

NORTH EAST MIDDLE SCHOOL AND HIGH SCHOOL SNOWBOARDING AND SKI CLUB

Starting January 4, 2023 through February 22, 2023, the North East School District will be offering a Ski and Snowboarding Club for Middle and High School students. We will run a school bus from the Middle School parking lot to Peek 'N Peak at 3:30PM and will return at approximately 9:15PM on **Wednesday** nights.

1. **You MUST purchase your pass through the North East Ski and Snowboarding Club program in order to ride the bus.** If there are extra seats available, then there may be a first come, first serve opportunity to ride the bus if your pass was not purchased through the Intramural program. Mr. Richardson and Mr. Neal will be the chaperones on the bus.

- a. https://se-pknpk.secure.na2.accessoticketing.com/embed/store.php?merchant_id=500540&emerchant_id=500501

Username: **northeast**

Password: **Northeast22**



2. All ski and snowboard pass prices, when purchased using the North East Ski and Snowboard Club code, should reflect a \$10 discount. Please note that all of the prices increase significantly in November.
 - a. Passes may be purchased by other family members using the North East code.
3. The cost for a Wednesday night, once a week pass, will include eight, one-hour lessons for either snowboarding or skiing. The certified instructors at Peek 'N Peak will conduct all lessons. The lesson time for North East is 4:30.
 - a. If Wednesday night is not an option and a student wishes to ski on another night, a pass may still be purchased through the Ski Club. You will have to provide your own transportation.
4. If a student does not have equipment, they may rent snowboards or skis for the 8 weeks as well as helmets.
5. Dinner is not provided by the ski and snowboarding club. Members may pack a dinner and/or purchase food from the lodge at Peek 'N Peak.
6. Attached is a permission slip for the bus and Cardiac/Concussion form. Both forms are due to Mr. Richardson or Mr. Neal by **Friday, November 11th.** **Note: You will not be signed up to ride the bus until all paperwork is submitted.**
 - a. Once you have completed and submitted your paperwork, please join the **Ski Club Remind** (instructions included) for important updates and information.

Thank you.

Mr. Ryan Neal (rmeal@nesd1.org)

Mr. Josh Richardson (jrichardson@nesd1.org)

Ski Club Advisors

Navigating through the Online Pass Purchasing Program

1. Use the QR code or the link included in this packet to access the North East account.
2. **You will first see the Infinity and Edge passes to purchase on the first page.**
 - a. **If you are looking for the once a week pass, you can go to the menu in the upper left hand corner or the tab on the top – click on Once a week;**
3. **Choose either a pass with ski lessons, snowboard lessons, or pass only.**
 - a. **The “Add on” tab is where you will find the pass insurance and rentals.**
4. **Choose the day of the week for your once a week pass.**
 - a. **Choose Wednesday if you are planning on traveling with the North East ski and snowboarding club.**
 - b. **Choose 4:30 for the time for your lesson – you do not need to choose a date – it has already been chosen 2 screens prior**
5. **After this you will be asked to log into your account and update your personal information. If purchasing a Once a Week pass, it does not require a photo.**
 - a. **On the information screen where it says Season pass photo, please click Take Photo at Peek’n Peak.**
6. **If you need to reset your password, please do this from a computer rather than from a phone.**
7. **After your personal info is filled in, you will be asked to sign the season pass waiver. Please review this.**
8. **Click The I consent to this form question, click on sign, and scroll down to sign.**
9. **Proceed to check out.**
10. **At the end of the check out, you will have the option to have your pass mailed to you for a fee of \$10 or you can still pick it up at the Peak.**

North East Middle School and High School Ski and Snowboard Club Bus Permission Slip

In order to ride the Ski/Snowboard Intramural bus you must have this permission slip on file with Mr. Neal or Mr. Richardson. **The Wednesday night bus is only for those students who purchased a pass through the NESD Ski Club Program.** If you ride the bus to Peek 'N Peak, you will return with the group unless you have made prior arrangements with Mr. Neal. The bus will leave the Middle School parking lot at 3:30PM and return at approximately 9:15PM.

****If a student chooses to not ride the bus home they will ONLY be able to be transported home by their parents/guardians with prior written permission.****

I give permission for my student to ride the North East Middle and High School's Ski and Snowboard Club bus on Wednesday evenings: January 4, 11, 18, and 25 and February 1, 8, 15, and 22.

Please Print Student Name _____ Grade _____

Please Print Parent/Guardian Name _____

Parent/Guardian Signature _____

Emergency Phone Number _____

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____

Turn Over →

SECTION 4: UNDERSTANDING OF SUDDEN CARDIAC ARREST SYMPTOMS AND WARNING SIGNS

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses, and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during, or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner, or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

_____ Signature of Student-Athlete	_____ Print Student-Athlete's Name	Date ____/____/____
_____ Signature of Parent/Guardian	_____ Print Parent/Guardian's Name	Date ____/____/____



Sign up for important updates from R. Neal.

Get information for North East High School right on your phone—not on handouts.


Pick a way to receive messages for NESkiClub:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/7kck9k

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




B If you don't have a smartphone, get text notifications.

Text the message @7kck9k to the number 81010.

If you're having trouble with 81010, try texting @7kck9k to (469) 437-4632.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/7kck9k on a desktop computer to sign up for email notifications.

