

Dear Parents & Students,

Thank you for taking an interest in Ski Club at Lewistown Junior High School. We've planned our first trip for Saturday, January 18th, 2020. This is later than we have typically started Ski Club in the past, but we did run into some issues with the new (and now back to old) rental system at Showdown. We hope to have many injury-free days of fun in between.

Jack Baldwin will be running the LJHS club again this year. After a brief description of the club, we'll provide information specific to how the club will work.

If you are new to the club, here's how it works. Your \$35 membership pays for the bus trips to Showdown. Pay your membership **dues by January 17<sup>th</sup>, 2020**, as well as for your lift ticket, rentals, and/or lessons for the trip on the 18<sup>th</sup> (rates are listed later in the handbook). You may go on as many of the trips as you like. After the first trip, for all following trips LJHS students are asked to sign up and pay by the Wednesday before each trip. When signing up, you indicate if you need a lift ticket, rental equipment and/or a lesson. **If you need to purchase any of these, you will have to pay each trip. I will collect the money on the Friday before each trip at 8:00 a.m., but we are asking you to please pay by the Wednesday before each trip. Make checks payable to Lewistown Junior High Ski Club.** When we arrive at Showdown, the advisor will hand out lift tickets and students who rent may pick up their gear. **Remember, students who have any type of ski pass still need to sign up for the bus. Sign up and pay the Wednesday before a trip with Sara Peterson.** A list will be posted at the front desk the week before a trip for students to sign up for what they need. Payments can also be made online through Infinite Campus. Contact Sara Peterson if you wish to make payments online.

As always, we recommend that you talk to your child about safety for skiing and snowboarding. **All new students to the club must take a lesson, and we encourage students to take lessons each year to refresh their skills. We also strongly recommend helmets.**

Please feel free to call with any questions at any time. Mr. Baldwin may be reached during the school day at **406-366-1585** or after hours at **360-430-4360**. You may also reach me by email at [jack.baldwin@lewistown.k12.mt.us](mailto:jack.baldwin@lewistown.k12.mt.us). If the roads are closed or the weather goes below zero and we have to cancel a trip ahead of time, we'll call to let you know as soon as possible.

**Thank You,**  
Jack Baldwin  
Ski Club Advisor

## **I. INTRODUCTION**

Welcome to the Ski Club and welcome to the life-long sport of skiing and/or snowboarding! It is our hope that you will enjoy the excitement and thrill of this great sport here in Montana. Skiing, however, can be dangerous if proper precautions are not taken. The rules and guidelines established for our Ski Club are intended to insure the safety and protection of each member. Have a safe and enjoyable ski season.

## **PURPOSE OF THE CLUB**

- A.** The club is open to all students of the Lewistown Junior High School. Parents are welcome and encouraged to come also. They will get the same discounted prices for lift tickets, rentals, etc. as the students. Additional voices of reason are always welcome. However, sometimes space is limited on the bus. When there is a full bus, we may have to limit the number of parents.
- B.** The club is organized for providing all interested students the opportunity to participate in the lifelong sport of skiing.
- C.** The club assesses dues to pay for their transportation on ski trips. This is a \$35.00 non-refundable fee to all members.
- D.** Skiing and Snowboarding are FUN! They are one of the few sports where anyone of any skill level can have fun. Don't let your friend's skill or experience intimidate you – just try it – it's a blast!
- E.** If you are in sports and other activities, you may still find it worthwhile to join Ski Club. Notice the trip schedule dates – this year there are no December trips, and the remainder take place mostly on Saturdays, with one Sunday trip. Trips were planned on these dates based around bus driver availability. Unfortunately some of these dates may overlap with other commitments.

## **II. PERSONNEL OF THE CLUB**

- A.** The Ski Club shall consist of:
  - 1. Any Lewistown Junior High School student interested in skiing or snowboarding.
  - 2. One faculty member and parent serving as sponsors.

### **III. MEETINGS**

- A. Regular meetings of the general membership may be held on Fridays during student lunch hour or during advisory. These meetings will be held as needed but attendance is mandatory. Listen to morning announcements for mandatory meetings.
- B. The advisor shall call additional special meetings when necessary.

