

EAGLE MOUNT-ADAPTIVE SKI PROGRAM

2010 PARTICIPANT APPLICATION

Application Deadline December 16, 2009

Please complete everything on the application and do not leave anything blank.

PARTICIPANT INFORMATION – PLEASE PRINT

Name _____

Date of Birth _____ Height _____ Weight _____

Shoe Size _____ (Please note if it is youth, male adult or female adult size.)

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
 Hearth 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: _____

APPLICABLE EXPERIENCE

Have you ever **skied** before? YES NO
Estimated ability level: *Beginner* *Intermediate* *Advanced*
Describe experience(s) (either with Eagle Mount, on own, private lessons, # of years...):

Have you ever **snowboarded** before? YES NO
Estimated ability level: *Beginner* *Intermediate* *Advanced*
Describe experience(s) (either with Eagle Mount, on own, private lessons, # of years...):

INDICATE PARTICIPATION PREFERENCES BELOW

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

If Saturday lessons were an option, would that be your day of choice? YES NO

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

9:00-11:00am

OR

1:00-3:00pm

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 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. _____

Be sure to fill out a 2010 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, 2010 once volunteers have been confirmed.

Steph Richardson, Eagle Mount Ski Coordinator

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