



# ADAPTIVE SKI & SNOWBOARD

## PROGRAM

### General Information

The Gaylord Sports Association Ski & Snowboard program provides adaptive athletes the opportunity to learn and practice skiing and snowboarding with adaptive ski and snowboard coaches during scheduled outings throughout the winter. This program is a great opportunity to try the sport, return to the sport after an injury or to develop your skills. We hope to see you on the slopes this winter!

### Ski & Snowboard Program Includes:

- Six outings will be held during the winter season
- All outings are located at Ski Sundown in New Hartford, CT
- Outings are offered on Thursdays and Saturdays
- Each lesson includes:
  - o 2.5 hour individualized lesson
  - o Adaptive or standard equipment rental
  - o Lift ticket
- Transportation from Gaylord (optional)
- The cost for each lesson is \$50
- This program is offered in partnership with [SUMMIT Adaptive Sports](#) who provides the lessons, equipment and specially trained instructors.

### 2025 Dates & Times

<b>Thursday, January 9</b>	3:00 p.m.-5:30 p.m.
<b>Saturday, January 18</b>	1:00 p.m.-3:30 p.m.
<b>Saturday, February 1</b>	1:00 p.m.-3:30 p.m.
<b>Thursday, February 6</b>	5:30 p.m.-8:00 p.m.
<b>Saturday, February 15</b>	1:00 p.m.-3:30 p.m.
<b>Thursday, February 27</b>	3:00 p.m.-5:30 p.m.

[www.gaylord.org/skiclub](http://www.gaylord.org/skiclub)

## Gaylord Sports Association Adaptive Ski & Snowboard Program Information

This information packet includes all of the information you will need to learn about and join the Gaylord Sports Association Ski & Snowboard Program. Please be sure to read all the guidelines so that you are familiar with our procedures and safety regulations. We look forward to seeing you on the slopes!

**WHO CAN PARTICIPATE:** Individuals ages 16 and up with a permanent physical disability or visual impairment, including veterans.

**TO JOIN:** Please read through this packet and complete forms for both the Gaylord Sports Association and SUMMIT Adaptive Sports. All participants are also required to submit a doctor's note each season. The last page of this packet includes detailed information on the registration process and links to the online forms and waivers.

**LESSONS:** Each lesson includes a 2.5 hour individualized lesson, specialized and/or standard ski and snowboard equipment rental and a lift ticket. Your instructor will meet you at the start of the lesson time and will assist you with getting fitted to ski/snowboard equipment. You will have an opportunity to discuss your goals, your individual needs and review the lesson plan with your coach before getting started. The SUMMIT Adaptive ski and snowboard coaches have been extensively trained and certified to work with all disabilities and how to adapt to learning styles. Each lesson will have a lead instructor and assistant instructors if needed.

**LESSON RESERVATIONS:** When you complete the Gaylord Ski & Snowboard form, you will be able to select the trips you are available to attend. (This gives us your availability but does not guarantee we can accommodate you on all trips). We will confirm your first lesson date once we receive all your registration forms, doctor's note and payment. Once you have participated in your first outing, you may reserve your next lesson date by calling or emailing the Gaylord Sports Association. If a trip is full, we will put you on a waiting list. This process will allow everyone a chance to ski with us this season! *Please note, you are not fully registered until all paperwork and payment has been received.*

**TRANSPORTATION:** Participants may reserve a seat in the Gaylord bus or meet us at the mountain. Space is limited and priority will go to participants who cannot drive themselves. If participants would like to meet at Gaylord, they can also follow the trip leader in a personal vehicle.

**TRIP CONFIRMATIONS:** We will email and call you a week prior to the trip to confirm your attendance. Please confirm with us at that time to let us know that you still plan to attend.

**MEETING TIMES:** If you are taking the Gaylord bus, we will leave approximately 2 hours before the lesson start time to allow for driving time (about 1 hour) and time to change and/or eat before the lesson. We will provide the meeting time when you receive the trip confirmation email about one week prior to the outing. If you are meeting us at the mountain, please arrive at least 30 minutes early to change and be ready for the lesson. Please check in with a Sports Association staff member to receive your lift ticket and meet your instructor.

**PARKING:** Accessible parking spaces are located near the main entry bridge. Please allow extra time to park, especially on the weekends. If you need assistance, please call the Sports Association cell phone at (203) 284-2772.

**MEETING LOCATION:** The Gaylord Sports Association trip staff will meet you in the main lodge. The accessible entrance to the lodge is past the ticket window and through the double doors entrance from the mountain side of the lodge. Once you arrive, please check in with the Sports Association staff member so we can provide you with your ticket and assist you in meeting up with your coach. Once you are ready, you may proceed to the rental area to either pick up your standard rental equipment, or to proceed through rentals to the SUMMIT adaptive building to meet your coach (exit onto the ramp down to the deck just outside the SUMMIT adaptive equipment building).

**COMPANION TICKETS:** Guests are welcome to ski with the participant during the lesson with the purchase of a companion ticket. Companion tickets are \$35 for a weekday and \$45 on weekends which is paid directly to the mountain on the day of the lesson. Rental equipment is not included in this fee. If guests would like to ski independently of the lesson, they are responsible for purchasing a regular lift ticket, rentals and/or lessons through the mountain. Rates are available on mountain website at [skisundown.com](http://skisundown.com).

**SAFETY:** All participants are required to wear a ski helmet and stay with their ski instructors. All participants must notify their instructor and Sports Association staff if an incident occurs. We strive for a successful and positive experience. Please be sure to tell us about your experience.

