



WINTER VOLUNTEER GUIDE 2016-2017



Reaching for the **STARS**

Steamboat Adaptive Recreational Sports

2200 Village Inn Court, Steamboat Springs, CO 80477

www.steamboatstars.com | volunteer@steamboatstars.com

VOLUNTEERING WITH STARS

Fun & Rewarding

Volunteers are the heart and soul of STARS. Each year STARS volunteers give more than 16,371 hours to teach skiing, snowboarding, cycling, kayaking, rock climbing, camping, and fishing to over 570 participants. STARS counts on volunteers like you to help create a safe, fun, and positive environment for children and adults with physical and cognitive disabilities. Our mission is to empower and enrich lives through adaptive recreational activities and we can only accomplish this with your help!

Volunteer Positions:

- ★ STARS Volunteer Ski / Snowboard Instructor: As a ski / snowboard volunteer instructor, you will be teaching ski / snowboard lessons one-on-one with the client acting as the lead instructor on the lesson upon completing the required trainings.
- ★ STARS Volunteer Snowshoe Instructor: As a snowshoe volunteer instructor, you will be taking clients up the Gondola for various lengths of snowshoeing upon completing the required trainings.
- ★ STARS Volunteer Nordic Instructor: As a Nordic volunteer instructor, you will be taking clients Nordic skiing / Sit-Nordic skiing at Haymaker upon completing the required trainings.
- ★ Front Desk Volunteer: As a front desk volunteer, you will be checking in the clients, communicating with the families and parents, and completing administrative work.
- ★ Special Events Volunteer: You will be assisting with set-up, serving food, running errands, and helping with break-down. This position does not require any training.

Volunteer Requirements

All volunteers must annually pass a background check prior to volunteering with STARS which is paid for by the volunteer. Volunteers must be at least 16 years of age for volunteer teaching positions. Volunteers must be willing to work with individuals with varying disabilities. STARS asks volunteers to commit to at least one day a week or 80 hours during the winter. All on-snow ski or snowboard volunteers MUST be at least a level 6 skier / rider or higher.

Volunteer Rewards Program:

There are three options for volunteers. Season Pass Volunteers commit to teaching 140 hours, about 2 days per week. 15-Day Pass Volunteers commit to teaching 105 hours, about 1 day a week. Once you have fulfilled



Making the Impossible Possible

your commitment you can then earn vouchers for additional teaching days. Voucher program volunteers are asked to volunteer about 70 hours during the season and receive 1 transferable lift ticket voucher for every 7 hours of worked. The Volunteer Rewards Program applies to all On-Snow Volunteers including Nordic and snowshoe volunteers and Front Desk volunteers.

Shadowing Lessons:

All new volunteers are expected to shadow at least one lesson with a STARS paid instructor or returning volunteer instructor before teaching a lesson on their own. Shadowing lessons gives you the opportunity to learn new techniques of teaching, see a lesson in action, and ask questions about the lesson progressions.

Training Requirements

All STARS activities require volunteers to receive training before they can actively volunteer in our programs. If you have volunteered with STARS in the past two (2) winter seasons, you are considered a RETURNING volunteer. Some summer clinics transfer over to the winter. Returning volunteers are required to take at least one refresher course every year and any required clinics for all volunteers. Returning volunteers are welcome to repeat a training clinic to refresh themselves on the skills. Below are current training dates and details. If you are unable to attend the required trainings, please contact our volunteer coordinator at volunteer@steamboatstars.com or call (970) 870-1950.

*Required clinics WILL count toward volunteer hours for earning vouchers or season passes. Additional electives will NOT count toward volunteer hours for earning vouchers or season passes and are considered electives for personal improvement.

