



Klondike, 2011

Snow Sports and More!

At Jay Peak Resort and Hard'ack in St. Albans

Save the Dates, February 11, 12, 13, 2011

Come and enjoy the winter and some special activities at Jay Peak and/or Hard'ack in St. Albans. It is a three day long schedule. For those that like to ski, board or skate, we are partnered with Jay Peak and have access to the entire mountain for the day on Sunday (Troops with a religious conflict may use the mountain on Saturday at a slightly higher price). Events are described below and include a Snow Sports Challenge which meshes well with the requirements for Snow Sports merit badge. If you have lots of energy, bring your skates as well. We have reserved ice time at Jay and will be evaluating your skills for Skating Merit Badge if you are so inclined.

If you have conflicts of travel or timing for that day, join the fun at Hard'ack in St. Albans, where the Winter Festival is occurring. The Winterfest has many events, any one of which might be a great option for a troop with scheduling difficulties or no interest in Snow Boarding or Skiing at Jay.

Registration for all events is closed on February 1st. You must declare if you are going to board, ski or participate in the Winter Carnival as reservations are required. Full day passes are variable in cost to us based on the number of registered scouts or youth 10-18 years old. For 100-149 youth = \$24ea, 150-199 \$21ea, 200+ \$18ea. **Friends and Family members may register for passes at these prices, but must be registered. Guests are also welcome but must be registered with the troop. This is a recruitment opportunity. If you are an adult and register to help with the Snow Sports Challenge your ticket is free.** Equipment rentals are available at Jay, but no equipment or skates will be provided. Events at Hard'ack are either free or may involve an individual event registration fee and/waiver. Scouts and guests registered for **any** events will pay only \$1.00 per person to the council. Only those who go to the mountain or enter competitive events at the Carnival will have any additional fees. **These events are recruitment opportunities. Please bring a friend and your troop flag and banner. Bring a friend and recruit a scout into your troop!**

Tuesday February 1, Registration Closes, No Exceptions

ANYTIME Snowman Contest, Enter your Troop snowman photo and win!

Friday, February 11

5:30pm Torch Run from CPSF through downtown St. Albans to Hard'ack

6:00pm Light the "H" at Hard'ack

Torch Light Parade - BFA Varsity Ski Team

Free BBQ provided by the Elk's Club of St. Albans

4:00-9:00pm Vermont Pond Hockey Classic

6:00-9:00pm Big Air Snowboard Events & Competition

Saturday, February 12

10:00am 5K Poker Run - Start & register at Warming Shack

11:00am Kids Fun Run

9:00am- 6:00pm Vermont Pond Hockey Classic

12:00-2:00pm Horse Drawn Sleigh Rides

2:00 pm Amazing Race

Sunday, February 13

Concessions will be available at Hard'ack

All Day Snowsports Challenge at Jay Peak

All Day Skating Merit Badge at Jay Peak

9:00-5:00pm Vermont Pond Hockey Classic

10:00 Nordic 5K Race

11:00 Nordic Fun Sprint Race

12:00-2:00 Nordic Walking Demos

12:00 Alpine Races

2:00 Duct Tape Derby registration begins

2:30 Duct Tape Derby Starts

5:30 FIREWORKS!

Snow Sports Merit Badge Requirements

1. **Prepare in advance with your troop** and be able to discuss winter sports safety. **In order to have your card punched by any ski patrol or staff member, you must show that you know first aid for injuries or illnesses that could occur while skiing or riding, including**

1 hypothermia,

2 Frostbite

3 Shock,

4 Dehydration,

5 Sunburn,

6 Bruises,

7 fractures, strains and sprains. Tell how to apply splints **(this will be a demonstration station in a heated area)** **Prepare in advance in order to have your card punched by any staff member.**

2. **Prepare in advance with your troop** Explain why every skier or snowboarder should be prepared to render first aid in the event of an accident. **Bring this with you in writing. BE PREPARED**

3. Explain the procedure used to report an accident to the local ski patrol for the area where you usually ski or ride. **Have your card punched by any ski patrol or staff member.**

4. Do EACH of the following:

a. **Prepare in advance with your troop** Tell the meaning of the **Your Responsibility Code** for skiers and snow-boarders. **(Attached below). Have your card punched by any staff member.** Explain why each rider must follow this code.

b. **Prepare in advance with your troop** Explain the **Smart Style** safety program. **(Attached below). Have your card punched by any staff member.** Explain why each rider must follow this code. Tell why it is important and how it applies to skiers and snowboarders in terrain parks and pipes.

c. **Prepare in advance with your troop** Explain the precautions pertaining to avalanche safety, including the responsibility of individuals regarding avalanche safety. **Bring this with you in writing. BE PREPARED Have your card punched by any ski patrol or staff member.**

d. **Prepare in advance with your troop** Tell the meaning of the **Wilderness Use Policy.** Explain why each skier and snowboarder must adopt this policy. **Attached below. Bring this with you in writing. BE PREPARED Have your card punched by any ski patrol or staff member.**

5. Complete all of the requirements for ONE of the following options: downhill (Alpine) skiing or cross-country (Nordic) or snowboarding.

