



TIPS for SETTING YOUR KIDS UP FOR SUCCESS

- Have your child wear & familiarize equipment around the house or yard
- Come up to the mountain and familiarize them with Bogus Basin and the winter environment – if possible.

WHAT TO BRING to the MOUNTAIN CHECKLIST:

- Ski Pass (Lift Ticket)
- Skis, Ski Boots, Poles or Snowboard and Snowboard Boots (if needed)
 - LABELED to avoid mix ups
- WATERPROOF Ski Coat & Pants
- Wicking Top & Bottom Layers - Avoid Cotton Clothing
- ONE pair Ski Socks – that fits above the cuff of the ski boot

- Goggles
- Helmet
- WATERPROOF Gloves or Mittens
- Neck Gator or Face Mask - Neck tubes can be doubled over as follows: pull down over head to base of neck, take top that isn't on the face and pull down so that the fold is below the eyes and above the nose. Face Covering ENGAGE!
 - **FACE COVERINGS are required** in every part of our operation with 2 exceptions: while skiing or riding and while eating or drinking in designated areas. To limit the risk of COVID-19 spread to other guests and employees, Bogus Basin does not allow exemptions to this rule.
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Sun Screen
- **A Rested Kiddo with a fully belly**

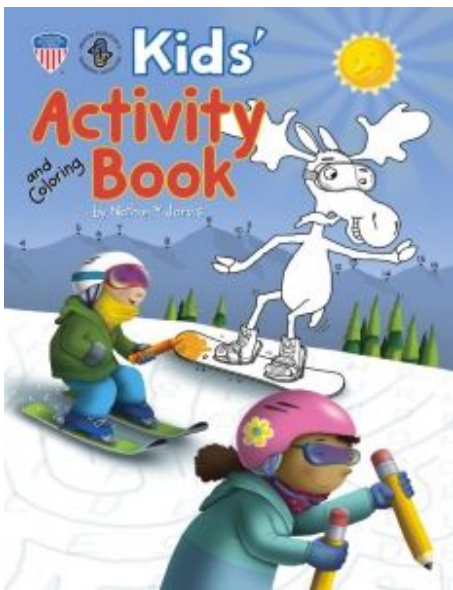
FOCUS for First SEVERAL Days

- **Create a FUN, safe, and nurturing environment** for your child.
- **PRO Tip:** Have your child try any movement you want them to do with their feet and legs (i.e. pointing and turning), with their hands and arms as well! The feet will often mimic the hands in motor-skills applications, and a child may be able to see and move their hands more easily.
- Spend **time** in our beginner area to learn about equipment & basic hand/footwork – **no need to rush to steeper terrain!**
- Learn about Safety & The Mountain (It's never too early to learn [Your Responsibility Code](#))
- **PRO Tip:** Look where you want to go, eyes on the prize! Give reference points (Mommy standing over there, or that orange cone) that are appropriate for your child's age and stage of vision and depth perception development.
- After learning the basics, slightly steeper terrain can be accessed using our EZ Rider System (surface carpet, people-movers – like at the airport or grocery store). **No foot traffic is permitted beyond the bottom of the loading area of the carpet for liability reasons.**
- **PRO Tip:** Use **JUMPING** (little hops) and **SHUFFLING FEET** (alternating, swishing--don't forget: shuffle hands too!) as a great way to establish balance, liven things up, and keep things moving. A fun game of "Popcorn" always gets things warmed up!
- Once able to repeatedly and comfortably **wedge or turn to a stop and control speed**, consider progressing to the chairlift.

- Consider a Private Lesson with one of our professional Instructors!
- While riding the Coach Chair (Chair #7), focus on Coach's Corner mastering **speed control, stopping on command, starting turns in both directions and safely following directions.**
- When your child has mastered these skills they will be ready to move to the Morning Star Quad (Chair #2) to explore the beginner (green) trails & terrain!
NOTE: Consider Weather and Snow Conditions. **SPEND LOTS OF TIME HERE,** with no rush to move onto other parts of the mountain. **MILEAGE is KEY!!**
- When your child is crushing the Morning Star area and **linking controlled steep terrain turns**, consider the Deer Point Quad (Chair #1).

Call the Ski & Snowboard School Office at **208-332-5343** to make a lesson reservation.

Kids' Activity and Coloring Book - Get your kids excited about learning to slide on snow! The book uses coloring pages, games, and puzzles to get kids excited about learning to ski or snowboard.



You can purchase the book in the Retail Shop of our **downtown sales office** at 2600 Bogus Basin Rd., for an at-home activity.