Training Dates:

Training	Date	Time	Location	Required
RETURN VOLUNTEER TRAININGS ONLY:				
Bi-Ski Tethering Challenge	Nov. 27th; Dec. 1st, Dec. 7th	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
Movement Analysis	Nov. 28th; Dec. 7th	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
Setting Everyone Up for Success: Autism	Nov. 29th; Dec. 3rd	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
Mono-ski	Nov. 30th; Dec. 2nd; Jan. 5th	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
Visually Impaired Guiding	Dec. 2nd	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
Understanding and Improving Your Skiing	Dec. 3rd; Jan. 4th	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers
NEW AND RETURNING VOLUNTEER TRAININGS:				
Indoor - Outdoor Basics	Dec. 3rd, 8th, 10th; Jan. 4th	8:30 AM - 3:30 PM	STARS Gondola Office	All New Volunteers
Skiing Skills 101	Dec. 4th, 9th, 11th; Jan. 5th	8:30 AM - 3:30 PM	STARS Gondola Office	New Alpine Volunteers
Snowboarding Skills 101	Dec. 4th, 11th	8:30 AM - 3:30 PM	STARS Gondola Office	New Snowboard Volunteers
Understanding Autism (ASD)	Nov. 2nd, 12th; Dec. 8th; Jan. 8th	See VSP	STARS Conference Room	All New Volunteers
Special Needs - Cognitive Developmental Disabilities Indoor Portion	Dec. 6th, 10th, 13th; Jan. 6th	8:30 AM - 11:30 AM	STARS Gondola Office	All New Volunteers, Elective for Returning Volunteers
Special Needs - Cognitive Developmental Disabilities Outdoor (Alpine) Portion	Dec. 6th, 10th, 13th; Jan. 6th	12:00 PM - 3:30 PM	STARS Gondola Office	New Alpine Volunteers, Elective for Returning Volunteers
Sit- Ski Basics	Dec. 5th, 11th, 18th; Jan. 7th	8:30 AM - 11:30 AM	STARS Gondola Office	New Alpine Volunteers, Elective for Returning Volunteers
Autism Behaviors and Communication	Nov. 2nd, 14th; Dec. 12th; Jan. 9th	See VSP	STARS Conference Room	Elective
PTSD - TBI Training	Nov. 15th; Jan. 5th	TBA	Online Webinar	Military Program Volunteers
Bi-Ski Tethering	Dec. 8th, 10th, 14th, 17th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
Advanced Bi-Ski Tethering	Dec. 11th, 18th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
Mono Ski	Dec. 7th, 15th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
Stand-up Tethering	Dec. 7th, 14th 17th; Jan. 8th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
3 Track - 4 Track	Dec. 8th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
Visually Impaired Guiding	Dec. 9th, 17th	8:30 AM - 3:30 PM	STARS Gondola Office	Elective
Adaptive Snowboard	Dec. 9th, 18th	8:30 AM - 3:30 PM	STARS Gondola Office	Snowboard Elective
Nordic Training	TBA	TBA	Haymaker Nordic Center	ALL Nordic Volunteers
Front Desk Training	TBA	TBA	STARS Gondola Office	All Front Desk Volunteers

PRIVATE LESSONS:

STARS offers daily lessons throughout the ski season for clients ages 3 and up for all types of disabilities. Private lessons are one-on-one geared toward the individual and his/her ability. Clients may sign up for a single day lesson or multiple lessons. As a volunteer instructor, you are the lead instructor

on this lesson and are expected to provide on-snow instruction, behavior modification, and an engaging, fun experience. Some lessons may have two instructors based on the client's needs. All volunteers are expected to arrive at least 30 minutes prior to the listed start time.

Program	Date	Time	Location	Training Required
Half-day Ski/Snowboard Private Lesson	All winter	9:00 AM - 12:00 PM or 1:00 PM - 4:00 PM	STARS Gondola Office	Varies based on lessons
Full-day Ski/Snowboard Private Lesson	All winter	9:30 AM - 3:30 PM	STARS Gondola Office	Varies based on lessons
Half-Day Nordic Lesson	All winter	9:00 AM - 12:00 PM or 1:00 PM - 4:00 PM	Haymaker Nordic Center	Autism Training, Special Needs Training, Indoor Basics Training, Nordic Training
Full-Day Nordic Lesson	All winter	9:30 AM - 3:30 PM	Haymaker Nordic Center	Autism Training, Special Needs Training, Indoor Basics Training, Nordic Training

LOCAL PROGRAMS:

Locals Programs are geared toward our clients that live in Routt County. These programs are offered on a weekly or semi-monthly basis for participants with physical and/or cognitive disabilities. Our programs focus on socialization, improving their skiing skills, and strengthening their physical abilities. The Local Programs are great for new volunteers!

