



**SOS**

.....  
**OUTREACH**

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

**STUDENT HANDBOOK**

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

**SPREAD THE LOVE**



## SOS Outreach University Program

We are excited to have you continuing on with the SOS Outreach University Program this season! This handbook has tools and information you will need to successfully participate in SOS this season. It outlines youth guidelines and specific requirements to be completed to be a part of SOS. Please make sure to take some time and look through this handbook. Make sure that you are ready to commit to all the requirements asked of you. Check out our SOS Outreach website at [www.sosoutreach.org](http://www.sosoutreach.org) and like us on Facebook- [www.facebook.com/sosoutreach](http://www.facebook.com/sosoutreach)

All SOS program days start and end with a circle of love that focuses on the SOS core values (Courage, Discipline, Integrity, Wisdom, Compassion, and Humility). During the on hill ride days the focus is on the day's specific core value. Youth are to come ready with that day's core value sheet completed. They will not be going on the hill until this is complete. On service days and other SOS events, core values will be discussed and defined according to the activity being completed. Multiple core values may be discussed depending on the activity or service project being completed. 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.

**CURRICULUM BREAKDOWN:** The **SOS University 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. All youth are required to complete the following in regardless what year of SOS they are in, along with the specific requirements in each year.

### **All Youth Participating in SOS are Required to:**

- Complete registration, paperwork, and pay the FFS to be eligible to participate
- Attend the 5 SOS On hill days
- Set goals with their Sherpa
- Attend the Winter Celebration

Along with the below depending on the Year of SOS you are in:

**Year 1** focuses on the skill of skiing/snowboarding and exposes youth to different community service projects and the SOS Core values. It also guides youth with goal setting and leadership skills.

### **Y1 Requirements:**

- Meet & Greet Night with Mentor and group
- Complete 3 SOS planned service learning days

**Year 2** continues to focus on the core values and snowsports and begins to develop youth's decision making skills through their completion of 10 hours of community service with one organization. Youth in year two also begin with their first life skills workshop and continues their leadership training journey.

### **Y2 Requirements:**

- Meet & Greet Night with Mentor and group
- Complete 10 hours of community service with one agency
- Attend a Well Being Life Skills workshop

**Year 3** steps up the leadership and core value discussions with monthly workshops. Youth will plan and execute their own community issue project with SOS, along with continuing their snowsports and life skill workshops. **Y3 Requirements:**

- Attend and participate in Monthly Meetings
- Complete 1 service learning project
- Complete a Y3 project focused on a selected community issue
- Complete 1 service learning project for your community issue project
- Attend a Healthy Living Life Skills workshop

**Year 4** dives deeper into leadership and advocacy as youth can relate the core values to all avenues of their life. Youth will plan and host a leadership panel to help further these skills and complete a core value project. Youth will continue with monthly workshops, service, and life skills to help prepare them to be a part of the Junior Sherpa or Master program and peer mentor. **Y4 Requirements:**

- Attend and participate in Monthly Meetings
- Complete 1 service learning project
- Complete a Y4 core value project
- Complete 1 service learning project as part of your core value project
- Attend a Life Skills workshop

### **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.

### **SERVICE LEARNING**

All youth in SOS are asked to become a part of their community through service learning. Service-Learning is a teaching and learning strategy that integrates meaningful community service with a reflective practice to enrich learning, build civic engagement, and strengthen communities.

#### **Why is Service-Learning Important?**

Service-learning allows students to:

- Create an authentic connection between what they learn in their school or organization and what occurs in their community
- Enhances critical thinking and teamwork skills
- It allows for personal connection to critical issues
- It creating significant opportunities for social learning and development.

As importantly, service-learning also provides a positive impact on the community served through direct and indirect service, or advocacy. Through quality service experiences, youth can develop important skills such as: critical thinking, a sense of civic responsibility, and an increased sense of self efficacy that will be useful to them throughout their high school, college, and work lives.

Service learning helps youth to connect to community members, positive adults, and other youth. Youth engagement in a community, especially when tied to a curriculum and when the youth are given an active voice, can be an enormous benefit to the path of the youth's future and the community's future.

## **WORKING WITH YOUR SHERPA (YOUR SOS MENTOR)**

All youth in SOS will have a Sherpa (their mentor) for the season. This Sherpa will be calling youth to talk to them about the following:

- Reminding them of dates and SOS commitments also listed on your calendar
- Reminding youth of things they need for certain activities.
- Checking in to set goals and help youth accomplish goals
- Calling just to chat and see how you are doing
- Calling with any changes in activities due to weather or times.

It is important you are communicating with your mentor, talking to them when they call, calling them back when they leave a message, and getting to know them. All youth should make sure they have their mentor's phone number and can always call the SOS staff to get it. It is important to make sure you give your mentor your phone number especially if it changes during the season. It is a good idea to pick a night of the week and a time to set as your weekly call to chat with your mentor. That way you can be sure to get all the info you need and also keep in touch with your mentor.

## **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.** 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 snowboards are safe while they are skiing and snowboarding. Below is a list of the seven rules that makeup 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.

## **My Program Day Information**

**Ride Days-** Youth should come ready each day with their core value sheet fully completed. They will not be going on the hill until this is complete. Youth will be given the Core Value sheet ahead of time. If it is misplaced youth will need to call their mentors or SOS staff to get it, or go to our website to find it.

✳ **Drop Off Time:** \_\_\_\_\_ **Pick Up Time:** \_\_\_\_\_ **Please be on time!**

✳ BRING YOUR OWN HEALTHY LUNCH or money to buy a HEALTHY lunch- Food is pricy at the mountain so make sure to plan ahead of time what you will be doing for lunch. Youth will need at least \$15.00 with them to purchase lunch and will be accompanied by a volunteer, Sherpa or staff to make a healthy purchase for lunch.

## **IMPORTANT PHONE NUMBERS & SOS INFORMATION**

**SOS Staff- Jeremy Katz** my email is [jkatz@sosoutreach.org](mailto:jkatz@sosoutreach.org) or my cell number is 619-504-0599

My Sherpa's name is: \_\_\_\_\_ Phone #: \_\_\_\_\_

My Sherpa's Email is: \_\_\_\_\_

Best times to call my Sherpa is: \_\_\_\_\_

Best time I told my Sherpa to call me: \_\_\_\_\_