

## SKI/SNOWBOARD SPECIFIC PROGRAM INFORMATION

1. Have you ever skied/boarded before?

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2. What type of equipment do/would you use to ski/snowboard? (circle one)

Stand up skis      4-track      3-track      mono-ski      bi-ski      snowboard

***If not sure of equipment:***

Can you right yourself independently after a fall?

Can you shake someone's hand with significant strength?

Can you support your body weight with your arms?

How is your balance? (circle one)      poor      fair      good      great

3. What types of terrain have you skied before?

green                  blue                  black

Please remember to bring the following to your lesson:

Warm, waterproof jacket, pants and gloves  
Non-cotton socks  
Protective eyewear (goggles or sunglasses)  
Hat, Helmet or ear band  
Sunscreen

\*If you do not have one or more of these items, limited supplies are available to borrow from the National Ability Center

PARTICIPANT'S NAME:

DATE: