Pacific Outdoor Club
New Student Orientation

2025 Season

Agenda

Who we are

Where and When to meet

Safety code

Class days best practices

Checklist

Other things important

Who we are

- **Ullr, Inc.:** Sharing the joy of the mountain experience for over 60 years!
- **Pacific Outdoor Club (POC):** A 501(c)3 non-profit organization partnering with Ullr to operate POC Snowsports
- **POC Snowsports:** A snow sports program supporting Asian skiers and snowboarder, offering services in English and Mandarin.

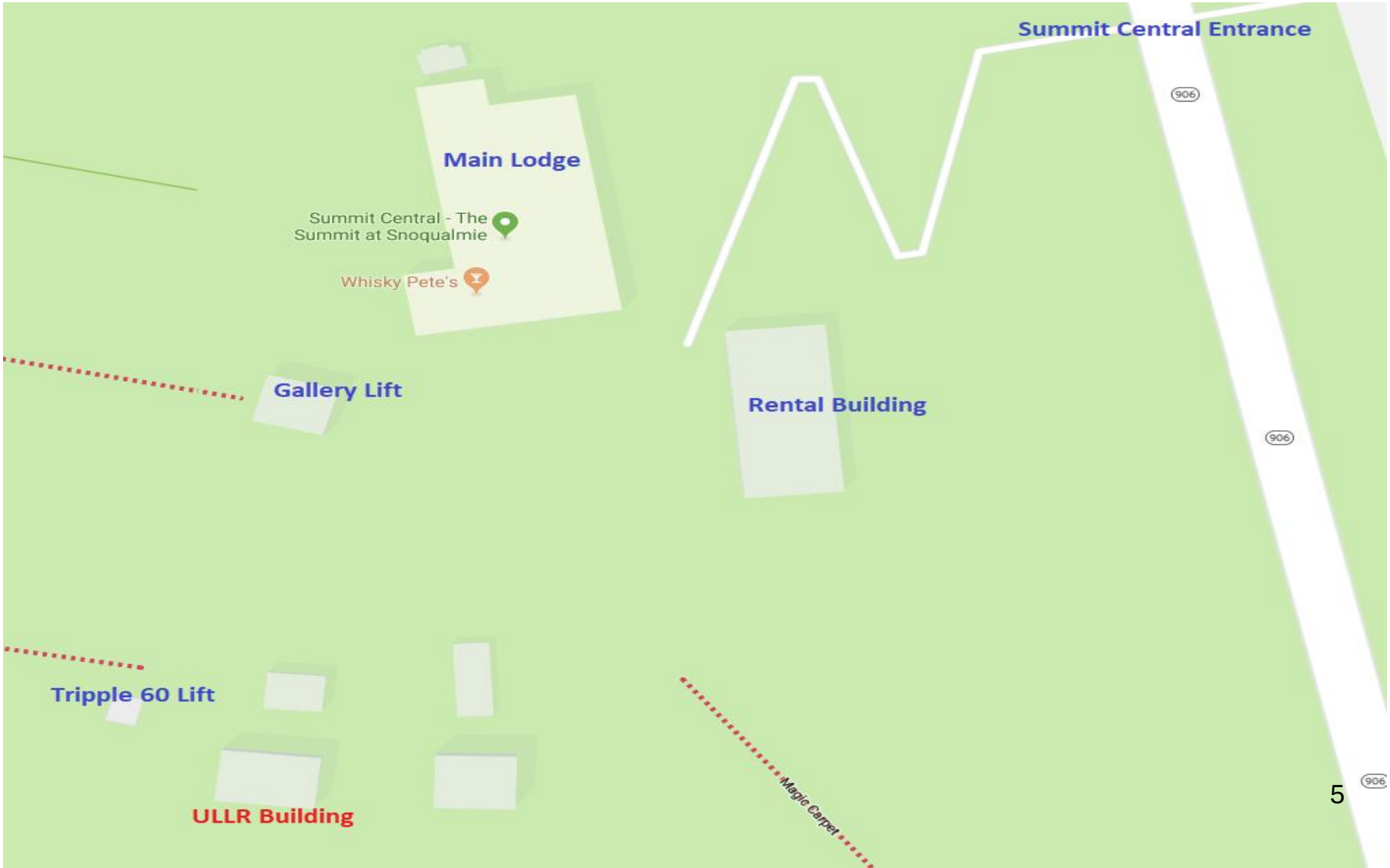


Class Schedule

- **Saturday** Classes: 1/11, 1/18, 1/25, 2/1, 2/8, 2/22, 3/1
- **Sunday** Classes: 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2
- No classes over President's Day weekend
- Class assignments posted on ullr.com. (log in with your student account)
- *New* Daily Schedule
  - Morning class: 9:00 AM – 11:00 AM
  - Afternoon class: 12:00 PM – 2:00 PM
  - Arrive 10 minutes early for check-in and meet your instructors
  - **Parents pick up students at the instructor signs at the end of class**
  - *Class may last one hour when only one student

