



Lost Valley Sunday Ski/Ride Program – 2019

Dear Parents:

Welcome to the 2019 Lost Valley Sunday Ski/Ride Program with South Portland Parks & Recreation. The goal of this program is to expose participants to the great winter sport of skiing in Maine, and for them to have a fun, safe and positive experience. This program is scheduled for the following **6 Sundays: Jan. 20, 27, Feb. 3, 10 & 17 (makeup date if needed is March 3).**

Depart/Return Times & Location

- All trips will depart & return to the South Portland Community Center, 21 Nelson Rd South Portland in the parking lot on the Evans St. side.
- Depart at 9am (bus should be here by 8:30am)
- Arrive at Lost Valley by 10:00am
- Depart Lost Valley by 3:00pm.
- Arrive back to SPCC by 4:00pm
- Transportation: Via South Portland School Dept School Bus
- Parents should be prompt in picking their child up by 4:00pm.

Program Leader – Kyle Shinberg

Chaperones

Aaron Martin
Kathryn Haigh
Susan Gagnon
Janet Davis
Allison Green
Ian Archibald

To get in touch with the program:

- South Portland Community Center Front Desk – 767-7650

Emergency Contact Information

It is extremely important that we have a phone number where you or a designated emergency contact can be reached at all times each Sunday. Home and work numbers are not helpful if no one is there. The program leader will have the roster of all kids registered along with contact information given when you signed up.

Lessons

If enrolled in lessons, they will be from 10:30 – 12:00 pm each Sunday. After lessons, kids will be skiing in a group with a parent chaperon(s)

What to bring:

Lunch: Participants should pack a lunch, water bottle & snacks for the day or money to purchase lunch and/or snacks at the mountain. The mountain offers hot dogs, hamburgers, chicken tenders, fries pizza and more. \$10-15 per week is sufficient to purchase lunch.

What to pack: All participants should pack warm snow gear (neck & face protection, knit hat, ski gloves, ski jacket and sweatshirt, thermal underwear, extra socks and extra layers, hand & toe warmers). It is better to be over prepared than under prepared.

Equipment: Participants not renting equipment at the mountain should bring all of their gear (snowboard, skis, poles & helmet). We will transport this equipment in the school bus.

What not to bring:

No valuable items such as ipads, etc. South Portland Parks & Recreation is not responsible for lost or stolen items

Helmets

Helmets are required and are available for rent from Lost Valley. If you would like to add a helmet rental to your package, please email Anthony Johnson at ajohnson@southportland.org. Cost is an additional \$35.00 for all 6 weeks.

Cancellations

- No refunds or vouchers will be issued for missed or cancelled trips.
- Scheduled makeup date is March 3
- If a trip needs to be cancelled due to poor weather or road conditions, a decision will be made Saturday evening by 9pm (earlier if possible). An email will be sent to the entire group, posted on our [facebook page](#) and [website](#).

Injuries

In case of an injury, parents or their emergency contact person must be available to come to the mountain or hospital if necessary, to be with their child and transport him/her home.

Ski Program Participant Expectations:

- Helmets are required for all participants.
- Skiers & riders MUST ski with a buddy at all times.
- Skiers & riders are responsible for being off the mountain and on the bus before the designated departure time (3:00pm).
- To ensure everyone's safety, appropriate and respectful behavior is expected at the mountain and on the bus. **Failure to meet expectations may result in removal from the program. No refunds will be given.** Appropriate behavior includes listening and following directions, skiing safely and in control, staying seated on the bus and keeping noise level to a minimum.

We are looking forward to a great season of skiing and riding. For further question, please feel free to contact me.

Anthony Johnson
Recreation Operations Manager
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