DOWNHILL (ALPINE) SKIING

YOU MUST DO THESE (a-e.) WITH YOUR TROOP (or Patrol) BEFORE THE EVENT, they will not be evaluated at the event.

a. Show how to use and maintain your own release bindings and explain the use of two others.

Explain the international DIN standard and what it means to skiers.

b. Explain the American Teaching System and a basic snow-skiing progression.

c. Name the major ski organizations in the United States and explain their functions.

Organization

Functions

d. Discuss the five types of Alpine skis. *Demonstrate* two ways to carry skis and poles safely and easily.

e. Explain the importance of strength, endurance, and flexibility in downhill skiing. *Demonstrate* exercises and activities you can do to get fit for skiing.

f. Present yourself properly clothed and equipped for downhill skiing. Discuss how the clothing you have chosen will keep you warm and protected. **Have your card punched by any ski patrol or staff member.**

g. Demonstrate how to ride one kind of lift and explain how to ride two other and **Prepare in advance with your troop. Have your card punched by any ski patrol or staff member.**

h. Explain the international trail-marking system. **Prepare in advance with your troop.**

i-m. will be evaluated at a skills station where you can have your card punched:

i. On a gentle slope, demonstrate some of the beginning maneuvers learned in skiing. Include the straight run, gliding wedge, wedge stop, sidestep, and herringbone maneuvers.

j. On slightly steeper terrain, show linked wedge turns.

k. On a moderate slope, demonstrate five to 10 christies.

l. Make a controlled run down an intermediate slope and demonstrate the following:

(1) Short-, medium-, and long-radius parallel turns

(2) A sideslip and safety (hockey) stop to each side

m. Demonstrate the ability to ski in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

CROSS-COUNTRY (NORDIC) SKIING

a. Show your ability to select, use, and repair, if necessary, the correct equipment for ski touring in safety and comfort. **YOU MUST DO THESE (a-f.) WITH YOUR TROOP (or Patrol) BEFORE THE EVENT**

b. Discuss classical and telemark skis.

Demonstrate two ways to carry skis safely and easily.

c. Discuss the basic principles of waxing for cross-country ski touring.

d. Discuss the differences between cross-country skiing, ski touring, ski mountaineering, and downhill skiing.

e. Explain the importance of strength, endurance, and flexibility in cross-country skiing. *Demonstrate* exercises and activities you can do to get fit for skiing.

f. List items you would take on a one-day ski tour.

g. Present yourself properly clothed and equipped for a one-day ski tour. Discuss the correct use of your clothing and equipment, and how the clothing you have chosen will keep you warm and protected and **have your card punched by any ski patrol or staff member**

h. Demonstrate the proper use of a topographic map and compass. **Prepare in advance with your troop** and be prepared to **have your card punched by any ski patrol or staff member.**

i-m. will be evaluated at a skills station where you can have your card punched:

- i. Show a degree of stamina** that will enable you to keep up with an average ski-touring group your age.
- j. On a gentle, packed slope, show some basic ways to control speed and direction.** Include the straight run, traverse, sideslip, step turn, wedge stop, and wedge turn maneuvers.
- k. On a cross-country trail, demonstrate** effective propulsion by showing proper weight transfer from ski to ski, pole timing, rhythm, flow, and glide.
- l. Demonstrate your ability, on a tour, to cope with an average variety of snow conditions.**
- m. Demonstrate several methods of dealing with steep hills or difficult conditions.** Include traverses and kick turns going uphill and downhill, sidesteps, pole drag, and ski-pole "glissade."