Class Meeting Place

- Meet outside the Ullr Building




906
Summit Central - The Summit at Snoqualmie
Whisky Pete's

Ullr Building


Ullr



On the Summit Central ramp



In the Summit Central plaza



At the foot of the hill



At the class meeting place



Get To Class On Time

- Arrive 10 minutes early at the meeting area for check-in
- Check WSDOT road report three hours before class:
  - https://www.wsdot.com/traffic/passes/snoqualmie/
  - If there is snow on the road, leave 30 minutes earlier
  - If chains are required, leave one hour earlier
- If the I-90 or ski area is closed, classes will be rescheduled for the following week
- Ensure your equipment, season pass or lift ticket are prepared in advance
- Reserve additional time if you need any rental equipment

What We Care

Safety, Fun, Learning

- **Safety**:
  - Snow Riders Responsibility Code
  - POC Chairlift Safety
- **Fun**
  - The mountain is our playground
  - Games, exploring, adventure
- **Learning**
  - Always practice on appropriate terrains for better learning result and having fun
  - Speed control through turning
  - Turning through varied combinations of skills

Snow Riders Responsibility Code

1. Always stay in control. You must be able to stop or avoid people or objects.
2. People ahead or downhill of you have the right-of-way. You must avoid them.
3. Stop only where you are visible from above and do not restrict traffic.
4. Look uphill and avoid others before starting downhill or entering a trail.
5. You must prevent runaway equipment.
6. Read and obey all signs, warnings, and hazard markings.
7. Keep off closed trails and out of closed areas.
8. You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
9. Do not use lifts or terrain when impaired by alcohol or drugs.
10. If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Your Responsibility Code, Video: https://youtu.be/euGO92z4MnM



POC Chairlift Safety

- 6-year-old children must be accompanied while riding chairlifts
- **6-year-old children in POC classes will wear bright yellow vests for visibility**
- Always lower the restraining bar when riding chairlift (or keep hands on the armrests of the chairs when there is no bar)
- Younger children should load on the inside of the chair
- Instructor should always load last

Ref: kidsonlifts.org

Class Day Best Practices

- If Late…
  - Check for messages left by your class
  - Chaperone will assist you in contacting the instructors. But it's your responsibility to locate your class
- If a student is separated…
  - Ask the instructors where to meet back
  - Otherwise, meet back at the class sign, or at the base of the chairlifts
- If a student is cold, sick, or having equipment issues …
  - Class returns to meeting area
  - Student will be handed over to chaperone, who will call your cell phone
- If a student is injured …
  - Ski patrol will call program director and the chaperone
  - You will be contacted via the emergency phone numbers
  - You will be directed where to pick up your children

Class day Checklist

Day starts

- View the class assignment (ullr.com)
- Check POC notification (email)
- Check Weather (7-Day Forecast 47.43N 121.41W)
- Check I-90 road condition (Snoqualmie Pass I-90 | WSDOT)

Before you departs

- Ski / Snowboard boots滑雪靴
- Skis / Snowboard 滑雪板
- Poles (skiers only) 雪杖
- Waterproof gloves 防水手套
- Goggles 雪镜
- Helmet 头盔
- Waterproof/water-resistant coat 防水滑雪服
- Waterproof/water-resistant pants 防水滑雪裤
- Socks 滑雪袜
- Face mask 面罩
- Season pass 滑雪场季票

Before the class starts

- Season pass/lift ticket 滑雪场季票或单日票（Never ever学生第一次课可不用）
- Use the restroom
- Drink some water to prevent dehydration
- Register your vehicle to avoid a parking citation

What To Wear



https://youtu.be/zOgAEDU8x5Y

FAQ

Please check the **Frequently Asked Questions** on our website for most frequently asked questions and answers.

https://sinoski.wordpress.com/faq/



Questions?

