



ADAPTIVE OUTDOOR EDUCATION CENTER

HORIZONS SKI PROGRAM at NEW HERMON MOUNTAIN

Updated Policies and Procedures 2020/2021

Please note, we are working with Hermon Mountain for best operations practices for the 2020/2021 season. The policies and procedures below are subject to change. In the instance of any program modifications, registered skiers will be notified as soon as possible.

WHO IS THIS PROGRAM FOR?

Skiers of all ages and abilities. We utilize adaptive equipment such as sit skis, outriggers, and tethers as needed. Ski instructors are trained in skills from blind guiding and utilizing strategies and equipment for physical/mobility needs to working with individuals on the autism spectrum and/or people with varying developmental abilities.

We do not ask for proof of diagnosis.

We welcome all levels of skiers, from those who have never skied to accomplished skiers.

PROGRAM DETAILS

The Horizons Ski Program provides 1:1 (1:2 or 1:3 - depending on skier needs) volunteer ski buddy support for the skier from the moment they arrive, until the ski session is over. A ski buddy works with the skier to determine their goals and assist with getting ready for the slopes or gathering rental equipment. A ski buddy holds an instructor role and will work with the skier to reach his/her goals as well as have a good time!

We have created a social story for this program. Please [check it out here](#) before your first ski session.

PROGRAM DATES / TIMES / PRICING

The Horizons Ski Program is available on Tuesday evenings beginning January 12th and ending March 23rd (weather depending) with February 16th being excluded.

There is a \$25 registration fee for the program, which includes **two ski sessions**. If available, additional sessions can be added for \$10/each. *

**If additional sessions become available throughout the season, we will reach out to our participants to fill these slots.*

All sessions are 1hr 30min and are offered every half-hour on Tuesday evenings:

Session A: 3:00pm - 4:30pm / 3:30pm - 5:00pm

Session B: 4:00pm - 5:30pm / 4:30pm - 6:00pm

Session C: 5:00pm - 6:30pm / 5:30 - 7:00pm

WHAT TO EXPECT

Although we are waiting on operational updates from Hermon mountain, the following plans are in place to ensure a safe and successful 2020/2021 ski season.

- To avoid the gathering of groups, **please plan to arrive to the check-in area dressed and ready to ski**. If the skier is renting, gear will be ready for them at the check-in area upon their arrival.
- As much as weather and temperature permits, we will remain outdoors for the duration of your session. If a warm-up break is necessary, we will do so in the designated spaces by Hermon Mountain that are socially distanced. **Masks / face coverings are required in the warm-up stations and while inside.*
 - It is helpful for skiers to bring a backpack to leave at the check-in area with extra warm layers, socks, gloves, and food/water.
- If the skier may require transfer assistance, we please ask that a family member be prepared to complete all/any transfers to and from the sit ski.

THANK YOU!

If you have any questions, please call/text Brina at 207-939-1113 or email activitiesAOEC@gmail.com

Please visit www.adaptiveoutdoorededucationcenter.org/newhermon to register for the Horizons Ski Program.