STAC 164 — Cross Country Skiing

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Coordinators of Ski Program:
Brigham Young University
Neal Lundberg, Dept. Chair, RMYL 801-422-8914 (neil_lundberg@byu.edu)
Mary Beth Wald, Admin Asst. Student Wellness 801-422-5638 (marybeth_wald@byu.edu)

Sundance Ski Resort
Greg Newton – 801-223-4130
Sundance Nordic Center
Sam Palmatier – 801-223-4170

Classes meet the first day your class is scheduled in the blue seats in the Smith Fieldhouse (SFH). Do not bring equipment to the first class meeting. Classes meet at Sundance the remainder of the block.

Learning Outcomes
Throughout the semester, students will
1) Demonstrate the basic skills of cross country skiing in both disciplines (classic and skating). Classic will include diagonal stride, double pole. Kick double pole skating will include diagonal v-skate, v-1, v-2, and v-2 alternate.
2) Demonstrate an understanding of skiing safety, equipment, and fundamental definitions by passing a Final Exam.

Grading
• This course is graded PASS/FAIL
• Students must meet the following criteria to pass this course.
  1. Pass the attendance part of the course with 80%--no more than 5 hours absent
  2. Pass the written part of the class with 75% on the written test. The final will test your knowledge of safety, equipment, and fundamental definitions.

Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.
TEST
A written examination must be taken in the Testing Center. IMPORTANT: The test dates are posted at http://studentwellness.byu.edu/physical/activitycourses/. The test must be taken by one day prior to the last day of classes and will not be available during the last day of classes, Reading Days or Finals.

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged beginning 2pm on the last day of the exam.

ATTENDANCE/PARTICIPATION
• Because participation is the primary component of an activity class, attendance is requisite to pass the class.
• Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for illness, injury, or University business.
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. They should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdraw deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

Sundance Release Form: Student must go to the link provided below and sign the release form to ski at Sundance. https://www.smartwaiver.com/w/S9de3eaa1cd2f/web
General Information

Transportation
1. Transportation by bus to the ski area is provided by the University
2. Buses will load at the following locations:
   - North sidewalk in front of IPF
   - Bean Museum, NE corner
   - Southeast corner of Football Parking Lot (west of LaVell Edwards
     Stadium C Lot 45—parking is free in this lot)
3. Students are responsible for their own equipment; do not rely on the bus drivers. Make
   sure you can identify your equipment. If you leave something on the bus, it will be taken
   to Holiday Motor Coach Co. 208-529-3900.
4. Weather conditions can prevent the buses from traveling to the resort until the roads
   are cleared. Occasionally the road is closed in the morning, but opens in the afternoon.
   To find out if the roads will be open, meet the buses.
5. Cars left in the BYU parking lots must have the appropriate University parking sticker for
   the lot. You will not need a parking sticker for the football stadium.
6. The schedule for the buses is:

<table>
<thead>
<tr>
<th>Wednesday Classes</th>
<th>Thursday Classes</th>
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<tbody>
<tr>
<td>Arrives at loading area</td>
<td>Arrives at loading area</td>
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<tr>
<td>12:00 pm</td>
<td>11:00am</td>
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<tr>
<td>Leaves loading area</td>
<td>Leaves loading area</td>
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<tr>
<td>12:30pm</td>
<td>11:30am</td>
</tr>
<tr>
<td>Leaves ski area</td>
<td>Leaves ski area</td>
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<tr>
<td>4:30 pm</td>
<td>3:30 pm</td>
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Injury

If you are injured during class, the ski resort has qualified patrol personnel to take care of circumstances on the hill. The ski patrol will file a report with the resort, which will be available to any interested party. The student should inform Bruce Brockbank, Ski School Director at BYU, of any injury so he can file an incident report, which will be sent to BYU Risk Management. This report is different from the report filed by the ski patrol. To avoid failing ski class due to an injury, make sure your ski instructor knows whether you will be returning to class or withdrawing.

Class Fees

The class fee for skiing is for transportation from BYU to Sundance and back ($40). Students will also be required to purchase a trail pass ($60 – paid to Sundance).

Clothing

Clothing should be the same as if you were going jogging or biking in cold weather. Remember that layers work better for cross country skiing, and gloves and hats are a must. Hint: Wear at least three layers. NO COTTON!
Equipment

Complete system for classic (traditional) and skating. Combo systems are acceptable. Water bottle. Season rentals from Sundance are $99.

Schedule of Classes

<table>
<thead>
<tr>
<th>THURS</th>
<th>buses at 11 am</th>
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<tbody>
<tr>
<td>Jan 18</td>
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<td>Jan 25</td>
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<td>Jan 31</td>
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<td>Feb 8</td>
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<td>Feb 15</td>
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<tr>
<td>Feb 22</td>
<td>(last day of class)</td>
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