

# Stevens Pass Snowsports School

# THE WORD

Winter 20-21' | Issue 21 | Feb. 05, 2021

## Shoveling into February!



Thanks to everyone who has stepped in to help with supporting the carpet operations!

### Required Training Reminder!

Just a reminder for those that did not attend last week's Live Event or watch the recording to **please complete this required and paid training by Friday February 12<sup>th</sup>**. You can complete [here](#) and please allow 33 minutes to watch the video and complete the form.

If you have difficulty viewing the content on your own device please let us know and we can provide an opportunity for you to complete the training when you are next at the resort.

## Presidents Week

Presidents week is nearly upon us and its looking to be busy! If you would like to add days to your schedule, please email [SPSchoolStaff@vailresorts.com](mailto:SPSchoolStaff@vailresorts.com) to let us know.

**Full timers, you will be scheduled for 6 days during this holiday week. Please check your schedules and note start times and assigned programs.**

## Epic By Nature Podcast

### [We Are Part of the Problem](#)

*(Featuring our very own, **Annette Diggs!**)*

#### How to Listen:

- [EpicEmployee > Our Company > Podcast: Epic By Nature](#)
- [Soundcloud](#) (Desktop, Apple and Android devices)
- [Spotify](#) (Desktop, Apple and Android devices)
- [Apple Podcasts](#) (Apple devices only)

## Communicating with Kids

### Tip of the week :

Let's face it- there's a bit a truth to the term 'Blueberry Patch.'

When everyone is in uniform, with helmets on and goggles down, it's hard to tell us apart. Therefore, teaching your students how to recognize you in a crowd is an essential part of safety and class handling. Even more, with a bit of creativity thrown in, this can be the stimulus to incorporate some fun into the lesson too!

Simply put, boot color, helmet color, goggle color, hair style, or anything obvious is a great place to start. Try introducing yourself as "Hi, my name is \_\_\_\_\_, with the helmet feather" (or whatever is unique to you!). But don't stop there, make sure to repeat, repeat, repeat yourself and check your students for understanding.

## KEY DATE:

- **February 9<sup>th</sup>- Last day to turn in Epic promise scholars Application!**
  - The EpicPromise Foundation is currently accepting applications for the Scholars grant, a scholarship for dependents of U.S. and Canadian Vail Resorts employees. The deadline is Feb. 9th 2020, so [apply today!](#)

# Lift Riding Procedures – just a quick review...

**Adults:** You are not a cohort with your class! Family members may ride together, but there must be a space between unrelated members of your class, and between members of your class and you.

**Kids:**

- **You ARE able to ride on the same chair as your students**, as we are considered a cohort with our child group lessons and Special Program students.
  - When possible, allow for one open seat between you and the student.
- Children are **not permitted** to ride with an unrelated member of the public.
  - Children 3-6 years old must ride with an employee or an adult from their related party
  - Children 7-14 must ride with an employee, an adult from their related party or another child (age 7-14) from their lesson group.

Please refer to the chair lift riding SOPs in Policy Tech for additional information and/or ask you supervisors if you have any questions.

## Remember the C in COACH model?

Your connection exercise should involve play and movement!  
**7 examples of static warm up exercises are;**

- 1) Bow Ties
- 2) Boot Arcs
- 3) Moving from foot 2 foot
- 4) Shuffle feet fore and aft
- 5) Create a ROM by moving legs around in the ball socket.
- 6) Jump up in ski boots.
- 7) tug of war with ski poles



Think about the muscles we use when we ski & ride and how can we create ways to warm up this stuff! All these basic exercises will help to prepare your guests both mentally and physically for the lesson ahead, as well as achieving some fundamental movements required for skiing and riding!

## Multi-Week Snack

**We recognize that snack time can be a little chaotic. Because of this we are going to offer a little structure this week!**

Odd numbered groups will come in for a fifteen-minute snack break between 10:45 and 11:15, even numbered groups will come in between 11:15 and 11:45. We will be putting the snacks ready to go in a bin located at your station along with your class card for the week. Please feel free to stuff pockets at the beginning of the lesson and take a break at your leisure somewhere safe on the hill as well!

## TRAINING CORNER

### Terrain, Tips, and Maps!

**We have created a resource to build your awareness and knowledge of important areas around Stevens Pass.**

**As a new or returning staff, understanding the most appropriate paths, areas for teaching, and safety zones is imperative for creating experiences of a lifetime. The insider knowledge or where to go is usually learned over a long period of time and much experience. And through collaboration we have created maps to share this knowledge with you. Click [HERE](#) to explore these different maps:**

- Class Control Zones
- Easiest Ways Down
- Flow Zone Eddies

