

Eagle Mount Adaptive Ski Program

Participant Survey

Name _____

Date of Birth _____ Height _____ Weight _____ (There is a weight limit of 180 lbs sit ski, 200lbs stand up.)

Shoe Size _____ Please circle one: YOUTH ADULT MALE ADULT FEMALE

Description of participant's disability diagnosis: _____

Are you involved in any other Eagle Mount activities? If so, what? _____

If communication is limited, how can we best communicate with you? _____

Which learning methods work best for you (e.g. visual, verbal, tactile, show me, etc)? _____

Can you physically handle a 2 hour lesson? _____

Mobility & Assistance (Check all that apply):

Walk Independently Service Dog Electric Wheelchair
 Manual Wheelchair Cane or Blind Cane Crutches/Walker

Current Health (Check all that apply):

Seizure(s) within last year Back Problems Food Allergies
 Heart Problems Diabetes Frequent Nose Bleeds
 High Blood Pressure Sensitive to Sun Heart/Circulatory Issues
 Asthma/Respiratory Sensitive to Cold Disorientation/Memory Issues

Explain Any Condition Checked Above: _____

INDICATE PARTICIPATION PREFERENCES

Area you want to participate in:

Stand Up Ski Bi Ski Mono Ski Snowboard

Day of the week you want to participate on: Wed Thurs Fri Sun

Lesson Time: Please indicate 1st & 2nd choice.

10:00-12:00pm **OR** 1:00-3:00pm

APPLICABLE EXPERIENCE

Have you ever skied or snowboarded before? YES NO If yes, which one or both? _____

Estimate ability level: Beginner Intermediate Advanced

Describe experience(s)... *with Eagle Mount, on own, private lessons, # of yrs...*

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EQUIPMENT NEEDS – PLEASE INDICATE TO THE BEST OF YOUR ABILITY

- Standard Equipment** (boots, poles and skis)
- Snowboard** (snowboard and boots)
- Outriggers with standard equipment** -- Outriggers are handheld crutches with mini-skis on each end. Outriggers are for any stand up skier requiring extra balance.
- Bi-Ski** (Skier weight must not exceed 180lbs.) This sit ski is for wheelchair users or those who have significant difficulty walking.
- Mono-Ski** (Skier weight must not exceed 180lbs.) This sit ski requires more physical strength in the upper body than the bi-ski.
- Helmet** (ALL participants are required to wear a helmet during lessons)

THIS SECTION TO BE FILLED OUT BY SIT SKIERS ONLY

- Will rolling onto your shoulders cause pain to your back or shoulders? Yes No
- Using arm strength, can you push your own wheelchair independently? Yes No
- Can you maintain grip strength in your hands? Yes No
- If applicable, please note the level of your spinal cord injury. _____

Memo of Understanding

Before signing up for the ski program, every participant (and their family) must acknowledge certain aspects of the ski program that arise with questions every year. Please review the following before turning in your paperwork.

- Participants must be no more than 200lbs in order to participate standing up and 180 lbs in a sit ski. This is based on manufacturer requirements for the mono and bi skis; as well as to ensure the safety of the Eagle Mount volunteers and participants.
- Each participant (and their family) is responsible for transportation to and from Showdown Ski area for every lesson.
- Each participant is provided Eagle Mount ski or snowboard equipment, but is required to fill out Showdown's ski rental form to assure proper binding adjustments prior to the day of the lesson.
- Helmets are provided and are required to be worn.
- Participants are not allowed to ski on the Eagle Mount day pass or use the Eagle Mount equipment any more than the time frame of their lesson.
- Eagle Mount is a volunteer based organization and if a volunteer is not available then Eagle Mount will not ski/snowboard (this is however a rare occurrence).
- Safety is always Eagle Mount's utmost concern and if there is ever a safety issue, the Ski Coordinator will communicate those issues to the proper party.

Be sure to fill out a 2012 Eagle Mount Participant Application and this Ski Application. Please mail or email your applications to the Eagle Mount office. The Ski Coordinator will contact you with ski dates and times in the early part of January, 2012 once volunteers have been confirmed.

Steph Richardson, Eagle Mount Ski Coordinator
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