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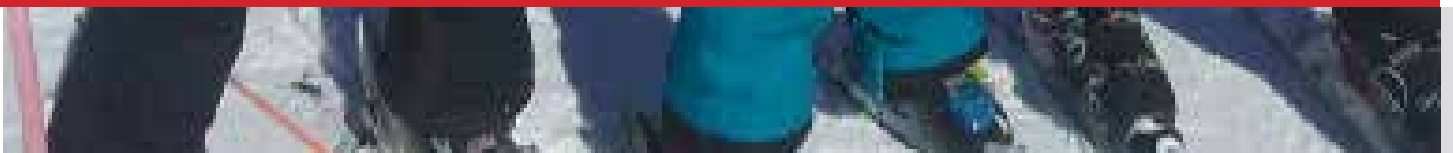
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**Steamboat Adaptive
Recreational Sports**

2017/18 WINTER VOLUNTEER GUIDE

Helping Make The Impossible POSSIBLE



Volunteering with STARS

Fun & Rewarding: Volunteers are the heart and soul of STARS. Each year STARS volunteers give more than 12,000 hours to teach skiing, snowboarding, cycling, kayaking, rock climbing, camping, and many other activities to over 430 unique participants. STARS relies on volunteers like you to achieve our mission and help maximize safety, fun, and a positive environment for children, adults, and veterans with both physical and cognitive disabilities.

STARS mission is: To empower and enrich lives through adaptive recreational activities

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 / Nordic Sit-skiing at Haymaker upon completing the required trainings
- ***STARS Ambassador:*** As a STARS Ambassador, you will be checking in the clients, communicating with the families and parents and connecting them to their instructors.
- ***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.
- ***Special Project Teams:*** See STARS Program Staff or Team leaders for Information

Volunteer Requirements

- Volunteers must be 16 years of age or older to volunteer.
- Volunteers must be willing to work with people of all different types of disabilities.
- Volunteers must pay for and pass a background check annually and sign all applications and waivers to be able to volunteer.
- Must be a minimum level 6 skier/rider or higher to volunteer on snow
- On snow volunteers should be capable of lifting 50 pounds minimum
- Volunteers must complete and pass all required training
- Volunteers are requested to commit to at least 1 day per week for consistency for our clients. Highly encouraged to commit to additional days as available

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. Additional, shadowing opportunities will be available throughout the season.



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 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 STARS Ambassadors.

Training Requirements

All STARS activities require all volunteers to receive training before they can actively volunteer in our programs. Current training dates and details can be found on pages 6-12.

If you are unable to attend the required trainings, please contact our volunteer coordinator at volunteer@steamboatstars.com or call (970) 870-1950.

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.

*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.



New Volunteer Trainings

Phase 1	Date	Time	Location	Who
Meeting 1	Nov. 13th and 30th	6:00 PM - 8:00PM	The Loft Meeting Room	All New Volunteers
Meeting Two	Nov. 14th and Dec. 1stw	6:00 PM - 8:00 PM	The Loft Meeting Room	All New Volunteers

Phase 2	Date	Time	Location	Who
Assessing Skiing & Riding Skills	Nov. 29th , 30th; Dec. 1st, 3rd, 15th	8:30 PM - 3:30PM	STARS Gondola Office	All New On Snow Volunteers

Phase 3 Day 1	Date	Time	Location	Who
General Adaptive	Dec. 1st, 3rd, 16th	See VSP	STARS Gondola Office	All New On Snow Volunteers

Phase 3 Day 2	Date	Time	Location	Who
Student Skill Assessment / Lesson Progressions	Dec. 2nd, 4th, 17th	See VSP	STARS Gondola Office	All New On Snow Volunteers

Phase 4

New volunteers select 1 elective clinic from the list on the following page -

Returning Volunteer Trainings

Training	Date	Time	Location	Who
Assessing Skiing & Riding Skills	Nov. 25th, 26th, 28th; Dec. 10th, 12th, 13th, 18th	8:30 AM - 3:30 PM	STARS Gondola Office	Returning Volunteers

Returning volunteers select 1 elective clinic from the list on the following page -