All Access is a 9-week program designed for any school age individual with a physical or cognitive disability. Participants will ski within a group of 3-4 participants based on abilities with 1-2 instructors.

Mountain Access is a 8-week program designed for any adult with a physical or cognitive disability. Participants will ski within a group of 3-4 participants based on abilities with 1-2 instructors.

Adaptive PE Program works throughout the school year to develop specific skills in order to accomplish each student's physical activity goals. This is a year-round program for the local youth in our community.

Special Olympics is a 7-week race training program focusing on getting athletes ready for the Colorado Special Olympics

Regional Games. Race training is dedicated to improving the participant's physical, social, and psychological well-being through positive and successful experiences in competition.

Fun Fridays! is offered during the school year when the kids are out of school. These Fridays allow kids to participate in a variety of sports and activities.

Buddy Program is designed for independent skiers or riders that need assistance on the mountain. This is not a lesson and there is no instruction.

Inclusion Program aids children with special needs to participate in Ski Corp group lessons with their peers. STARS provides a trained volunteer to work within the group setting to provide added one-on-one attention.

Program	Date	Time	Location	Training Required
All Access - Kids	Dec. 10th, 17th; Jan. 7th, 21st, 28th; Feb. 4th, 11th, 25th; Mar. 11th	9:30 AM - 2:30 PM	STARS Gondola Office	Required Volunteer Training
All Access - Teens	Dec. 10th, 17th; Jan. 7th, 21st, 28th; Feb. 4th, 11th, 25th; Mar. 11th	10:00 AM - 3:00 PM	STARS Gondola Office	Required Volunteer Training
Mountain Access - Adults	Dec. 11th, 13th; Jan. 8th, 10th, 22nd, 24th, 29th, 31st; Feb. 5th, 7th, 12th, 14th; Mar. 5th, 7th 12th, 14th	Sun 1:00 PM - 4:00 PM or Tues 9:00 AM - 12:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program - Soda Creek Elementary	Dec. 5th, 12th; Jan. 9th, 23rd, 30th; Feb. 6th, 13th; Mar. 6th, 13th, 27th; Apr. 3rd	9:00 AM - 12:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program - Strawberry Park Elementary	Dec. 1st, 15th; Jan. 19th; Feb. 2nd, 16th; Mar. 9th, 23rd; Apr. 6th	12:00 PM - 2:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program - Middle School	Dec. 1st, 15th; Jan. 19th; Feb. 2nd, 16th; Mar. 9th, 23rd; Apr. 6th	9:00 AM - 12:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program - High School	Dec. 2nd, 9th, 16th; Jan. 20th, 27th; Feb. 3rd, 17th; Mar. 10th, 24th, 31st; Apr. 7th	12:30 PM - 3:00 PM	STARS Gondola Office	Required Volunteer Training
Special Olympics	Jan. 8th, 15th, 22nd, 26th (evening); Feb. 2nd (evening), 5th	1:00 PM - 3:30 PM	STARS Gondola Office	Required Volunteer Training, race experience a plus
Fun Fridays!	Feb. 10th; Mar. 17th	10:00 AM - 3:00 PM	Location Varies	Autism Training, Special Needs Training, Indoor Basics Training
Buddy Program	All winter	9:00 AM - 12:00 PM, 1:00 PM - 4:00 PM, or 9:00 AM - 4:00 PM	STARS Gondola Office	Required Volunteer Training, great for new volunteers
Inclusion Program	All winter	Time varies	STARS Gondola Office	Required Volunteer Training, great for new volunteers

SPECIALTY CAMPS:

We ask volunteers to commit to attending the entire camp or a majority of the week-long camp. If you can only make a certain day, please contact the Volunteer Coordinator, Stephanie Moore.

