



The Sky Tavern Adaptive Sports Center (STASC) provides skiing and snowboarding lessons for Children with disabilities and other special needs. We Provide Adaptive Skiing and Snowboarding lessons at Sky Tavern Sky Resort. We view skiing and snowboarding as sports that can, and should be, enjoyed by all!

SKY TAVERN ADAPTIVE SKI AND SNOWBOARDING PROGRAM

The Adaptive ski/boarding season is from January to March.

You must submit an on-line registration form on the Sky Tavern web page prior to the season opening. Once this is complete, we will send you a link to access the additional forms for completion prior to season opening. Upon submission, we will notify members of required meetings and assessments as needed.

STASC is committed to providing a quality outdoor experience to children of all abilities. Within this framework, there are physical and legal guidelines that STASC must follow to ensure the best experience for its students while remaining within the “standards of the industry.” The following guidelines are presented as an aid in determining the appropriateness of a prospective STASC student. These general enrollment guidelines include the following items but are not limited to only these items.

Parents of prospective students interested in STASC programs must consider that our program will challenge students to achieve their best results. Challenges will be presented because the program is understood to contain elements of unpredictability and require effort. It does not translate into ease and comfort at every turn. The program will be challenging both physically and mentally while remaining true to STASC’s stated values as an organization including but not limited to Safety, one of our highest priorities, and a commitment to Challenge by Choice.

Age:

Participants must be 6 -14 years of age. Please contact the Program Manager to discuss exceptions should the student be outside this range.

Medication:

STASC does not administer medication to its students. Prospective students requiring help with their medications must provide a care provider or parent who will be responsible for the student’s medication.

Personal Care:

Potential students of STASC's program must be able to perform the following tasks or be accompanied by a personal care provider (supplied by the student): Dress and eat without assistance, perform all aspects of personal hygiene (toileting, meds, washing, teeth, etc.). Note: A "personal care provider" is defined as a person who accompanies a student on the program and assists the student with all necessary daily living skills.

Mobility:

Students have varying levels of challenge and commitment; therefore, program planning will take into consideration aspects such as mobility and fatigue challenges on an individual level.

Behavior:

STASC requires that all students be voluntarily involved in our programs. Parents of students who exhibit self-destructive or abusive behaviors, sexual overtures or contact, violence, profanity, a consistent unwillingness to participate in activities should carefully consider the appropriateness of the STASC program. All students must be willing and able to follow directions. Those requiring constant supervision must be accompanied by a parent or personal care provider, at their cost. The STASC reserves the right to screen all applicants for their appropriateness on our programs.

Safety:

All participants are required to wear a helmet.

Participants who have had significant seizure activity in the past year and will be riding the chair lift must wear a body harness.

For the safety of student and volunteers, there is a 100 pound weight limit for sit-skiers who must be lifted onto the chair lift.

Sky Tavern Adaptive Center **reserves the right to deny acceptance to the program for medical, safety or behavioral reasons.**

Lesson Expectations:

Adaptive lessons are available Saturday and Sunday. **Please note that due to the limited number of volunteer instructors, and equipment, lessons will be limited to 10 students per day.**

Lessons begin and end inside the STASC Room Located on the ground floor across from equipment rental & repair shop unless other arrangements are made.

- Caregivers and/or parents are to accompany their child to the STASC room and to both sign in at 8:30 am. Please remain with student until lessons begin.
- Please note that depending on equipment required, instructors will spend a portion of the first lesson assessing the student, ensuring they are appropriately dressed for the weather/safety (gloves, helmet, goggles, neck warmer, boots etc.) and that their equipment is correctly adjusted.
- Lessons are provided by trained volunteer Instructors and parents and are available ***depending on instructor availability.***
- **All Parents of students are required to volunteer a minimum of 2 hours of service in the adaptive program during their child's lesson. Parents will be assigned duties as office help, room supervisors, instructor assistants or instructors once parent abilities are assessed. We rely on parent participation to make the the program run. Without parent support we we cannot provide a positive, quality driven experience for our students.**
- Morning session: 9:30 – 11:30 am.

Lesson Types:

We invite and encourage Children of all skill levels and abilities to come take a lesson with us. We can accommodate just about anyone with any disability through our specialized teaching techniques and adaptive equipment.

We utilize each person's individual abilities to help them experience the greatest amount of independence they can in recreation. The following snow sports lesson types are different methods that can be used to assist participants in gaining such independence.

SNOWBOARD (Age: 6+ | Weight Limit: None)

Snowboarding is standing with one's feet strapped onto one board in a surfing position. Snowboarding is for students with a wide range of disabilities. Adaptive equipment and teaching techniques are utilized to help students with balance, coordination, motor control, sequencing, communication, and processing challenges to achieve independence in snowboarding.

TWO-TRACK (Age: 6+ | Weight Limit: None)

Two-tracking is stand up skiing on two skis, therefore making two tracks in the snow. Stand-up skiing is for students with a wide range of disabilities. Adaptive equipment and teaching techniques are utilized to help students with balance, coordination, motor control, sequencing, communication, and processing challenges to achieve independence in stand-up skiing.

THREE-TRACK (Age: 6+ | Weight Limit: None)

Three-tracking is skiing with one leg on a ski and a hand-held outrigger in each hand, therefore making three tracks in the snow. The outriggers assist in balance, stability, and turning while skiing. Instruction is designed to allow for independent skiing on one leg.

FOUR-TRACK AND SLIDER (Age: 6+ | Weight Limit: None)

Four-track and slider consists of skiing on two skis and either outriggers in both hands or a slider (walker on skis), therefore creating four tracks in the snow. The outriggers and slider assist in balance, stability, and turning while skiing.

BLIND/LOW VISION (Age: 6+ | Weight Limit: None)

Blind or low vision skiing or snowboarding adapts skiing and snowboarding with verbal, physical, and other cues to ski or snowboard in a safe and supportive environment. Participants may utilize a variety of adaptive equipment.

MONO-SKI (Age: 10+ recommended | Weight limit: 100 lbs*)

The mono-ski is a seat that is mounted on one ski. The skier uses hand-held outriggers to make turns, stop, and load/unload the chairlift.

****For the safety of the participant and instructor, a bi-skier must weigh no more than 100 lbs.**

BI-SKI (Age: 6+ | Weight Limit: 100 lbs**)

The bi-ski is a seat that is mounted on two skis and is a more stable sit-ski than the mono-ski. While it can be skied independently, an instructor may tether from behind to assist with turning and speed control based on the needs of each participant.

****For the safety of the participant and instructor, a bi-skier must weigh no more than 100 lbs.**