**WEIGHT LIMIT (For sit skiers only):** Ski Sundown has a weight limit for sit-ski equipment usage of 180 pounds.

**ADDITIONAL ASSISTANCE:** The Sports Association staff asks you to bring a companion if personal assistance or care is required during the trip. Personal care is not provided. Minors must be accompanied by a legal guardian. Sports Association staff are not certified to administer medications or help with personal care needs. Participants must be able to manage their own medical needs.

**DOCTOR'S NOTE:** A NEW doctor's note is required each year. All skiers must obtain a note from your doctor stating medical clearance to participate and or any medical changes. If you have a history of seizures, a seizure action plan may be requested. Doctor's notes may be hand delivered, emailed or faxed (203) 294-8717 (Attn: Sports Association).

**WHAT TO BRING:**

- Thermal top and bottom
- Warm top layer
- Winter ski jacket
- Waterproof / Insulated pants
- Waterproof gloves or mittens
- Tall socks, wool or synthetic blend, NO cotton
- Hat that covers your ears for under helmet
- Neck gaiter or balaclava
- For Sit-Skiers - Warm waterproof boots
- Ski Goggles for eye protection
- Ski Helmet (use of a ski helmet is required for participation. A helmet may be borrowed if needed).
- Personal ski or snowboard equipment (optional, all equipment is provided as part of your lesson)

**ILLNESS/COVID-19 POLICY:** All participants are expected to follow our criteria for participation guidelines and refrain from participating if experiencing any cold, flu or COVID-19 symptoms and/or have tested positive within 7 days of your lesson. Symptoms include: Fever, cough, shortness of breath, loss sense of smell or taste, sore throat, nausea/vomiting/diarrhea. Please contact us to cancel or reschedule your lesson. Our full COVID Policy can be viewed on our webpage.

**CANCELLATION POLICY:** If you are no longer able to attend the lesson, please let us know as soon as possible by calling us at 203-284-2772 or emailing sports@gaylord.org. If you need to cancel on the day of the event, please call the Sports Association cell phone at 203-671-8122. We often have a waiting list and notification of your cancellation as soon as possible may allow another person to participate. If you cancel at least one week prior to the event (7 days), your fee may be reimbursed or applied to the next available outing. **If a cancellation is less than 1 week prior to the event, the fee is non-refundable.** If a participant does not alert the Sports Association of a cancellation and does not attend the event, they may be placed on the waitlist for the next lesson they would like to attend.

**LESSON CANCELLATIONS:** In the event that the ski outing or a lesson is cancelled, participants will be notified by phone and/or email as soon as possible (typically the day before or morning of the lesson). Cancellations may occur due to inclement weather, low registration or unforeseen circumstances. Please respond to the cancellation call or email as soon as possible to verify receiving the call and confirm that you know the event is cancelled. If a trip is cancelled, there will not be a make-up trip. You may apply your fee to another ski trip, or your fee will be refunded.

## Registration

Please complete the following online forms and requirements. Links for these forms are available at [www.gaylord.org/skiclub](http://www.gaylord.org/skiclub).

- [Sports Association Member Profile](#) (Online Form)
- [Sports Association Ski Registration Form](#) (Online Form) followed by the Gaylord Sports Association Waiver. You will be provided with a link to the waiver after you submit this form. Please sign #1 (liability waiver) and #2 (optional media waiver)
- [Ski Sundown and SUMMIT Adaptive Waivers \( 3 online waiver forms\)](#)
- Doctor's Note (note from your doctor, can be mailed, emailed or faxed to us)  
[sports@gaylord.org](mailto:sports@gaylord.org) or FAX 203-294-8717  
View sample note at [www.gaylord.org/skiclub](http://www.gaylord.org/skiclub)

## Payment

The cost per skier, per lesson is \$50.00. **Please pay for ONE lesson at a time AFTER you receive a confirmation email/call that you are registered.**

Payment may be made online at: [www.gaylord.org/sportspay](http://www.gaylord.org/sportspay). Please indicate the date of the outing you are paying for in the payment form. Additional payments can be made after you receive confirmation from the Sports Association that you are scheduled for your next lesson.

For payment by check, please make check payable to Gaylord Hospital, Inc.; Please write in memo section: Sports Association Ski/Snowboard Trip and date of trip. Checks may be mailed to: Gaylord Hospital, Attn: Sports Association, 50 Gaylord Farm Rd., Wallingford, CT 06492.

**Refunds:** If a participant cancels less than 7 days prior to lesson, we will not be able to provide a refund unless there are extenuating circumstances.

## Contact Information

For reservations or questions, call the Sports Association at (203) 284-2772 or email us at [sports@gaylord.org](mailto:sports@gaylord.org). If you need to reach us during a ski club trip, please call our cellular phone at (203) 671-8122. For more information on the Sports Association, visit [www.gaylord.org/sports](http://www.gaylord.org/sports). To learn more about Summit Adaptive, please visit: [www.summitadaptive.org](http://www.summitadaptive.org)

## About the Gaylord Sports Association

The Gaylord Sports Association is dedicated to improving the lives of people with a physical disability or visual impairment through adaptive sports and recreation. We serve individuals ages 16 and up and offer 16 different sports throughout the year, both recreational and competitive. We are part of Gaylord Specialty Healthcare, a rehabilitation focused, nonprofit health system that provides inpatient, outpatient, and physical therapy services for people at every point in their journey from illness or injury to maximum recovery.