SNOWBOARDING

YOU MUST DO THESE (a-h.) WITH YOUR TROOP (or Patrol) BEFORE THE EVENT

- a. Discuss forward-fall injuries.** Tell about prevention and what action must be taken in the event of any type of injury or accident.
- b. Do the following:**
 - (1) Demonstrate your ability to select the correct equipment for snowboarding and to use it for safety and comfort.**
 - (2) Present yourself properly clothed and equipped for snowboarding.** Discuss how the clothing you have chosen will keep you warm and protected.
- c. Show how to use and maintain your own bindings, and explain the use of the different binding methods.** Explain the need for leashes.
- d. Discuss the four types of snowboards.**
Demonstrate how to carry a snowboard easily and safely.
- e. Demonstrate exercises and activities that will get you fit for snowboarding.**
- f. Demonstrate how to ride one kind of lift and explain how to ride two others.**
- g. Explain the international trail-marking system.**
- h. Demonstrate the basic principles of waxing a snowboard.**

i-l. will be evaluated at a skills station where you can have your card punched:

i. Do the following

- 1. On a gentle slope, demonstrate beginning snowboarding maneuvers.** Show basic ways to control speed and direction. Include the sideslipping maneuver.
- 2. On slightly steeper terrain, show traversing.**
- j. On a moderate slope, demonstrate an ollie, a nose-end grab, and a wheelie.**
- k. Make a controlled run down an intermediate slope and demonstrate the following:**
 - (1) Skidded, carved, and jump turns**

(2) Stops

(3) Riding fakie

I. Demonstrate your ability to ride in varied conditions, including changes in pitch, snow conditions, and moguls. Maintain your balance and ability to turn.

m. Name the major snowboarding organizations in the United States and explain their functions. YOU MUST DO THIS WITH YOUR TROOP

Your Responsibility Code

Skiing and snowboarding can be enjoyed in many ways. At areas you may see people using alpine skis, snowboards, telemark skis, cross country skis, and other specialized equipment, such as that used by the disabled. Regardless of how you decide to enjoy the slopes, always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce. Observe the code listed below and share with other skiers and riders the responsibility for a great skiing experience.

1. Always stay in control, and be able to stop or avoid other people or objects.
2. People ahead of you have the right of way. It is your responsibility to avoid them.
3. You must not stop where you obstruct a trail, or are not visible from above.
4. Whenever starting downhill or merging into a trail, look uphill and yield to others.
5. Always use devices to help prevent runaway equipment.
6. Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
7. Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Know the code. It's your responsibility.

This is a partial list. Be safety conscious.

The Smart Style Program

There are four main messages that are associated with Smart Style:

1. MAKE A PLAN

Every time you use freestyle terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing

2. LOOK BEFORE YOU LEAP

Scope around the jumps first, not over them. Know your landings are clear and clear yourself out of the landing area.

3. EASY STYLE IT

Start small and work your way up. (Inverted aerials not recommended).

4. RESPECT GETS RESPECT

From the lift line through the park.

DUCT TAPE DERBY RULES

FEE: \$10 PER SLED

TEAM RULES:

- ALL COMPETITORS MUST WEAR A HELMET WHILE SLED IS ON COURSE.
- ALL SCOUTING TEAMS MUST INDICATE THEIR PARTICIPATION BY BRINGING THEIR TROOP FLAG AND HAVE AT LEAST A FOUR INCH FLEUR DE LIS ON BOTH SIDES OF THE SLED
- TEAMS MUST CONSIST OF 2 MEMBERS. EACH MEMBER MUST COMPLETE LIABILITY RELEASE BEFORE START OF RACE. IF TEAM MEMBER IS UNDER 18, A PARENT/GUARDIAN MUST SIGN FOR THEM.
- COSTUMES ARE ALLOWED AND GREATLY **ENCOURAGED!**

SLED DESIGN RULES: THE ONLY SLED MATERIALS ALLOWED ARE CARDBOARD, DUCT TAPE, ZIP TIES, PAINT AND WAX- NO HARDWARE IS PERMITTED (WOOD, PLASTIC, METAL, SCREWS, PIPING, ETC. NOT ALLOWED). EVIDENCE OF ANY "ILLEGAL MATERIALS" WILL LEAD TO IMMEDIATE DISQUALIFICATION OF SLED AND TEAM. NO EXCEPTIONS. ONLY WAX IS PERMITTED ON THE RUNNING SURFACE. NO TAPE IS ALLOWED ON THE RUNNING SURFACE. DETECTION OF TAPE OR ANY OTHER MATERIAL OTHER THAN WAX WILL LEAD TO THE DISQUALIFICATION OF BOTH SLED AND TEAM.

JUDGING CRITERIA: CREATIVITY AND SLIDING ABILITY. The combined scores will be added for an overall score. Sleds will be judged for creativity at 2:00 in front of the warming shack. Important to note: Costume creativity may be considered towards creativity score.