Backup

Winter Sports Checklist

Ski / Snowboard Gear **装备**	**Clothing** **服装**	**Miscellaneous** **其他**
Ski boots / Snowboard boots 滑雪靴（双板或单板）	Waterproof/water-resistant coat 防水滑雪服	Skin protection (SPF 30 lotion and lip protector) SFP30+ 防晒霜和唇膏
Skis / Snowboard 滑雪板（双板或单板）	Waterproof/water-resistant pants 防水滑雪裤	Water bottle 水壶
Poles (skiers only) 雪杖（双板，包括never ever学生）	Socks 滑雪袜	Season pass/lift ticket 滑雪场季票或单日票（Never ever学生第一次课可不用）
Waterproof gloves 防水手套	Face mask 面罩	
Goggles 雪镜		
Helmet 头盔		

Kids On Lifts



https://youtu.be/yK_X6EnVP3M

How to prevent injuries

新手加入课程

Attend learning courses if new to the sports.

保持身体良好状态,适当热身

Be in good physical shape; warm up and down exercises are essential.

遵循滑雪基本安全规范

Keep an eye on other snowboarders and the terrain for holes, tree wells or rocks; injuries occur more often in natural environment than in terrain parks.

合适着装

Wear appropriate clothing, including goggles, sunglasses and sunscreen.

滑雪器具状态正常

Have gear checked frequently by pro shops.

配备保护用具(比如护腕护臀护膝)

Use protective gear and equipment such as wrist guards, tailbone pads and knee pads.

知道如何摔倒

Learn how to land safely.

知道自己的极限

Know your limitations.

