment, bring to learn-to room (Conference Room 17). Label and place equipment on designated racks
 - If you need stand up equipment, head to the ski shop and pick up your rentals. The ski shop will label your equipment. Please take your equipment to the learn-to room to the designated area.
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Lesson days

- Pre-paid lift tickets will need to be claimed when you check in for the event. You will need to initial your receipt and be responsible for your tickets.
 - If you did not pre pay for lift tickets, you will receive a coupon for discounted lift tickets that you will take to the lift ticket window for purchase.
 - The Vail Adaptive Pass is another lift ticket option, please visit our website www.skispec.org/lift-tickets for more information
 - Arrive in learn-to ski room 10 minutes prior to lesson time with gear (hat, gloves, jacket, etc.) in hand
 - If you are unable to make your lesson for any reason (sickness, injury, etc.) please contact Ryan Semke
 - Find a seat near your equipment rack, and let DSUSA staff know you are ready to head out
 - DSUSA staff will find your instructor and introduce you
 - Do not make arrangements with your instructor to meet elsewhere
 - If you need sit-down equipment you will be fitted when you first head outside
 - Return to the learn-to room when your lesson is over
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Final lesson

- Return all equipment
 - Return all sit-down equipment, outriggers and other adaptive equipment to the equipment truck
 - All helmets and rented stand-up equipment must go to the ski shop.
- Remove any personal items from the learn-to room no later than 4:00 PM on Saturday
- Please assist us with discarding any trash/recyclables you have brought into the room during the week