THERE WILL ALSO BE AWARDS FOR FASTEST SLED AND BEST SELF DESTRUCTION OF SLED WHILE ON COURSE

DUCT TAPE DERBY REGISTRATION FORM

Team Name: _____

Team # _____

Team Members

Address: _____

City: _____

Phone: _____

Email: _____

DUCT TAPE DERBY RELEASE AND WAIVER OF LIABILITY
ONE WAIVER PER ENTRANT

Please read this carefully. It affects any rights you may have if you are injured or otherwise suffer damages while participating in any activity at Hard'ack Recreational Area.

I, _____, hereby release, waive, discharge and covenant not to sue the City of St. Albans, Vermont, Hard'ack, St. Albans Recreation

Department, or any of the trustees, officers, servants, agents, volunteers and employees of the above-mentioned entities (hereinafter referred to as RELEASEES) for

any liability, claim, and/or cause of action arising out of or related to any loss, damage or injury, including death, that may occur as a result of my participation in any

activity or while on the premises in connection therewith. I agree to indemnify and hold harmless the RELEASEES whether injury is caused by my negligence, the negligence of the RELEASEES or the negligence of any third party. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive and my heirs, assigns, and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Vermont. I agree that by participating in activities at the Hard'ack Recreational Area I am doing so entirely at my own risk. I agree that I am voluntarily participating in these activities and use of these facilities, premises and equipment and assume all risk of injury, illness, or death. I also understand that the RELEASEES are not responsible for any loss of my personal property.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Name of Scout

Signature of Parent or guardian

Name of Scout

Signature of Parent or guardian

This 5K (3.1 mile) Fun Run starts and ends at Hard'ack in St. Albans, VT. Prizes are awarded based on the best Poker hand achieved by picking up cards throughout the race. Application fee is \$10.00 and includes a Winter Carnival Fleece hat

NOTE: Please complete one registration form per person. All participants must complete and sign a waiver release form. All checks should be made out to the St. Albans Recreation Department.

Participant

Name: _____ **Age:** _____

Participant's

Signature: _____ **Date:** _____

Parent/Guardian Signature (if under

18): _____ **Date:** _____

Completed forms can be sent to the St. Albans Recreation Dept., 100 N Main St, St. Albans, VT 05478

RELEASE: Please read carefully and sign. I understand that there are risks of physical injury inherent in participation in sports and recreation activities and I hereby release the City of St. Albans, its employees, agents, and representatives from any liability for personal

2011 Vermont Pond Hockey Classic Registration Form

NOTE: Please complete one registration form per team. All team members must complete and sign a waiver release form. All checks should be made out to the St. Albans Recreation Department.

Complete and mail to: St. Albans Recreation Department

100 North Main Street

St. Albans, VT 05478

Team Name: _____ Home City or Town _____

Team Captain: _____ 2010 Participant? Yes ___ No ___

Street _____

City _____ State _____ Zip _____

Email Address _____

Cell Phone (____) _____

Player #1 Name _____

Age _____

Player #2 Name _____

Age _____

Player #3 Name _____

Age _____

**Vermont Pond Hockey Waiver of participation:
One copy per each entrant please**

This document affects your legal rights, read it before signing and registering your team. All members will be required to sign the release prior to beginning play in the VT Pond Hockey Classic (VPHC). If you do not understand any part, we urge you to consult your attorney.

Personal Release:

I understand that the registered activity and services provided may have an element of hazard or inherent danger and I take full responsibility for my actions and physical condition. I agree to indemnify and hold VPHC, City of St. Albans, St. Albans Recreation Department, Hard'Ack, Inc. and it's Directors, Officers, employees representatives and volunteers from liability, loss, cost or expense (including attorney fees, medical and ambulance costs) that I may incur in registered activities associated with the VPHC.

Medical Release:

In the event that you may require medical attention and that your emergency contact listed above cannot be contact listed cannot be contacted, VPHC officials are hereby authorized to take whatever action is deemed necessary in their judgment for the health of the participant signed to this waiver. I agree I am solely responsible for payment of all costs resulting from the rendering of medical and ambulance services. If you are on any prescription drugs or have an existing medical condition that requires special medical attention, consult your doctor before participating in the VPHC.

