

# ARISE

Since 1996  & Ski

## TOGGENBURG MOUNTAIN

### Adaptive Winter Sports *A Guide for ARISE & Ski Participants*

## Winter 2020

ARISE Main Office, Syracuse (315) 472-3171  
Toggenburg Winter Sports Complex (315) 683-5842



## Philosophy

ARISE & Ski functions as an adaptive winter sports recreational program advocating for accessibility and inclusion. Our belief is that winter sports benefit all who wish to participate. Our goal is to provide each participant with an opportunity to learn and enjoy winter sports in a safe, accessible and fun way.

## Our promise

At ARISE and Ski, we pride ourselves on providing the best possible experience for our students. Our promise to YOU includes the following:

- Clear, quick and accurate communication via the ARISE and Ski private Facebook page, email, and via text messaging in regards to program updates and cancellations.
- Practice safety before, during, and after lessons by training our staff and volunteers in best practices and providing continuous evaluation and feedback to enhance instruction and facilitation.
- Positive energy, enthusiasm, and most of all FUN in every ski lesson!

## Participant Expectations

ARISE & Ski students are responsible for transportation to and from Toggenburg. We expect students to arrive early and be ready by the planned lesson time. We recommend arriving at least 20 minutes early. We also ask that students notify the program if they will be late or are unable to attend. The ARISE and Ski email address is: [ski@ariseinc.org](mailto:ski@ariseinc.org)

At Toggenburg, students are responsible for their own personal belongings. ARISE & Ski cannot be responsible for lost or stolen possessions. Students are also expected to provide, or purchase, their own food. Packing a lunch to eat in the lodge is a longtime skiing tradition or students can purchase food in the main lodge at the cafeteria or dine in the Foggy Goggle restaurant.

## Program Cost

Participation during the 2020 ski season is \$200\* per skier and covers all 6 lessons, plus rentals at no additional cost, if they are needed.

Payment is due on or before January 1, 2020.  
We cannot accept payments in person at Toggenburg.

Return completed applications and payment to:

**ARISE & Ski**  
**Attn: Cathy F.**  
**635 James Street**  
**Syracuse, NY 13203**

\*NOTE: There are no refunds for missed lessons and we are unable to reschedule missed lessons.

## Cancellation Policy

If a *weather travel advisory* has been issued, we ask that no one travel to Toggenburg. We would rather everyone remain safe than risk the possibility of an accident.

If the actual reported forecast is to be zero degrees or below, we reserve the right to cancel, and will most likely do so. Cancellations will be posted to the private ARISE and Ski Facebook page, sent to your email, and to your cell phone in the form of a text message as early as possible to ensure everyone receives the message. (NOTE: Text messaging rates may apply). We will no longer have the ARISE and Ski phone number and voicemail.

If an instructor arrives at Toggenburg and finds that conditions are not safe, the instructor reserves the right to cancel the lesson. All attempts will be made to contact skiers as early as possible to make sure no unnecessary travel takes place.

Additionally, we have no control over Toggenburg's decisions to close the mountain due to weather-related events. We appreciate your patience when unexpected factors like these occur; as we are always considering the safety of our staff, volunteers and skiers.

## Some Resources to Visit

The sites below are important as the season draws near. Applications for participants and volunteers will be available at the ARISE website on the ARISE & Ski page.

ARISE & Ski page is: [www.ariseandski.org](http://www.ariseandski.org) to learn about the program and our staff.

- ARISE Recreation & Art:  
<http://www.ariseinc.org/recreation-art/arise-ski>
- ARISE & Ski Facebook\* group is:  
<https://www.facebook.com/groups/Ariseandski>  
\*NOTE: This is a *closed* Facebook group for sharing information and news regarding the program. To maintain the privacy of the group, our site administrators reserve the right to approve and remove group members, posts and any media posted to the site.
- Toggenburg Winter Sports Complex website is:  
<http://skitog.com/>
- Toggenburg Facebook site is:  
<https://www.facebook.com/pages/Toggenburg-Mountain-Winter-Sports-Center/159247597460065?sk=wall>



## What to Wear & Gearing Up

**Layering** gives you the flexibility to add or remove layers, depending on the weather conditions and your activity level. Use the example picture below for ideas.



### **AVOID COTTON!**

When cotton gets wet from sweat, snow, or rain it will stay wet and pull heat from the body. Wool, fleece and GorTex will keep you dry and warm.

**A wool base layer or “wicking” layer** - This is the layer worn next to your skin, usually consisting of long underwear.

**The Insulation Layer** - This middle layer includes sweaters, sweatshirts, vests and pullovers and should never be cotton!

**The Outside / Protection Layer** – This is generally a shell and pants, and guards against the elements of winter. It should repel water from snow, sleet or rain and block the wind, while also letting perspiration evaporate.

**Headwear - Helmets or knit or fleece hats** are the best at keeping your head warm when skiing or snowboarding.

**Helmets** – We STRONGLY encourage all skiers and boarders to wear helmets to minimize the risk of a head injury while out on the slopes. Even experienced skiers can fall! Toggenburg allows our skiers to rent their helmets for free.

**Eyewear** – Ski goggles help increase visibility during heavy snowfall and block out harmful UV rays, shielding the skiers’ eyes and protecting them.

**Hands** – Look for gloves and mittens that are insulated and provide some protection on palms and fingers and some bulk on the back of the hand.

