

Common Ground Outdoor Adventures Adaptive Skier Info

Common Ground's Adaptive Ski Program provides alpine ski instruction and recreational skiing opportunities for people with disabilities. Instruction is offered by instructors and volunteers trained in adaptive techniques. Instruction is available to any person with a disability regardless of previous skiing experience. Cost for the lesson is **\$25 per half-day**. Each lesson includes up to three hours of one-on-one instruction, lift ticket and adaptive equipment. The morning sessions typically last from **9:00 a.m. to Noon** and the afternoon session from **1:00 p.m. to 4:00 p.m.**

Name: _____ E-mail: _____

Phone: _____ Age: _____ Height: _____ Weight: _____ Shoe Size: _____

Have you participated in adaptive skiing before? Yes _____ No _____

If yes, when was the last time you went skiing and what type of adaptive equipment was used, if any?

Participant's Disability: _____

Please describe participant's other current activities (e.g. sports, dance, Special Olympics, Paralympics, etc.) and general energy level.

Have you experienced seizures in the past? If so, indicate approximate date of the last seizure. _____

Are you ambulatory? Yes _____ No _____ Other (please explain):

Please indicate the answer which best describes the participant. If "other" is marked, please explain in the following blank:

Hearing level:	Normal	Other _____
Depth of vision:	Normal	Other _____
Peripheral vision:	Normal	Other _____
Balance:	Normal	Other _____
Verbal communication:	Normal	Other _____
Ability to follow instructions:	Normal	Other _____
Ability to grip with Rt. Hand:	Normal	Other _____
Ability to grip with L. Hand:	Normal	Other _____

Please explain any other information we should know for your ski day. (i.e. bladder and bowel management, etc.)
