



**Mission Statement:**

**PROVIDE HEALTHFUL OUTDOOR WINTER EXERCISE AND FUN SO PARTICIPANTS BUILD CONFIDENCE AND SELF-ESTEEM WHICH TRANSFER TO EVERY DAY LIFE EXPERIENCES**

**Participants:**

Participants in the *CRR* Ski Program vary in ages from 13 years of age to 65. They are men and women, boys and girls with varying mental and physical disabilities. For many of our participants, this ski program is the only physical exercise engaged in all year. It is common for the condition of our participants to be hindered, not only by their life conditions, but also by their lifestyle.

**Disabilities:**

The disabilities of our participants vary in form, degree and severity.

- **Down Syndrome:**
  - Cause: Down syndrome results from having three copies of chromosome 21 instead of the normal two. Approximately 1 in 1000 babies that are born are born with DS.
  - Symptoms: These include delayed motor skills (such as sitting, crawling and walking in infancy) and delayed cognitive skills (such as speech and language acquisition and short-term memory abilities). The range of abilities and disabilities, characteristics, interests and achievements among people with Down syndrome vary widely, as with everyone. Down syndrome associates them - it does not define them.
- **Cerebral Palsy:**
  - Cause: Nonspecific term used to describe a persistent qualitative motor disorder caused by non-progressive damage to the brain.
  - Symptoms: Poor balance, poor coordination, and a staggering gait. Visual, hearing, and speech defects may be present. Mental retardation may or may not be a manifestation of the brain damage.
- **General Developmental Disabilities:**
  - Cause: Any number of factors can lead to general developmental disabilities including, but not limited to: Fetal Alcohol Syndrome, Brain Injuries, Disease, Virus, Illness etc.
  - Symptoms: Problems with learning, orientation, attention span and communication.
- **Physical Disabilities:**
  - Cause: Again, any number of factors can contribute to physical disabilities.
  - Symptoms: Specific to our organization are poor balance, poor coordination, blindness, loss of speech and loss of hearing and Seizures.

**Interaction with Participants:**

Your ability to interact successfully with the participants of the Cascade Ridge Racers is limited only by your patience and kindness of heart.

- **Violent Participants:**
  - At this time (12/05/02), Cascade Ridge Racers currently engages no violent participants.
- **Overly Compassionate Participants**
  - Some participants in the Cascade Ridge Racers ski program can have the tendency to be overwhelming in terms of physical contact. Due to the impressionable nature of our participants it is important that you use caution with respect to this issue. We encourage the use of “side hugs” or “one arm” hugs to reduce the impressions on our participants.

### **First Aid:**

For Liability Reasons, Cascade Ridge Racers directs our staff to defer to a Card Carrying Individual with Professional First Aid and/or CPR training unless an emergency arises that necessitates immediate action.

- **Seizures**
  - The proper response to an individual having a seizure is to clear the area around the individual, do NOT try to restrain them or place ANY objects in their mouth (bite reflex is a common occurrence during seizures). Immediately following the seizure, place a blanket over the individual and a pillow under their head (if avail.). Seizures are incredibly exhausting and a period of time should elapse prior to moving the individual. It is also, common for involuntary urination/defecation to occur during these events.
- **Injuries**
  - Those individual with Professional First Aid and/or CPR training should act accordingly with the guidelines expressed during their training. Please be advised that we do have participants that may intentionally or unintentionally represent a false injury. Please be prepared for this occurrence. If you are unsure, please defer to a veteran staff member for advice and assistance.

### **Responsibilities:**

The following items are guidelines for the responsibilities of our instructors and staff members of the Cascade Ridge Racers Ski Program:

- **Transportation:**
  - Transportation will be provided to all participants, instructors and staff members via VISION COACH lines bus. The bus meets around 7:30 AM on Sundays at the K-Mart Parking Lot on 148<sup>th</sup> AVE SE and Main St. in Bellevue. You are not required to ride this bus.
- **Equipment Loading/Unloading**
  - It is asked that whether or not you exercise the option of free transportation to the hill you assist in the unloading of equipment and personnel from the bus and assist in carrying those items and assisting our participants to the room.
- **Students**
  - You are directly responsible for your student while the program is in session. You are required to be with your student at all times. If there are occasions where your student will be engaged with other instructors, be sure that instructor has knowledge and understanding of the intricacies of your student. In addition, make sure that instructor is willing and able to take responsibility for your student. Likewise, ensure the same if you engage students other than your own.
- **Equipment**
  - You may be required to assist your student in putting on Ski Boots, ensuring that they have proper clothing for the weather, etc.

- **Bathroom “Accidents”**

- There are occasions when our students may not have the coordination, motor skills or ability to make it to the bathroom. This is not a daily occurrence for our participants but it may happen. You are asked to assist our participants if necessary in recovery of these events. If you are not able, or willing to participate in this action, please defer to a veteran staff member for assistance. In all cases, the student will be more embarrassed than you. Consider their feelings and act accordingly.

**Daily Schedule:**

The following is a rough representation of a daily schedule for our program. These times and events vary from week to week as goals, weather, external factors may affect our program.

7:30 Bus Loads at Kmart  
8:00 Bus Departs Kmart en route for Snoqualmie  
8:45 Bus Stops in North Bend for pickup  
9:00 Bus Arrives at the Pass  
9:00 Participants/Coaches unload equipment and travel to room  
9:15 Get Gear on and Together  
9:20 Coaches Meeting and dispatch of Racecourse Team  
9:30 Everyone on the slopes  
11:45 Lunch  
12:15 Lunch is over...back to the slopes  
3:00 Start heading in for the day / Load Bus  
3:30 Bus departs Snoqualmie Pass  
4:30 Bus Arrives at Kmart

**Special Olympics**

Special Olympics events occur twice during our ski season:

- **Regional**
  - Regional competition is held during week 5 of the program. Located at Snoqualmie Central, Regional Competition allows our participants to practice on a racecourse in a real life scenario. The events showcase the Special Olympics Ski Teams throughout King County and encompasses an opening ceremony, all three competitive events, and an awards ceremony.
- **State**
  - State competition is held during the first weekend of March every year in Wenatchee, WA (Mission Ridge). State competition, an event eagerly anticipated and steadfastly worked toward, showcases time trials (Friday Day), opening ceremony (Friday Night), event runs (Saturday and Sunday), and awards ceremony (Sunday). Although State finals are a voluntary event, we encourage everyone to both participate in the weekend and compete as a unified partner in the events. Those instructors who choose to travel to Wenatchee and participate in State Finals are afforded rooms at no cost provided they act as a chaperone for 1-3 students in their room. Additionally, meals and lift passes for the weekend are complimentary as well.

**Contact**

If for any reason throughout the year (during the season, before or after) you need to contact me, please do not hesitate to do so:

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