



SOS

OUTREACH

courage *** discipline *** integrity ***

STUDENT HANDBOOK

wisdom *** compassion *** humility ***

SPREAD THE LOVE

NAME _____ SESSION _____ SCHOOL _____

Welcome to the SOS Outreach Family

We have compiled this booklet with some helpful tools for you along with some important SOS information. Please make sure to take some time to look through this booklet. There is lots of important information that each SOS youth participant will need to be aware of and understand before the season starts to have a successful session.

Please check out our SOS Outreach website at www.sosoutreach.org and sign up to be a member today so you can always know what SOS is up to this winter and like us on Facebook.

Skiing, Snowboarding and SOS Outreach: Past and Present

The sport of skiing was first recorded in America a little over a century ago by Norwegian gold miners. However, skiing has been around before the creation of the pyramids of Egypt! In Scandinavia (Norway, Sweden and Finland) researchers have uncovered a rock-carving of a skier that dates back over 4,000 years! The history of snowboarding is much more recent than skiing. Snowboarding can be traced to 1965 when Sherman Poppen invented the "Snurfer" for his daughter to surf on snow. However, snowboarding wasn't added to the Winter Olympic Games until 1998. Since then, the United States has dominated the sport with athletes such as Ross Powers, Danny Kass, and most recently Shaun White and Kelly Clark.

SOS was started in 1993 by Arn Menconi and Ray Sforzo at Vail Mountain in Eagle County, Colorado. *At the time snowboarding was still a new sport, but Arn and Ray knew they could teach young people to snowboard while at the same time helping them make positive decisions for a healthy and successful life.*

SOS Programs

All SOS program days start and end with a circle of love that focuses on the SOS core values; **Courage, Discipline, Integrity, Wisdom, and Compassion.** During the on hill ride days the focus is on the day's specific core value. Youth are to come ready with the value of the day's definition displayed on paper for the morning circles on the ride days. They will not be going on the hill until this is complete. There are core value assignments for each day at the end of this packet for youth to use. Closing circles will reflect back on the use of the day's core values and/or all of the core values during the day's activity.

*You are participating in SOS Outreach's **Learn to Ride/ Learn to Ski Program.*** This is the largest and most fundamental SOS youth program. In this program, you are expected to attend Registration, 5 on-hill days with an instruction, participate in the morning and afternoon circles of love and have fun learning about the core values and how to ride/ski.

*Upon completion of the SOS LTR Program you will be invited to join the **SOS University Program.*** This program allows Learn to Ride graduates to continue with SOS for four years. University students are matched up in groups of 4-6 students and an adult mentor called a Sherpa. Specific requirements for each year of University vary to allow for the growth of the youth and their skills while in SOS. Youth participate in a variety of service learning and community projects, life skill workshops, and leadership development.



SOS OUTREACH STUDENT GUIDELINES/EXPECTATIONS

SOS Outreach Staff have high expectations for all of our participants, so it is important that you accept these responsibilities and commit to all aspects of the SOS program.

It is also important for your parents, guardians and teachers to understand that they are a great part of the commitment and that without their support, the students; (YOU!) may not be successful.

1. Give 100% participation at SOS events and attend ALL SOS DATES that are required of you, for your Year of the program (listed on your calendar in this packet).
2. Listen to and respect all SOS Staff, instructors, and chaperones, Sherpa's, Junior Sherpa's, volunteers, mountain employees, other SOS participants and others around you.
3. No violence, threats of violence or use of inappropriate or offensive language
4. Follow the mandated Mountain/Water/Wilderness Safety Code that applies to your program.
5. Any destruction of SOS property or facilities in use by SOS will be paid for or replaced by the offender.
6. No use of any electronics during SOS activities: headphones, speakers, cell phones (calls, texting, games or watching videos on cells).
7. No illegal or sexual activity or use of illegal substances.
8. Have Fun!

By signing up to be in SOS this season you are agreeing to the above guidelines and are expected to follow them otherwise there will be consequences, including a behavior plan, a call home to parents, being sent home, and/or possible expulsion of the program. This includes all the guidelines and those actions not listed that fall into these categories.

After reading through the SOS guidelines please create one goal that will help you to follow the SOS participant guidelines.

SAFETY KNOWLEDGE WHILE PARTICIPATING IN SOS PROGRAMS

The Sun: If it's not snowing, it will most likely be sunny. At high altitudes, the atmosphere is thin and the sun can have an even greater effect on us. Even in the winter sunburns can happen and lead to skin cancer. The sun can also drain your energy quickly. To prevent these dangers cover exposed skin, wear lots of sunscreen, wear goggles with dark lenses, and remember to drink plenty of water and eat a snack when needed along with a healthy lunch.

