

# UNRECABLES Volunteer Review and Quiz Season 2022/23

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. When should you be ready to ski on Saturday am?
  - a. 10:00 am
  - b. 9:00 am
  - c. 8:30 am
2. UNRECABLES and Move United (DSUSA) requires what mandatory piece of equipment?
  - a. Helmet
  - b. Baseball cap
  - c. Goggles
3. Who performs the initial assessment and evaluation of the student assigned to them?
  - a. Ski school director
  - b. Shadow
  - c. Primary Instructor
4. As an ambassador on the hill and a partner with DSES and mountain management we cannot: (Circle all that apply)
  - a. Ski or snowboard in areas above your ability
  - b. Follow Skier responsibility Code
  - c. Have alcohol for lunch
  - d. Ski or snowboard out of bounds
  - e. Assist those on the hill
  - f. Report concerns to Ski Patrol
5. What should you do after your lesson with your student?
  - a. Make sure student gets out of equipment safely
  - b. Clean (disinfect) all equipment after each use.
  - c. Disinfect each borrowed piece of personal type equipment i.e., helmet, goggles, gloves, sunglasses etc.
  - d. All of the above
6. What is a skier called who skis with one ski and two outriggers?
  - a. 4 tracker
  - b. 3 tracker
  - c. Bi skier
9. When free skiing can you use the ski school lines? No \_\_. Yes \_\_
10. Bibs or jackets should be worn while free skiing or boarding? No \_\_. Yes \_\_
11. Which skill must your student have before riding the chairlift?
  - a. Be able to stop in a wedge
  - b. Be able to stop with assistance from the instructor (s)
  - c. Be able to stop by turning
  - d. All the above

12. Once you have exited the chair lift you should:
  - a. Ski off with student following you
  - b. Stop in the unloading area and get organized to ski
  - c. Stop, strap in or put your pole straps on
  - d. Glide away and get clear of the loading ramp
13. Who do you ask if you need to leave a lesson?
  - a. Other volunteers or Shadows
  - b. Primary Instructor
14. Privacy of our participants is critical. Who can discuss the student's Personal situation? (Medical, Psychiatric or personal) \_\_\_\_\_
15. Incident Report forms must be completed within 48 hours. Who is responsible for this to be completed? \_\_\_\_\_
16. Individuals with active history of seizures must wear
  - a. Special bib
  - b. Extra tethers
  - c. Safety harness that is attached to chairlift.
17. Who determines when it's time to come in from a lesson?
  - a. Student
  - b. Shadow
  - c. Primary instructor
18. Who determines the role of each volunteer on the lesson?
  - a. Primary instructor
  - b. Ski School director
  - c. Self
19. What is important to remember before heading out on a lesson
  - a. Go to the bathroom and wash your hands
  - b. Wear double masks
  - c. Sun protection
  - d. Eye protection
  - e. Check on medication situation.
  - f. Is your student properly dressed based on the condition
  - g. All of the above.
20. When your lesson is completed. You can go free ski or board after:
  - a. Equipment is cleaned and ready to store
  - b. Your student has been escorted to the lodge or waiting area (if required)
  - c. All students personal items are returned to student (phone etc)
  - d. All of the above
21. Borrowed equipment ie helmets, goggles should be sprayed with \_\_\_\_\_
22. Broken equipment or concerns about equipment need to be reported ASAP to:
  - a. Ski Director
  - b. Lead instructor
  - c. Equipment manager
  - d. Shadow

### **Important Information: Things to remember**

1. All participants must wear Club ID. Bib or jacket while on hill
2. Lift tickets given to our club are for only those who have signed all documents and waivers. They cannot be given to friends, family or sold on the hill. We will lose this benefit if we violate this rule.
3. Equipment is stored in a storage unit in the village. It is picked up and returned by volunteers. We use a portion of the hill near the ski patrol area and gondola as our start and finish area. We must keep our equipment in a neat and orderly pile. The equipment box and bags are not for your personal items. We must clear the hill each night. Leaving property on the pile is at your own risk.
4. Sunday after your lesson you can leave once your primary has said ok and all equipment is ready for transport down the hill. Snow removed, fixed outriggers removed, buckles buckled and outriggers cleared of snow. Report any broken items or concerns regarding equipment ASAP.
5. Free skiing/boarding. Friday and before and after lessons.
6. DSES allows us to store our bi skis and monoskis for Saturday night. We must check first and put them as requested. They must be removed from their area Sunday am before we start. Ideally as soon as you arrive back on Sunday to get our equipment out. DSES open their doors early
7. Borrowed helmets and bibs can stay with student for the weekend. Turned in Sunday after lesson and disinfected.
- 8 Please do not drink any alcohol during our ski day.am and pm. Please wait until your teaching day is completed.
9. Walkie talkies will be available for the season. For the primary or his/her designee
10. Mobile phones have been a great tool not only to keep in contact with each other but to request things (broken outrigger etc). Also load the Ski Patrol number in your phones for emergencies.
11. Headsets must be charged nightly so it is important to get them back In their boxes so that can be done. Also clean the mouthpiece with water and dry off excess water.

We do not know at this time (10/2022) what the covid precautions will be for the mountain. Please follow the basics with social distancing and masking (will most likely be optional). We will provide updates as we get them. Remember we share lodging and carpool.

If you are not feel well please cancel if contagious. It has been suggested to do a self test prior to coming which may not be a bad plan.