### **IV. DISMISSAL FROM THE CLUB MAY RESULT FROM:**

- A. **Any disruptive behavior during club meetings.**
  - 1. A warning will be given for the 1<sup>st</sup> offense.
  - 2. Membership termination will result from the 2<sup>nd</sup> offense.
  - 3. Severe behavior may result in termination upon the 1<sup>st</sup> offense.
- B. **Any disruptive bus trip behavior.**
  - 1. A warning will be given for the 1<sup>st</sup> offense.
  - 2. Membership termination will result from the 2<sup>nd</sup> offense.
- C. **The unexcused absence of more than three (3) club meetings.**
- D. **A missed deadline for the return of the handbook policy/insurance release form.**
- E. **A missed deadline for the return of the equipment rental cards.**
- F. **The possession of any illicit materials, tobacco, drugs or alcohol.**
- G. **(SEE THE CHEMICAL POLICY in the LEWISTOWN JUNIOR HIGH PARENT/STUDENT HANDBOOK.)**
- H. **Theft or destruction of any kind to any other person's property.**

### **V. TRANSPORTATION**

School District #1 will provide a bus for all the ski trips the club takes. The Ski Club, through its dues, pays for the fuel the bus uses & the bus driver. If you travel to the hill with the ski bus, you must return with the ski bus.

#### **A. Activity Bus Guidelines**

- 1. Students are to remain in their seats and preferably facing the front of the bus.
- 2. Keep the aisle clear of obstruction. Do not hang over or on the arm rests or the back of the seat. Feet should be on the floor.

3. Each seat is to have members of the same sex. Students are to be segregated by gender into different portions of the bus; i.e., boys in front, girls in back, preferably with advisors in the middle.

4. Refrain from being excessively noisy, keeping the noise level below that which disturbs the driver. Headphones must be used with media players.

5. Remain QUIET in all City Limits and absolutely silent at all railroad crossings.

6. Carry-on items are to be kept to a minimum, (handbags and a blanket are allowed). In case sudden stops or an accident, minimizing potential items flying around will minimize injuries.

7. All large bags must be stored in the baggage compartment. All water containers and hard objects, i.e., team supply boxes, should be stored on the floor or in the baggage compartment. If unsure, check with the driver.

8. All waste materials are to be properly disposed of in a receptacle supplied on the bus.

9. Cold sandwiches, fresh fruit, juice or canned pop, milk in cartons, candy bars, chips and 'fast food' can be consumed on the bus. Food items that are not allowed are; sunflower seeds.

10. When possible, there are to be no students on the bus while it is parked, without being accompanied by a Chaperone or an Advisor. Exceptions may exist for some of the spring sports but for the most part students are to be accompanied by a responsible adult.

***In case of an accident or circumstances where the bus must be evacuated quickly, make every effort to observe the following directions:***

1. Proceed in an orderly manner to the exit nearest your seat, (the bus driver will point them out to you). Leave all personal items and exit the bus through these emergency exits.

2. Move to a safe point, as directed, 100 feet or more away from the bus and gather in one group to make it possible for a check to see if all passengers have been evacuated.

3. Passengers will follow the directions given by the driver or one of the Advisors or Chaperones.

## **B. Showdown Trips**

1. LJHS students sign up at the office. Showdown and the bus barn need an accurate count by Thursday afternoon. Please call the advisor ASAP if you signed up and are unable to attend.
2. **The bus will load at 6:30 a.m. and will depart promptly from the front of the High School at 7:00 a.m.**
  - a. Anyone who is late will be left at home.
  - b. Family emergencies and individual sickness are to be the only exceptions.
3. Arrival at the ski area
  - a. There are different computer generated tickets for your lift &/or equipment needs. If, for any reason, a member has a ticket or tickets that you don't need, or shouldn't have, you must return it to Mr. Baldwin as soon as possible.
  - b. After the tickets and coupons are handed out you may proceed directly to the rental shop for your equipment or to the chair lift.
  - c. If you are taking a lesson, proceed to the ski school area below the lodge (near the magic carpet) after receiving your lift ticket from Mr. Baldwin.
    - i. The lessons will start at 10:30 a.m.
    - ii. Roll call will be taken by the advisor before the lessons begin.
    - iii. You will be placed into different levels of skiing ability for your lessons.
4. Noon meal: You are on your own. Either a sack lunch or bring money. Usually \$10 (max) will purchase food at the lodge.
5. For the return trip back to Lewistown we will load by 4:00 p.m., take roll call, and depart from the hill. We should arrive back in Lewistown by approximately 6:30 p.m.
6. Acceptable bus behavior will be reflective of a low noise level both to and from the ski hill.

## VI. CLOTHING – WHAT SHOULD I WEAR?

The secret to skiing well is being comfortable. Skiing is no fun if you're wet or cold, so the thing to do is to choose clothing that will keep you warm and dry. Also, use clothing that allows for free body movement with arms and legs.

- A. Underalls:** Long johns, 1-2 pair warm socks, preferably cotton/wool combinations, t-shirt or other cotton shirt. Avoid nylons and polyesters.
- B. Overalls:** One light sweater or turtleneck covered by a warm sweater; blue jeans, ski pants or bibs. Blue jeans aren't the greatest, but most people own them.

