

Saddleback Ski and Ride School's
One-on-One Program for 3-6 year olds

Thank you for trusting us with the care of your children as they are introduced to the sports of skiing and snowboarding.

The following are some suggestions to make the most of their experience.

Prepare the child for what will happen.

- Tell your child that they are going to learn to ski or snowboard. They will be meeting an instructor who really likes children and will keep them safe.
- Explain that often learning can be hard, but once they can ski or ride it is very, very fun.
- Tell them that you will pick them up at the end of the lesson. Be on time for that pickup. Your waiting for them at the end of the lesson is key to a positive first experience.
- Explain that the lesson is two hours and you will not be available until then.
- Have them well fed and as rested as possible. No easy task when on vacation.
- Come early to avoid lines and the inevitable stress of parents trying to rush.
- Be sure they have gone to the bathroom and have had water to drink just before the lesson.

Dress them well.

- Mittens with long sleeves to prevent snow from getting onto their wrists and arms when they fall. On cold days, hand warmers make all the difference in the world.
- Whatever hand protection you use must be snow and water repellent. Wet hands end almost all lessons early.
- One pair of quality ski socks. The insulation is in the boot liner, and extra socks or thick socks do not help but rather add uncomfortable lumps inside the boots.
- On cold days, a pair of foot warmers stuck to the TOP of the front of each sock is a very, very wise investment.
- Put the socks on just before the boots go on so they are bone dry.
- Cotton socks can freeze little toes when they get damp and remove any chance of a happy experience.
- A balaclava with attached neck warmer will help keep their faces warm. Scarves just don't stay in place. Small children are closer to the blowing snow and what hits our knees goes into their faces.

Say good-bye and then leave.

- Once you have introduced your child to their instructor it is time to say good-bye. Please do not sneak off. Tell them you love them, you will come find them when the lesson is over, and say good-bye.
- Very often if they are upset at your leaving the instructor can turn this situation around. We do training in ways to deal with separation anxiety.
- Once the lesson begins please do not come back to see how things are going, especially if your child was upset to begin with. Seeing Mom, Dad or Grandma again almost always reminds them how much they miss you and they most often, like 95% of the time, become upset again.
- You can watch from the windows upstairs in the lodge and, once they start down the hill, you can stand on the slope, just be as hidden as possible.
- We will be taking care of your child for the two hours even if they refuse to ski or snowboard. One of the things about this program is that even if your child needs to come in because they are upset, they can go try again as soon as they have recovered.

Refunds.

- We hire and schedule an instructor to be with your child. Many times the instructor will be commuting to the mountain specifically to be with your child.
- When we have scheduled all our on-on-one instructors, we stop taking reservations. Because of this we do not refund lessons when the children refuse to ski or do not last the full two hours.
- Our goal is for your child to have a very positive first experience. Many young children do not have the stamina to last two hours out on the snow in their first experiences. We will make every effort to keep them skiing or snowboarding. We will take great care of them when they stop, either inside or outside in the snow.

When will they join a group?

- At the end of lesson, the instructor will write out a report which can be picked up in the Ski and Ride School room.
- Many times after the first ski lesson your child will be able to control their own speed without assistance. When that is the case, they will join very small groups their next time with us.