All Mountain Ski & Ride Camp is a 4-day, adult camp which includes instruction, a friendly NASTAR competition race, and backcountry skiing.

to challenge themselves with other sports such as Nordic skiing, ski racing, wheelchair basketball, and sled hockey.

STARS of Tomorrow Kids Camp is a 3-day, multi-sport camp structured for youth 5 to 21 years of age with physical disabilities. In addition to alpine skiing and snowboarding, participants will have the opportunity

NASTAR Nationals Race Camp is an adaptive race camp for ages 13-24 as a part of the NASTAR Nationals in Steamboat Springs, CO. This camp is designed for NASTAR Jr. racers with a cognitive or physical disability.

Program	Date	Time	Location	Training Required
All Mountain Ski & Ride Camp	Jan. 10th - 15th	8:30 AM - 4:30 PM	Varies	Required Volunteer Training, sit-ski clinics a plus
STARS of Tomorrow Kids Camp	Mar. 29th - Apr. 2nd	8:30 AM - 4:30 PM	Varies	Required Volunteer Training, sit-ski clinics a plus
NASTAR Nationals Race Camp	Mar. 21st - 22nd	8:30 AM - 4:30 PM	STARS Gondola Office	Required Volunteer Training, race experience a plus

MILITARY CAMPS:

STARS military camps are for injured veterans. Veterans are invited to Steamboat to participate in various activities to have fun, relax, and heal together. This is a chance for the veterans to learn some new skills, get active, and make some lasting memories and friends with other injured veterans. Volunteers are needed for day activities and nightly activities. Volunteers are expected to arrive 30 minutes prior to the listed start time. We ask volunteers to commit to attending the entire camp or a majority of the camp. An itinerary will be sent out to all volunteers that work the STARS & Stripes Camps.

Program	Date	Time	Location	Training Required
STARS & Stripes Heroes Camps	Jan. 20th - 23rd; Feb. 10th -13th	8:30 AM - 4:30 PM	STARS Gondola Office	Required Volunteer Training, PTSD/TBI Awareness Training

SCHEDULE OF PROGRAMS:

Visit www.steamboatstars.com and check out our winter programs and events for a list of upcoming activities.





HOW TO APPLY:

You can apply to volunteer online at www.steamboatstars.com and go to Join Our Team to submit the volunteer application. Once you complete your application, you will be contacted with more information regarding winter programming.

QUESTIONS?

Contact our Volunteer Coordinator, Stephanie Moore, at volunteer@steamboatstars.com or (970) 870-1950.

VOLUNTEER INFORMATION:

WHAT IS STARS?

Steamboat Adaptive Recreational Sports provides children and adults with autism, cognitive, and/or physical disabilities and injured veterans the opportunity to experience recreational sports with the help of caring, experienced volunteers and instructors.

WHY VOLUNTEER?

Volunteering is an enriching and rewarding experience to share your love of the outdoors and sports with others. As a volunteer, you will meet new people, enjoy outdoor activities and positively impact the lives of others.

WHAT IS THE MINIMUM AGE OF VOLUNTEERS?

The minimum age to volunteer is 16 unless you are accepted into the Junior Mentor Program in which you must be an entering freshman in high school.

WHAT IF I NEED TO CANCEL?

STARS is a non-profit agency that relies on the support of volunteers. While we understand that illnesses and emergencies sometimes occur, we ask that you make every effort to attend the program and camp you sign up for. We cannot run our programs without you! If you think you will be absent, please submit a sub-request or cancel your shift 5 days in advance. If it is within 24 hours of the activity, please call (970) 870-1950 and leave a message.

OTHER WAYS TO SUPPORT STARS:

- ★ **DONATE**
- ★ Special Events
- ★ Office Administration

VOLUNTEER CHECKLIST:

- ★ Submit a volunteer application online under "Join our Team" at steamboatstars.com
- ★ Complete and pass a mandatory background check
- ★ Sign up and attend trainings
- ★ Submit unavailable dates into Volunteer Scheduler Pro
- ★ Volunteer!