I have read the above two release statements and agree to the statements as written:

Signature: _____ **Participant:** _____ **Date:** _____

Parent/Guardian Signature : _____ **Date:** _____

(if participant is Under 18)

Emergency Contact: _____ **Phone Number:** _____

Snowman Contest

The St. Albans Recreation Department and the St. Albans Messenger are joining forces to find the best snowman builders! We're looking for the biggest, most colorful, and most creative snowmen (and women!) **REPRESENT SCOUTING AND BUILD THE BEST SNOWMAN EVER!** To enter you simply build the snowman or grouping of snowmen, take a picture of the snowman with at least one of the builders standing beside it, then submit the photo and registration form to the recreation office. This competition is open to everyone! Individuals, teams, classrooms, entire schools, groups, businesses, neighborhoods, etc.

Categories:

- LARGEST SNOWMAN –This category is for the largest snowman created. We will look for tallest, widest, most robust snowman.
- MOST COLORFUL SNOWMAN-This category our judges will be looking for the most colorful or most creative use of color on a snowman.
- MOST CREATIVE SNOWMAN-Create your favorite cartoon caricature, animal, structure-let your imagination run wild!

Contest Rules:

1. This competition is open to all residents of the greater St. Albans City and Town area. Entry forms are available at the St. Albans Recreation Office, in the St. Albans Messenger, on the back of this sheet or online at www.stalbansvt.com, click on recreation and parks, on the left click on download registration forms. Entry deadline is February 11th, 2011.
2. All entries should consist of a photo of the snowman with at least one of the builders in the photo. Up to 5 photos of each snowman can be submitted. Be sure to label photos.
3. By submitting entry, contestants grant the St. Albans Recreation Department and St. Albans Messenger permission and authority to use said photos in promotional activities.
4. Contestants warrant that their entry is their own work and product.
5. Contestants hold the St. Albans Recreation Department, City of St. Albans, St. Albans Messenger; it's officers, agents and employees harmless as to any cause of action that may arise as a result of participating in this contest.
6. All decisions by the St. Albans Recreation Department regarding the contest and the awarding of prizes shall be final.
7. Any snow structure that does not conform to community standards for decency will be disqualified.
8. Any prize awarded will be given to Team Captain to distribute as he/she sees fit.
9. Please give street address. Judges may do site visits as well as judge photos.
10. Entries are due by 3pm Friday February 11 @ St. Albans Recreation Office at City Hall

This form must accompany your Snowman Contest photo entry.
By signing this form, you agree to the contest terms.

Team Captain: _____ Phone: _____

Parent/Guardian (if applicable) _____

Street Address: _____

Location of Snowman: _____

Signature Captain (or parent/guardian if minor) _____

Date of construction: _____ Number of photos submitted _____

List Team:

Forms and photos may be emailed to k.viens@stalbansvt.com

Hard'ack's Amazing Race

It's a fun team event for adventure racers capable of walking 2 to 3 miles throughout Hard'ack & Aldis Hill Trail system. Based on the Amazing Race TV show, this event will test your skills:

- Following a map
- Searching for answers to questions
- Performing individual road blocks and working together on team detours

Teams can consist of 2 to 7 people. Children under the age of 12 must be accompanied by an adult.

Scout Troops must bring their Troop Flag!

Schedule:

Saturday February 12th

12:00noon-1:00 Registration and pre-race instructions

1:00-3:00 Race in Progress

3:00- Tabulation of results

3:30- Awards presentation

Please complete one registration form per team.

All team members must complete and sign a waiver release form

Team Captain:

Address: _____ City: _____

Phone: _____ Email: _____

Team Members:

Amazing Race Participant Waiver
RELEASE AND WAIVER OF LIABILITY
One per participant please

Please read this carefully. It affects any rights you may have if you are injured or otherwise suffer damages while participating in any activity at Hard'ack Recreational Area.

I, _____, hereby release, waive, discharge and covenant not to sue the City of St. Albans, Vermont, Hard'ack, St. Albans Recreation Department, or any of the trustees, officers, servants, agents, volunteers and employees of the above-mentioned entities (hereinafter referred to as RELEASEES) for any liability, claim, and/or cause of action arising out of or related to any loss, damage or injury, including death, that may occur as a result of my participation in any activity or while on the premises in connection therewith.

I agree to indemnify and hold harmless the RELEASEES whether injury is caused by my negligence, the negligence of the RELEASEES or the negligence of any third party. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive and my heirs, assigns, and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Vermont.

I agree that by participating in activities at the Hard'ack Recreational Area I am doing so entirely at my own risk. I agree that I am voluntarily participating in these activities and use of these facilities, premises and equipment and assume all risk of injury, illness, or death. I also understand that the RELEASEES are not responsible for any loss of my personal property.

If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Name (please print) _____