All participants are to stay with their ride/Sherpa groups on SOS days. These mountains are big and it can be easy to get lost or end up in the face of danger. In the snow many objects look the same so it is hard to distinguish landmarks. Remember to set an emergency meeting spot in case anyone in your group gets lost. Always have a trail map and follow the marked trails for your ability level.

MOUNTAIN SAFETY CODE

Part of learning to ski and snowboarding is learning the rules of the mountain. Each mountain has the same set of rules to help skiers and snowboarders be safe while they are skiing and snowboarding. Below is a list of the seven rules that make up the Safety Codes.

The Safety Codes Are:

1. Always stay in control and be able to stop or avoid other people or objects.
2. 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. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. 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.

TERRAIN PARK CODE

Most sessions will make it to the terrain park during their SOS program. SOS focuses on the fundamentals of skiing and snowboarding and will only take youth into terrain parks when these skills are mastered. Part of learning the fundamentals is following the mountain safety code along with the terrain park code.

- **Look before you leap:** Ride through and check out all features, know what to expect before you hit a feature, and use a spotter to ensure that the landing is clear.
- **Easy style it:** Start small and work your way up. Getting hurt will slow your progression. The best way to improve your riding is to gradually work your way to more difficult terrain.
- **Respect gets respect:** Call your drop in, don't cut people off, and clear lips and landings quickly. Remember- everyone is here to have a good time!

A HEALTHY DIET EQUALS A FUN & SAFE DAY OF ACTIVITY

Part of being safe when you are active & participating in activities like skiing or snowboarding, is to keep your energy up. These types of activities can take a lot of your energy. In order to perform at your best you must re-fuel by eating right. Not only should you eat right for days you're out on the mountain or participating in other outdoor activities and sports, but you should do it for a healthy life. SOS recommends some foods that will help you succeed on the hill and in life.

From the list below circle the items you think are the healthiest choices for breakfast, lunch and dinner on days you are going to be active. Keep in mind you want to eat fresh foods like fruit and vegetables and avoid foods with lots of sugar, sodium (AKA: salt), and empty calories such as candy, potato chips, and most processed foods. Eating a dinner high in carbohydrates the night before a ride day is helpful to maintain your energy for the day. And always drink plenty of water!

Banana	Chicken	Dorito Chips
Grapefruit	PB & J sandwich	Granola bar
Apple	Yogurt	Trail mix
Cheetos Chip Snacks	Ice Cream	Oreo cookies
Carrots	Cottage cheese	Pasta
Romaine lettuce	Marshmallows	Pizza
Broccoli	Pretzels	Oatmeal
Cheerios Cereal	Strawberries	Soda
Captain Crunch	Brown rice	Humus
A glass of juice	Baked potato	Red Peppers
10 red licorice straws	Cheeseburger & fries	Fried chicken
Nuts	Tuna	Cucumber
Turkey or Ham	Wheat bread	

My Program Day Information

SOS Outreach Learn to Ride Info

On-Hill Program Dates: Vail _____ Beaver Creek _____

Day 1-Courage-_____

Day 2-Discipline-_____

Day 3-Integrity-_____

Day 4-Wisdom-_____

Day 5-Compassion-_____

Come ready each day with a definition or example of that days' core value displayed on paper and be ready to share and talk about it with the group.

* **Drop Off Time:** _____ **Pick Up Time:** _____ **Please be on time!**

* We will meet at the _____.

* BRING YOUR OWN HEALTHY LUNCH or money to buy a HEALTHY lunch. Food at the resort is not cheap and youth will need about \$15.00 to purchase lunch on the mountain. Staff will also be helping you make healthy decisions for lunch so they are not eating foods that will not fuel them for a day of snowboarding.

* **Drop off/Pick up/Parking:** Drop off and pick up locations will be coordinated with the teacher chaperones

Drop off Location: _____ **Pick up Location:** _____

* Do not be afraid to ask for directions. Look for anyone wearing a Vail Resorts uniform and they will be more than happy to help you out!

* Lunches will be stored and eaten in a designated area of the cafeteria. Lunches, backpacks, and shoes can be left here throughout the day. **Please do not leave any valuables behind.**

* **No IPods on ride days and cell phones must be turned off during the day!**

IMPORTANT PHONE NUMBERS & SOS INFORMATION

The phone number at that SOS office is: 970-926-9292 X104 OR 253-225-7367

The staff that works with my program is: Mikayla Curtis Email-mcurtis@sosoutreach.org