

## **Ski/Snowboard Trip Rules:**

1. Yes this is a coed trip. No, you may not do anything with a member of the opposite (or same) sex you wouldn't do with your mother. Or a goat. It will not be tolerated. The sleeping areas are NOT coed.
2. No drinking, smoking or drugs (without a prescription) will be tolerated. A reasonable amount of Ibuprofen without a prescription is allowed as long as it is clearly marked and used appropriately.
3. No weapons may be brought or used on this trip.
4. You must listen and follow all directions from the chaperones, leadership, lodge staff, bus driver, and resort staff. All of the people listed above have the authority to, at their sole discretion, immediately expel any student from the trip with no process of appeals.
5. You must be in bed, and may not leave your room after curfew.
6. Don't be obnoxious, especially on the bus rides – some people may want to sleep or may actually need to get work done. Don't be loud or disruptive to other guests in the lodge.
7. Fill out the existing damage report if requested and have everyone in the room sign and return it within an hour of the last room mate checking in. This is for YOUR protection so the hotel can't charge you for existing damage. DON'T trash or damage the rooms, you WILL be responsible for all associated costs.
8. Although this trip is in no way affiliated with FCPS or TJHSST, you are expected to follow all SR&R, TJHSST, and FCPS rules and regulations, except those you are given explicit permission to disregard.
9. You MUST Ski and Snowboard responsibly (see next section).
10. Breaking ANY of the rules above is grounds for immediate expulsion from the trip.
11. Upon expulsion from the trip, your parents will have to pick you up and the police and school WILL be notified (if applicable). There will be no refunds issued, and you will be responsible for all additional expenses incurred due to expulsion from the trip.

## **Responsible skiing and snowboarding:**

Skiing can be enjoyed in many ways. At ski areas you may see people using alpine, snowboard, telemark, cross country and other specialized ski equipment, such as that used by disabled or other skiers. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers the responsibility for a great skiing experience.

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.
- Look before you leap! Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.
- Easy Style It. Start small (on jumps, rails, and slopes) and work your way up. (Inverted aerials not recommended).
- Respect Gets Respect - From the lift line through the park.
- Use Common Sense, Be Safety Conscious – this is only a partial list.

## **KNOW THE CODE. IT'S YOUR RESPONSIBILITY.**

### **SIGNATURE CONFIRMS THE ACCEPTANCE OF THE RULES STATED ABOVE:**

Signature of Participant: \_\_\_\_\_

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

Date of Birth of Participant: \_\_\_/\_\_\_/\_\_\_

If Participant is Under 18, signature of legal guardian: \_\_\_\_\_

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