SWELL 161 • SKIING

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Beginning and intermediate skiing skills will be taught, such as stance and balance, rotary, edge control and pressure control movements, mountain awareness, and equipment.

LEARNING OUTCOMES

1. Students will be able to implement skiing skills sufficient to enjoy participation in skiing as a lifelong physical activity.
2. Students will be able to prioritize their wellness by setting goals, tracking progress, and cultivating connections to their peers and to Jesus Christ.

ATHLETIC ATTIRE: BYU Student Wellness expects all patrons to wear proper attire while participating in its athletic programs. In accordance with the CES Dress and Grooming Principles and Expectations, the following dress accommodations have been made for athletic participation, as well as to ensure the health and safety of all participants:

1. Patrons should wear proper attire applicable to the athletic activity.
2. Shirts, shorts or pants, and appropriate footwear must be worn at all times.
3. Undergarments and midriff should be covered with clothing.
4. Clothing with belts and/or exposed metal (buttons, snaps, rivets, and/or zippers) are not permitted.

Additional standards for specific facilities, areas, and programs may apply. Student Wellness reserves the right to determine proper program attire.

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Skiing at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge the risks involved in this class may include, but are not limited to: Frostbite, abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, animal or bug bites or stings; sunburn; hypothermia, heat-related illness; adverse weather conditions including lightning, rain, hail, wind,

snow, ice, cold, heat and other weather related phenomena; and other risks, hazards, or accidents, whether foreseen or unforeseeable.

OFF CAMPUS LOCATION: The first day of class will be held on BYU campus, please see Learning Suite for the location. All other classes will be at the Sundance Ski Resort or Nordic Track located at 8841 N. Alpine Loop Road, Sundance, UT. Class is cancelled only in the case of canyon road closures. Students are strongly recommended to have access to 4-wheel drive vehicles and/or snow chains or cables for stormy days. Equipment and transportation details— students are required to provide their own transportation to and from Sundance each class. For public transportation options, please refer to the UTA/UVX system. More transportation information will be provided the first day of class. *Note: ski equipment is not needed until the second day of class*.

FEES & EQUIPMENT Enrolled students are required to purchase a pass from Sundance. They have the option to purchase a day or a season pass. For pricing, refer to: https://www.sundanceresort.com/mountain-activities/season-passes/.

Students are responsible to provide their own clothing and equipment. Skiers are encouraged to have the following items: sunblock, waterproof pants, parka, gloves, hat, sunglasses/goggles, skis, poles, and ski boots with safety bindings and stops. If renting, contact Outdoors Unlimited (2201 N. Canyon Road, Provo, or 801-422-3805), for rental package pricing.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or email swellassistant@byu.edu.