https://www.betterbraces.com/most-common-snowboarding-injuries

Workout for Skiing/Snowboarding

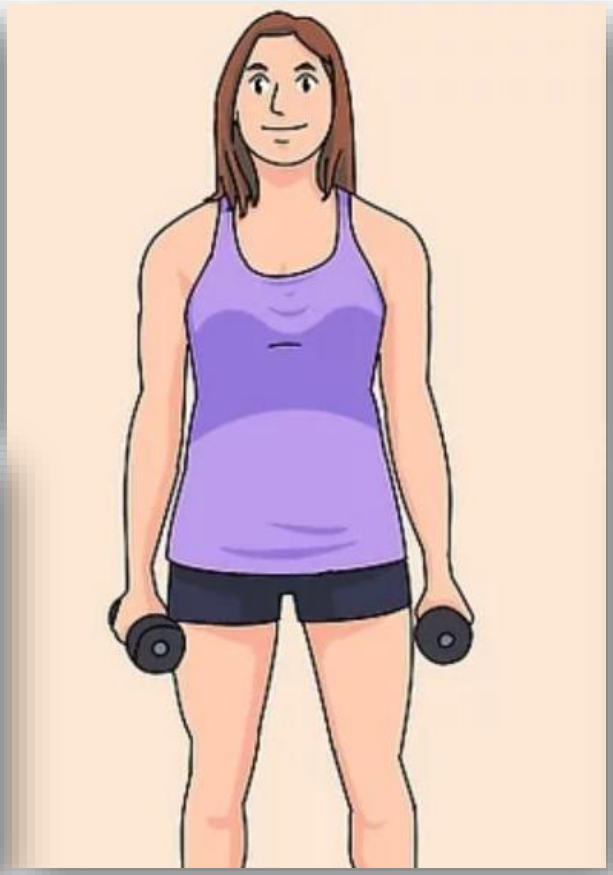
增强腿部力量
Leg Strengthening

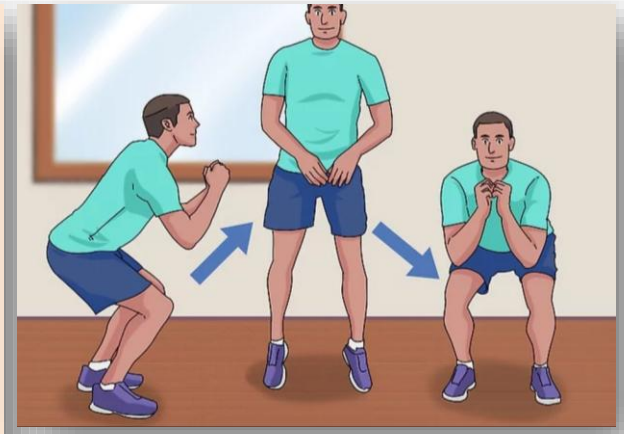
加强核心肌群
Core Strengthening

有氧运动
Cardio Endurance

https://www.wikihow.com/Work-out-for-Snowboarding







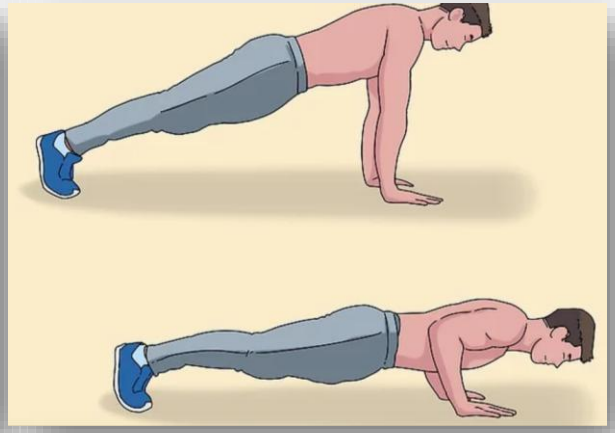


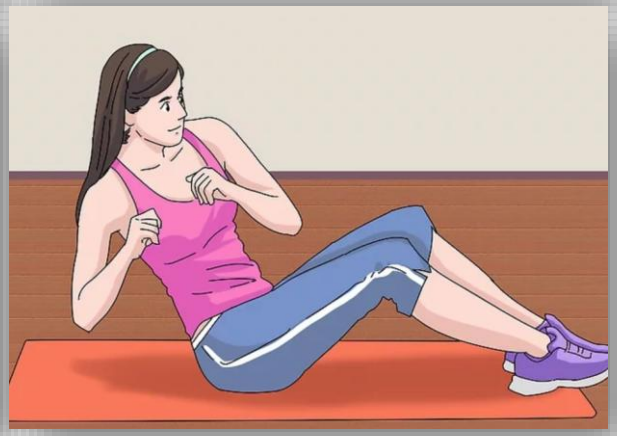




增强腿部力量 Leg Strengthening

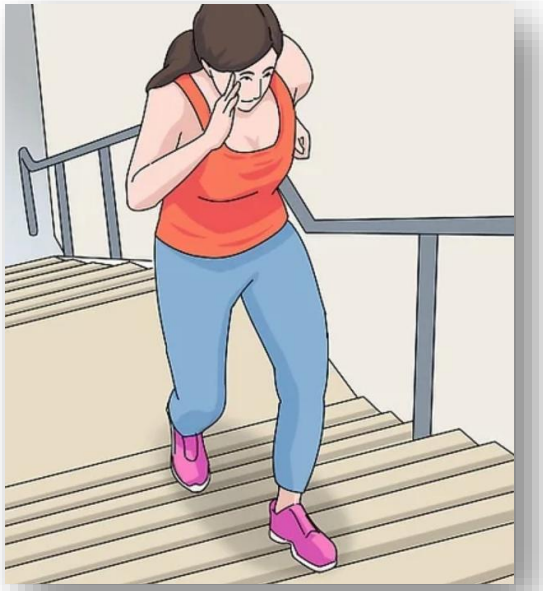




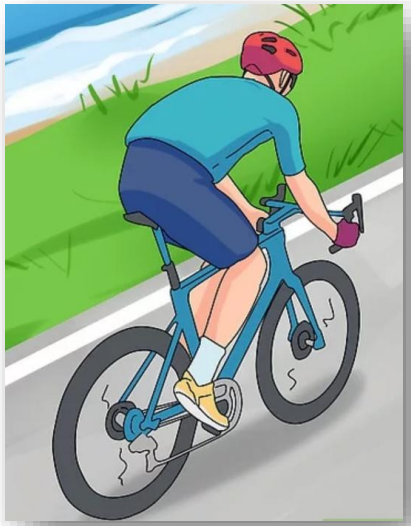



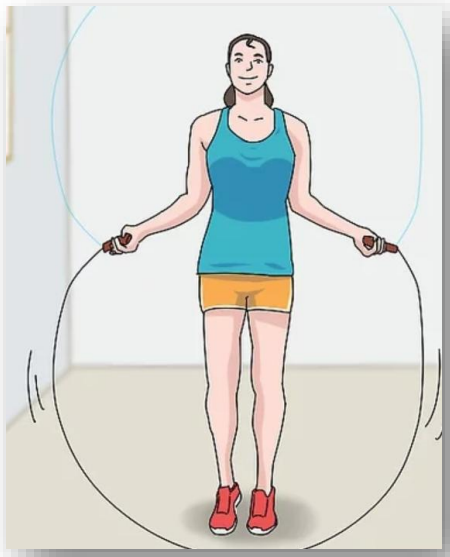
加强核心肌群Core Strengthening











有氧运动
Cardio Endurance