\* **Caution:** When skiing in blue jeans they need to be big enough to be pulled over the top of the ski boot. You don't want to have a small pair that end up inside the boot. Water blisters on your legs are no fun.

- C. Outeralls:** Some kind of knit hat or ear protection: good, warm gloves and a good, warm coat that will shed moisture. Sunglasses or ski goggles are recommended, as well as a sunblock for spring skiing. No long scarves around the neck or shorts (spring skiing) should be worn when skiing. This practice is dangerous and is not safe if an accident should occur.

Most skiers dress in layers of light wool and cotton. It's better to wear two light sweaters than one heavy sweater. Clothes should fit, but not be too tight or too loose. Layering allows the skier to shed or add clothing depending upon the demands of the weather.

## VII. SKI LEVEL INFORMATION

- A. First timers:** People who have never skied before.
- B. Beginners:** People who have skied about 4-6 times but only ski the green or the easiest runs. People who ski at a slow speed.
- C. Intermediate:** People who have limited experience and can ski at moderate speeds. People who ski the blue and green runs.
- D. Advanced:** People who are expert skiers and who enjoy the faster speeds with the more challenging runs.

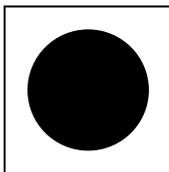
## VIII. SKI SAFETY

### A. MONTANA LAW: SECTION 23-2-736 MCA SKIER'S CODE OF CONDUCT AND INHERENT RISKS; Otherwise known as the Montana Skier Responsibility Act of 1989.

The following provisions are important to all skiers:

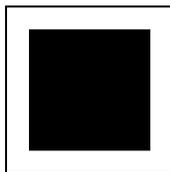
1. A skier is responsible for knowing and skiing within the range of his/her ability and for abiding by the requirement of the Skier Responsibility Code.
2. A skier shall maintain control of speed and course so as to prevent injury to themselves or others and shall obey all posted or other warnings and instructions of the ski area operator.
3. No skier involved in an accident with another skier may depart from the scene of the accident without leaving personal identification, notifying the proper authorities, and obtaining assistance when a person involved in the accident is in need of medical or other assistance.
4. A skier must accept all legal responsibility for injury or damage of any to the extent that the injury or damage results from risks inherent in the sport of skiing.

### B. Ski Signs of the Mountain



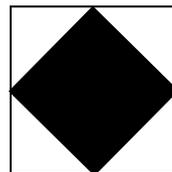
**GREEN**

Least Difficult



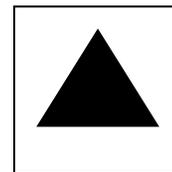
**BLUE**

More Difficult



**BLACK**

Most Difficult



Caution

These four symbols are the International Trail Marking System and are used at Showdown to denote the relative degree of difficulty. You, as a skier, are obligated to learn what the signs mean.

### **C. Skier's Responsibility Code**

The following guidelines are from the National Ski Area Association. These guidelines are used at all ski resorts and are referred to as the **SKIER'S RESPONSIBILITY CODE**. This is a partial list and is designed for your own protection.

1. Ski under control and in such a manner that you can stop or avoid other skiers or objects.
2. When skiing downhill, all people ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail or are not visible from above.
4. When starting downhill or entering a trail, always look uphill and yield to other skiers.
5. All skiers shall use devices to prevent runaway equipment.
6. Skiers shall observe all posted signs and warnings. Also, keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride, and unload safely.

It is each member's responsibility to know the skier's code of conduct on the slopes. Please be safety-conscious at all times whenever and wherever you are skiing. Risks inherent in the sport of skiing result from terrain, the amount of snow, conditions of the snow, temperature changes, and skier use. Always be aware of changing conditions at all times and expect the unexpected.

## IX. SKI CLUB TRIPS AND TICKET COSTS

### 2019-2020 Ski Club Trips

*Showdown Trips:*      Saturday, January 18<sup>th</sup>, 2020  
                                 Saturday, January 25<sup>th</sup>, 2020  
                                 Saturday, February 8<sup>th</sup>, 2020  
                                 Sunday, February 16<sup>th</sup>, 2020  
                                 Saturday, March 7<sup>th</sup>, 2020  
                                 Saturday, March 14<sup>th</sup>, 2020

### Not included in dues:

### ***Lift Tickets and Rentals***

*Trips are subject to change based on weather. The club reserves the right to cancel trips if there are not enough students signed up to cover the cost of the bus. Money will then be refunded or credited towards a later trip.*

