



SWELL 164 • CROSS-COUNTRY SKIING

Please refer to the welcome page for general information:

<https://studentwellness.byu.edu>

COURSE CONTENT: Beginning skills of cross country skiing in both classic and skating disciplines. Knowledge of skiing safety and equipment.

LEARNING OUTCOMES

1. Students will be able to perform the basic skills of cross-country skiing in classic and skating disciplines.
2. Students will value and be able to apply general principles of fitness and well-being that will encourage lifelong wellness and assist in the active pursuit of their best selves.

CLASS ATTIRE: Student Wellness supports the BYU Honor Code, including the Dress & Grooming Standards. Appropriate workout attire for all SWELL classes includes tops that cover the shoulders, stomach, and back; mid-thigh shorts or longer (no exceptions); and no cut-off shirts, jeans, boots, or open-toed shoes. Exercise leggings are permitted. Inappropriate logos or sayings will not be tolerated. ***Students not dressed appropriately will not be allowed to participate and will be marked absent.***

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 Snowboarding 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 in 267 Richards Building at 1:00pm. 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—from BYU Outdoors Unlimited to Sundance and back—will be provided the first day of class. *Ski equipment is not needed until the second day of class.* For course syllabus, waivers and registration forms, please email SWELLassistant@byu.edu.

FEES & EQUIPMENT: Enrolled students 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 call 801-422-3644.