



Parent's Information Page

HELPFUL HINTS

to make your day at BRIGHTON easier,
less stressful, and nothin' but FUN for the whole family.

PLAN AHEAD

- **Plan your time** well and then add an extra 30 minutes.
- Have a **full tank of gas** before driving up the canyon.
- Give yourself extra time for driving. **Know the road conditions.**
- Know that it takes about 30 minutes to an hour to get through the **rental shop** depending on the day and the number of people in your family. During holiday weeks, plan for even more time to get through rentals.
- It is always better to **be early** and have extra time before classes than to be 2 minutes late and miss the class.

CLOTHING

- **Label** all clothing and personal items: Coats, pants, hats, goggles, gloves, etc.
- **Dress in layers.** Start with good polypropylene underwear (tops and bottoms). Polypropylene dries quickly and will help wick away the moisture, keeping the body warmer.
- **Turtlenecks** are great to keep the body and neck warm. T-necks are highly recommended.
- **Waterproof** coats and pants are a must.
- Good waterproof **gloves or mittens** are also a must. Make sure the gloves fit correctly and come up high enough on the wrist that the snow won't get down in the cuff.
- Mittens are best for little kids. Mittens help all the little fingers keep each other warm.
- **Knit gloves are useless in the snow.**
- **Hats** are better than head bands. The majority of body heat escapes through the head.

- **Neck Gaiters** are a must when skiing in cold, snowy weather. A neck gaiter is just a tube of fleece that fits over the head and around the neck to keep the neck, chin, and ears warm. They also help keep the snow out of the collar of the coat.
- **Helmets** are a good idea. If you don't want to buy a helmet, our rental shop will have them for adults and older children. The Little Rippers room loans helmets to the smaller kids.
- Make sure the **helmets fit well** and the chin straps are used.
- **Remember** that wearing a helmet does not give you permission to ski/board too fast or recklessly. Remind your children to ski/board in control.
- **Be prepared** for the worst weather. It is easier to remove clothing when hot than to need more warmth and not have the right clothing.
- **Socks:** Wear one pair of **good ski socks** (not cotton). Get a pair that wicks away the moisture. Always bring an extra pair of socks for everyone. You never know when your little ones will walk on a wet floor with their boots off and need to have that extra pair of socks.
- **Eye Protection:** Everyone should have **eye protection**. Goggles not only protect your eyes, they help to keep the face warm. Sunglasses are great for a sunny day but will not keep the snow out of your eyes on a snowy day.
- Even the littlest of children (and babies) should **wear sunglasses** when outdoors. **Don't forget their sunglasses!**
- Be sure to **wear sunscreen**. Wear sunscreen even on a cloudy day. It is best to put it on before you leave for your day in the mountains. Don't forget to reapply sunscreen throughout the day. It also helps protect the skin from wind burn.

EQUIPMENT

- **Brighton has an excellent Rental Shop** on the 2nd floor of the Brighton Center. The rental tech crew is great at fitting equipment to all sizes.
- **Safe Equipment!** Whether you are renting from a valley rental shop, borrow equipment, or you have equipment in your garage, you want to make sure it fits well and it is not too old. If your equipment is too old and unsafe, they may not let you ride the chair lifts. **Safety first!**
- If you have older equipment, it is best to take it to a reputable ski shop who can **evaluate the safety of your equipment**.

- **Label Equipment.** If you are bringing your own equipment, make sure you label it well.
- **Know your equipment.** If you are renting equipment either from Brighton or another shop, make sure you know what it looks like and what the rental numbers are. Most rental equipment looks alike.
- **Little kids do not need polls.** At that age, poles are just in the way and they have a tendency to be dropped off the lift at the most inopportune times and places. Don't worry, they will learn how to use them as they get older.

LESSON INFO

Safety, Fun, & Learning - Brighton Sliding Academy's Motto

- It is always a good idea to put your children in a class. It will get them started with the correct information on safety and skills.
- It will give you time to ski knowing your children are in good hands.
- We offer children's classes from "Never-Ever" all the way through **black diamond**.
- **It is always better to be early** and have extra time before classes than to be 2 minutes late and miss the class all together.
- If we have a problem or concern with your child while in a class we will either call you on your cell phone or write your name on the white board at the bottom of each lift.
- Make sure your child has been to the **bathroom before lessons**. Tell your child it is okay to let the instructor know if they need to use the restroom or need a warm up break.
- **If your child is sick;** please do not put him/her in lessons.
- If your child has any **learning disabilities, physical concerns,** or any other concerns you think we should know about, please give us a heads-up. This will help us know how to best teach your child.
- Our instructors are "**Passionate about sharing the sport we love**"
- **Expectations:** Keep your expectations of your child's ski/board skills reasonable. Remember that they didn't learn to swim or ride a bike in one day. Also, remind your child that everyone has to start at the beginning and it takes a little while to pick up the skills they need.
- **Remember the Brighton Sliding Academy's Motto is SAFETY, FUN, & LEARNING.** That should be your family motto, also.

SAFETY

- **Family Meeting Place:** Although the likelihood of your child being separated from you or the instructor is slim, it is always good to have a family meeting place. We suggest you use the ski school as your meeting place so we can help you make your reconnections faster.
- You may want to put your **cell phone numbers and names** on a card in child's pocket. Put your child's name and age on the card also.
- Keep a **trail map** in your child's pocket.
- **Do not let your child ski between your legs.** This is a very dangerous practice for you and your child. Remember, lessons will teach your child how to stand up and stop on his/her own.
- **Don't take your children on terrain that they are not ready for.** Just because they can do a power wedge down just about any run doesn't mean they should. Be safe with them.
- **Whistles:** It is a good idea to have a good plastic safety whistle on each child. Sometimes they can't be heard if they are yelling but a whistle can be heard for a longer range. Also, teach them to use the whistle responsibly. It is a safety tool not a toy.
- **Lifts: Please remind your children not to wiggle** while they are on the chairlifts. Have them use the safety bar and not try to look down at someone as they watch them go under their chair. Don't turn around while sitting on the lift. Skier should never try to get the snow off of their skis by knocking their skis together while on the lift. We loose more skis that way and it is a danger to those below.
- **Be well hydrated.** You and your family will tolerate the cold, altitude, and exercise better if your muscles are well hydrated. Start hydrating before you come to Utah or up to Brighton.
- **Watch for frostbite.** Watch for little white patches of skin. Get your child or yourself out of the cold weather. If it looks serious, go to the clinic to have it checked out. If your child says his/her toes or fingers are cold, they really are cold.
- **Put hand warmers** in your children's pockets, just in case they need them during the day.
- **Responsibility Code:** Help your children know and understand the Responsibility Code. Safety, common sense and courtesy are important on the slopes.

Responsibility Code:

1. Always stay in control.
2. People ahead of you have the right of way.
3. Stop in a safe place for you and others.
4. Whenever starting downhill or merging, look uphill and yield.
5. Use devices to help prevent runaway equipment.
6. Observe signs and warnings and **keep off closed trails**.
7. Know how to use the lifts safely.

KNOW THE CODE. It's your responsibility.

HOLIDAYS & WEEKENDS are the busiest times of the season.

- Make sure you plan your time well.
- During holidays, call about a week before you are going to be here to schedule your private lessons.
- Remember, group lessons don't need reservations, just be here in plenty of time for the class.
- Be patient with the Brighton Staff. Our goal is to make sure that everyone gets what they need, gets through ticket/school/rental lines quickly and **then have the greatest day on snow!**