Program	Date	Time	Location	Training Required
Movement Analysis	Nov. 26th, Dec. 6th, 10th, 13th, 20th	8:30 AM – 3:30 PM	STARS Gondola Office	See VSP
Intro to Bi-ski	Dec. 2nd, 11th, 12th, 14th	8:30 AM – 3:30 PM	STARS Gondola Office	See VSP
Bi-Ski Tethering Practice	Dec. 20th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Dynamic Tethering Skills	Dec. 9th, 21st	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Understanding and Improving Your Personal Skiing	Nov. 26th; Dec. 21st	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Teaching Students with Cognitive Disabilities	Nov. 26th; Dec. 6th, 10th, 13, 20th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Mono Ski	Dec. 2nd, 9th, 14th, 18th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Ski-bike	Dec. 3rd, 15th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
3 Track – 4 Track	Dec. 6th, 10th, 13th, 20th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
VI (Visually Impaired) Basics	Dec. 6th, 13th, 19th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
VI Advanced	Dec. 8th, 14th	8:30 AM – 3:30 PM	STARS Gondola Office	Elective
Slider; Rider Bar	Dec. 3rd, 15th	8:30 AM – 3:30 PM	STARS Gondola Office	Snowboard Elective
Nordic Training	TBA	TBA	Haymaker Nordic Center	ALL Nordic Volunteers

Locals 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.

Please find the local program trainings on the following page -

Program	Date	Time	Location	Training Required
All Access – Kids	Dec 9th, 16th; Jan. 6th, 20th, 27th Feb. 10th, 24th ; Mar. 3rd	9:30 AM – 2:30 PM	STARS Gondola Office	Required Volunteer Training
All Access – Teens	Dec 9th, 16th; Jan. 6th, 20th, 27th Feb. 10th, 17th, 24th; Mar. 3rd	10:00 AM – 3:00 PM	STARS Gondola Office	Required Volunteer Training
Mountain Access – Adults	Dec. 10th, 17th Jan. 7th, 21st, 28th Feb. 11th, 25th; Mar. 4th	Sunday 10:00 AM – 3:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program - Lower School	Thursday AM/ TBD	9:00 AM – 12:00 PM	Soda Creek Elementary	Required Volunteer Training
Adaptive PE Program - Lower School	Thursday PM/ TBD	12:00 PM – 2:00 PM	Strawberry Park Elementary	Required Volunteer Training
Adaptive PE Program - Middle School	Dec. 8th; Jan. 5th, 19th; Feb. 2nd, 16th Mar. 2nd, 16th, 30th; Apr. 13th	9:00 AM - 12:00 PM	STARS Gondola Office	Required Volunteer Training
Adaptive PE Program – High School	Dec. 1st, 8th, 15th; Jan. 12th, 19th, 26th; Feb. 2nd, 16th, 23rd Mar. 2nd, 9th, 23th, 30th; Apr. 6th	12:30 PM – 3:00 PM	STARS Gondola Office	Required Volunteer Training
Special Olympics	Jan. 7th, 21st, 25th (evening) 28th; Feb. 1st, (evening), 8th, (evening) 11th	1:00 PM – 3:30 PM	STARS Gondola Office	Required Volunteer Training, race experience a plus

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

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 Program Team.

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

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

Program	Date	Time	Location	Training Required
All Mountain Ski & Ride Camp	Jan. 7th - 12th	8:30 Am – 4:30 PM	Varies	Required Volunteer Training, sit-ski clinics a plus
STARS of Tomorrow Kids Camp	Mar. 23rd – 26th	8:30 Am – 4:30 PM	Varies	Required Volunteer Training, sit-ski clinics 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. 19th – 22st; Feb. 9th -12th	8:30 AM – 4:30 PM	STARS Gondola Office	Required Volunteer Training, PTSD/TBI Awareness Training
VI Veterans Camp	Jan. 25th – 29th	8:30 AM – 4:30 PM	STARS Gondola Office	Required Volunteer Training, VI and VI advanced 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 summer programming.

Questions?

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

Volunteer Information

What is STARS?

Steamboat Adaptive Recreational Sports provides children, adults and veterans with cognitive, and/or physical disabilities 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 who might not otherwise have this opportunity. As a volunteer, you will meet new people, enjoy outdoor activities and positively impact the lives of others.

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.

Volunteer Checklist:

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

Other ways to support STARS:

- DONATE
- Special Events
- Office Administration



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