**Feet** – Wool socks are the number one option for warm feet on the slopes. Acrylic socks will work, too. Remember, NO COTTON!

**Don’t have any of this gear or need some more?**

Check out “The Ski Company” on Erie Blvd. <https://www.skicompany.com/>

**#HELMETS  
ARECOOL**

## Your first day at A&S?

**Before departing** for your lesson, take time to check your text messages, the ARISE & Ski Facebook page or your email to make sure we haven't cancelled.

Please arrive at least 20 minutes ahead of your lesson in order to begin on time. **DO NOT BUY TICKETS AND RENTALS AT THE TICKET WINDOW**

**Where to go at Toggenburg:** Once you arrive, come into the Ski Center Lodge. The ARISE & Ski meeting area is adjacent to the staircase that leads to the balcony. There will be a large banner near the staircase that reads "ARISE & Ski" and a table next to it where you will sign in.

**Check in process:** At this table, our administrative support volunteers will help answer any questions or give you any missing paperwork. You will be given a lift ticket and the rental forms you completed before the season begins.



**PLEASE BE PATIENT – It may seem chaotic. We have a system and it works**



**Meeting Your Instructor:** After you have checked in, one or more instructors will be assigned to the student. At this time, the instructor, and possibly a member of our supervisory team, will work with the student and family or guardians to determine what, if any, adaptive equipment will be used.

This takes time and the first lesson is often used to determine the students' needs and the equipment that will be used during the following weeks. Please trust us!

## ARISE & Ski Glossary of Terms

**Assessment:** The process of evaluating the student to determine his or her abilities with the goal of developing an effective plan for the student's ski lessons. The instructor will want to know about the student's emotional well-being, expectations, learning style and ability, skiing and other athletic experiences. The instructor gathers information from a variety of resources, including, but not limited to, the student themselves, the parents or caregivers, previous instructor's notes, skier's application, skier's profile forms, and observation. An assessment of the student can take place before, during, and after each lesson.



**Bi-Ski:** a sit-ski using a molded seat mounted on two skis.

**Dowel Test:** Balance test performed with a skier in a sit-ski balanced over a dowel to determine the best position for the seat on the ski.

**Dual Ski:** A hybrid sit-ski. It is a cross between a mono-ski and bi-ski using two traditional skis under a molded seat.

**Edgie-wedgie:** A rubber device that screws onto the tips of a pair of skis that assists the skier in keeping the skis together and assists them in maintaining a wedge when needed.

**Four-track skiing:** Skiing on two skis while using handheld outriggers and a snow slider for stability.

**Mono-Ski:** Sit-ski using a molded seat apparatus mounted to one ski. The skier usually uses handheld outriggers.

**New Line Learning partnership:** The rapport that the instructor builds with the student. Essential to the success of this relationship is the instructor's understanding of the student's needs and expectations and the student's willingness to actively participate in learning.

**Outrigger:** Similar to Canadian crutches with an adapter that allows a ski tip to be attached to the end. The ski tip is retractable and can be flipped up to expose the brake which can be used to assist the skier in gripping the snow. Some bi-skis use "**fixed outriggers**" which are attached to the bi-ski to assist with balance and turn shape.

**PSIA:** Professional Ski Instructors of America

**Sit-skiing:** a type of skiing that uses special equipment that allows a skier to sit. Typical types of sit-skis include mono-ski, bi-ski and dual-ski.



**Ski bra:** a metal device that clamps onto the tips of a pair of skis to help to keep them together.

**Ski Frame:** Rectangular device used in various ways to assist a student learning to ski. The ski frame can be used to provide stability, speed control, to guide turns or to maintain contact with a student who resists being touched.

**Sno-wing:** A piece of adaptive instructional equipment used to assist an ambulatory student to ski or snowboard. Can be used with a variety of students. The sno-wing consists of an oval shaped hoop with four anchor points. The student wears a hip belt with four straps sewn into it that clips to the hoop at the anchor points. The sno-wing provides balance and stability to a student while allowing them to gain confidence on the equipment they are using.



**Tether:** Device used to help control the student's speed and turn shape. A tether consists of a length of 1" flat webbing with a carabineer at either end that is connected to the student's equipment. In the majority of cases, a tether is used in conjunction with a bi-ski. In some cases, it may also be used to directly assist a skier by attaching to a ski bra.

**Three-track skiing:** Skiing on one ski while using handheld outriggers to assist in maintaining balance.

**Two-point assist:** also referred to as "thumb tethering", this technique is used in teaching mono-skiing and bi-skiing. The instructor uses their hands to provide assistance with skier's speed and directional control by gripping the back of the seat, or frame, of the mono- or bi-ski itself. The two points of contact are the instructor's right and left hands with the right and left sides of the back of the adaptive equipment. Generally used on gentle terrain with beginning skiers.

## References and Resources

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# ARISE

We are dedicated to removing barriers, sustaining needs, strengthening skills, and enriching the lives of people with disabilities in Central New York.

Since 1979, we have provided opportunities so that people with disabilities can live freely and independently in the community. As the local non-profit Independent Living Center (ILC), **we run by and for people with disabilities, and we offer services to people of all ages** who have all types of disabilities.

We are proud to offer over 50 programs in several broad areas:

- Advocacy & Accessibility
- Basic Needs & Assistance
- Education, Employment, & Skill-Building Health & Wellness
- Recreation & Art
- To learn more, visit our website at [ariseinc.org](http://ariseinc.org).