### ***TICKET PRICE FOR THE 2018-2019 SEASON***

<b><i><u>The price quotes for:</u></i></b>	<b><i><u>Skiing</u></i></b>	<b><i><u>Snowboarding</u></i></b>
Chairlift Ticket	\$36.00	\$36.00
Lift Ticket, Lesson	\$54.00	\$54.00
Lift Ticket, Rental	\$62.00	\$73.00
Lift Ticket, Lesson, Rental	\$80.00	\$89.00
Lesson Only	\$18.00	\$18.00
Rental Only	\$26.00	\$37.00
Beginner Chair Only	\$25.00	\$25.00

- The beginner chair accesses one chairlift for Green Runs only (as well as the “Magic Carpet” conveyor).
- *Prices are subject to change at Showdown year to year. Prices above have been updated as of January 8<sup>th</sup>, 2020.*
- *Adult lift ticket (group rate) is \$43.00.*

Questions? Contact Mr. Baldwin at 406-366-1585 (weekdays 7:30 AM to 4:30 PM) or 360-430-4260 (outside of work hours) OR at [jack.baldwin@lewistown.k12.mt.us](mailto:jack.baldwin@lewistown.k12.mt.us) (work hours only)

## **A. The bus sign up sheet**

1. Students should sign up for each trip during the meetings or outside the LJHS office. Please indicate what you need to pay for and amount you have paid. Remember, even if you have a season pass and equipment you still need to sign up to ride the bus.
2. The transportation department (and assigned bus drivers) reserve the right to cancel any trip based on weather or low attendance numbers.

## **B. Cost & Payment Schedule**

1. A \$35.00 membership fee should be paid before the first trip. The \$35.00 fee covers all bus trips to Showdown and is non-refundable. If you decide to join Ski Club later in the season the \$35.00 fee must be paid prior to the first trip to Showdown.
2. Lift Ticket, Rental and Lesson costs must be paid by Wednesday prior to the trip.
3. **If you can not afford to go, please consult with Mr. Baldwin privately, as special arrangements may be made. Any special arrangements must be made prior to the trip.**

## **C. Group Ski Lessons**

1. All NEW Ski Club members will be REQUIRED to take one (1) lesson regardless of experience or skill.
2. Students that were in Ski Club last year do not have to take the required lesson, however, lessons are strongly recommended.

**Deadline Date:** *Wednesday, January 15<sup>th</sup>*, turn in dues, permission slip, and money for the 18<sup>th</sup> trip into the office.

After this date only through the good will & exceptionally kind heart of the Ski Club Advisor, will anyone else be allowed to pay dues & join Ski Club. You will need to beg & grovel!

**\*The LJHS Ski Club recommends use of a helmet for all skiing & snowboarding. Safety is paramount for all club members.**

**\*\*Please take time to review the entirety of the handbook with your child and make sure they understand the rules of both the club and the mountain.**



**CUT OUT REGISTRATION,  
FILL OUT, SIGN & RETURN WITH \$35.00 STUDENT DUES.**

*\*Please put money and registration form in an envelope with your name on it.  
Payments can also be posted on Infinite Campus.*

I HEREBY UNDERSTAND THE POLICIES AND PROCEDURES OF THIS HANDBOOK GOVERNING THE LEWISTOWN SKI CLUB AND SHALL ABIDE BY THEM.

I GIVE MY CHILD \_\_\_\_\_ ,

PERMISSION TO PARTICIPATE FULLY IN ANY OR ALL OF THE SKI CLUB TRIPS SCHEDULED DURING THE 2019-2020 SCHOOL YEAR. I REALIZE SKIING IS A SPORT WHERE THERE IS A POSSIBILITY OF ACCIDENTAL INJURY OR DEATH AND HEREBY RELEASE THE LEWISTOWN JUNIOR HIGH SCHOOL, FERGUS HIGH SCHOOL, SCHOOL DISTRICT #1, AND ITS EMPLOYEES OR TRUSTEES FROM ALL RESPONSIBILITY AND LIABILITY IN CASE OF SKIING/SNOWBOARDING RELATED INJURIES OR DEATH TO MY CHILD. IN CASE OF AN EMERGENCY, MY CHILD MAY BE TRANSPORTED TO THE NEAREST HOSPITAL FOR HIS/HER SAFETY AND/OR MEDICAL CARE.

WE HAVE AN INSURANCE POLICY WITH \_\_\_\_\_, (Name of Insurance Company) WHICH WILL COVER THE COSTS INCURRED FROM ACCIDENTAL INJURY.

**PLEASE SIGN & RETURN THIS FORM.**

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening/Weekend Phone Number: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

Email Address: \_\_\_\_\_

In case we can't reach you:

\_\_\_\_\_  
Emergency Contact Name Phone Number

**THE DEADLINE FOR THIS HANDBOOK POLICY/INSURANCE  
FORM IS DUE: Wednesday, January 15<sup>th</sup>, 2020**