



Dear Riverstone Grade 3 Parents,

Grade 3 students will be Nordic skiing this winter at Bogus Basin, building upon last year's skills. With the winter Olympics this February, cross-country is sure to bring excitement to all. Students will continue to evolve into a new winter sport and learn the art of layering clothing in the winter and about the history of cross-country skiing being used as an early form of transportation on snow.

Transportation to Bogus Basin Nordic Center will be provided by bus. Please pack a lunch for your student; they will be eating at Bogus Basin in-between lessons to gather some much needed energy. The Nordic Center will provide instructors aimed at giving your student the best possible lesson for Nordic skiing. They will also provide the use of skis, boots, and poles. **In order for the rental shop to have your students gear available, please provide your students shoe size, height, and weight to Derek Wright via E-mail no later than Friday, January 12.**

Please see attached waiver for Nordic skiing at Bogus Basin. Please return filled out form to your student's teacher, no later than January 12.

It is important your student be prepared to be outside in winter conditions. Ski clothing that will keep your student warm and dry is essential; please see the information below to help your student prepare for the ski lessons.

If you have any additional questions or concerns please reach out to Derek Wright, Outdoor Education Coordinator at dwright@riverstoneschool.org.

Sincerely,

Derek Wright
Outdoor Education Coordinator



Grade 3 Nordic Skiing Lesson Details

Schedule of Activities

Dates:	Wednesdays – January 17, 24, 31, and February 7
8:45AM	Load bus and depart for Bogus Basin Ski Resort
10:00 AM	Grab Nordic Skis, lessons begin
11:30PM	Lunch Break (<i>Please bring Sack Lunch</i>)
1:50 PM	Lessons end, return equipment and depart for Riverstone
3:15 PM	Arrive at Riverstone

What to Bring

- Snow pants- water resistant pants are a must
- Winter jacket- water resistant and insulated
- Thick wool socks or ski socks that reach mid-shin (cotton socks get wet and become cold)
- Other warm layers
 - Long underwear for a base layer
 - Fleece or mid-layer for warmth underneath jacket
- Gloves or Mittens- quality hand wear is essential, make sure these are waterproof (2-pairs is highly recommended to change into a dry pair over lunch)
- Hat- very important your head stays warm
- Ski Goggles (optional)
- Personal XC Ski's, boots, and poles (*optional*)
- Lunch- Students will be hungry and burning lots of calories!**
- Water Bottle to hydrate before and after skiing, students can grab water from lodge during breaks
- Sunscreen- even on a cloudy day the reflection from the snow and UV rays is strong.
- Sunglasses- a bright day on snow can be hard on the eyes

Winter Gear Purchasing Options

New Winter Clothing

REI Boise

8300 W Emerald St, Boise, ID 83704
208-322-1141

Sierra Trading Post

530 E Sonata Ln, Meridian, ID 83642
208-898-0261

Quality Used Winter Clothing

Outdoor Exchange

1405 W Grove St, Boise, ID 83702
208-297-7002

Backcountry Pursuit

671 S Capitol Blvd, Boise, ID 83702
208-429-1124

○ **WINTER EDUCATION PROGRAM**
 ○ **ASSUMPTION OF RISK, RELEASE OF LIABILITY, WAIVER AND INDEMNIFICATION AGREEMENT**
 PLEASE READ CAREFULLY BEFORE SIGNING

The person participating in any winters sports school and/or lessons provided by Bogus Basin Recreational Association, Inc. ("Bogus Basin"), including skiing, snowboarding, winter field activities, snow-shoeing snow pit observations, digging in the snow, hiking, jumping and/or traveling to the activity site, shall be referred to hereinafter as "Participant." Participating in skiing, snowboarding, winter field activities, snow-shoeing snow pit observations, digging in the snow, hiking, jumping and/or traveling to the activity shall be referred to as the "Activity." The "Undersigned" means only the Participant when the Participant is age 18 or older OR it means both the Participant and the Participant's parent or legal guardian when the Participant is under the age of 18. Undersigned hereby acknowledges that he/she has received valid consideration in exchange for agreeing to the terms set forth in this Agreement.

The Undersigned agrees and understands that the Activity can be hazardous and involves the RISK OF PHYSICAL INJURY OR DEATH, and such risk is inherent and cannot be reasonably avoided without changing the nature of the Activity. The Undersigned further acknowledges that he/she has read this Agreement, and **EXPRESSLY ASSUMES ALL RISKS** of the Activity, inherent or otherwise.

In consideration of allowing the Participant to use the Bogus Basin chairlift, the Undersigned agrees to **RELEASE** Bogus Basin from any and all liability and/or claims for injury or death to persons or damage to property arising from the Participant's participation in the Activity, including those claims based on Bogus Basin's alleged or actual NEGLIGENCE. Further, the Undersigned agrees to **WAIVE** his/her right to file a lawsuit against Bogus Basin for **any existing or future claims**.

The Undersigned agrees to **DEFEND and INDEMNIFY** Bogus Basin from all claims for property damage, injury or death arising out of Participant's use of any Bogus Basin chairlift, which (1) he/she may suffer or for which (2) he/she may be liable to others or for (3) Participant's conduct that may contribute to a claim being asserted against Bogus Basin.

The Undersigned understands that Bogus Basin may furnish first aid care, including but not limited to: transportation for Participant to a facility where defined medical care can be provided at no expense to Bogus Basin. The Undersigned understands that the furnishing of medical care is in no way an admission or an assumption of liability on the part of Bogus Basin, its officers, agents or employees.

In consideration for allowing Participant to participate in the Activity, the Undersigned agrees that any and all claims for injury and/or death arising from the Participant's participation in the Activity shall be GOVERNED BY IDAHO LAW and EXCLUSIVE JURISDICTION of any claim shall be in the STATE DISTRICT COURT residing in the county where the alleged incident occurred or in the FEDERAL COURT FOR THE STATE OF IDAHO.

The Undersigned grants permission that any photos that Participant may appear in, that are taken of the activity of participation, can be used by Bogus Basin for advertising/display or media purposes to further promote similar programming.

I AND/OR MY MINOR(S) ACKNOWLEDGE THAT WE HAVE READ, UNDERSTAND AND WILL ABIDE BY ALL BOGUS BASIN'S POLICIES/RULES GOVERNING THE USE OF ANY BOGUS BASIN CHAIRLIFT. A PARENT OR GUARDIAN OF A MINOR CHILD MUST SIGN. IF A PARENT OR GUARDIAN IS SIGNING ON BEHALF OF A MINOR, THE PARENT OR GUARDIAN AGREES TO DEFEND/INDEMNIFY BOGUS BASIN IN THE EVENT THE AUTHORITY TO BIND THE MINOR IS CHALLENGED.

DATE: _____

<u>Ticket/Pass Holder or Parent/Guardian of Ticket/Pass Holder</u>	<u>Ticket/Pass Holder Name</u>	<u>DOB (mm/dd/yy)</u>
(1) Signature _____	(1) Print _____	__/__/__
(2) Signature _____	(2) Print _____	__/__/__
(3) Signature _____	(3) Print _____	__/__/__
(4) Signature _____	(4) Print _____	__/__/__
(5) Signature _____	(5) Print _____	__/__/__

Emergency Contact: _____ () _____
 NAME/RELATION TELEPHONE