WY'EAST REGION ANNUAL NUTS AND BOLTS CLINIC – 2023

Mt. Hood -June 9th, 10th,11th - 2023

TIMBERLINE SKI RESORT

Government Camp, Oregon

Make your plans NOW to attend the annual Wy'east Region Nuts & Bolts clinic sessions
Hosted by The Wy'east Region in the Pacific Northwest Division of the National Ski Patrol

Important Notes: Pre-registration is required for All clinic and attendance at Nuts and Bolts. There will be no in person registration. All fees must be paid in advance to attend. SES clinics (Taught by PSIA Level 3 + Instructors).

- **Per PNWD policy, you must be a certified toboggan handler to attend any of the TES Seminars.**
- **All program participants will sign a Timberline and NSP release form prior to participation.**
- **Cost of the 3-day event is $100.00. Lift tickets are an additional discounted amount of $30.00 per day per person.**
- **All courses are on a first come first serve basis at time of registration. Once we have reached maximum capacity for courses registration will be closed. There will be no onsite registration at the events.**

REGISTRATION FEE - $100 PER ATTENDEE FOR ALL 3 DAYS!

REGISTRATION INCLUDES: ALL CLINICS, DAILY FLUIDS AND SNACKS, SATURDAY NIGHT BBQ (COVID RESTRICTIONS WILL APPLY IF APPLICALBE AT THE TIME OF THE EVENT)

LIFT TICKETS: TBD/PER DAY FOR ALL CLINIC ATTENDEES.

PAYMENT FOR LIFT TICKETS GOES DIRECTLY TO TIMBERLINE RESORT.

FORMS OF PAYMENT: PAYPAL /DEBIT/CREDIT CARD

- **YOU MUST PAY FOR YOUR REGISTRATION FEES AND LIFT TICKETS AND WAX VOUCHERS AT THE TIME OF REGISTRATION. PRE-PAY IS REQUIRED TO ASSURE YOUR SPACE AT THE CLINICS.**
- **REGISTRATION WILL BE LIMITED TO 100 PARTICIPANTS THIS YEAR AND CAN ONLY BE ASSURED BY PRE-REGISTRATION. THERE WILL BE NO ONSITE DALIY REGISTRATION.**

THERE WILL BE NO INDOOR MEETINGS OR GATHERINGS AT NUTS AND BOLTS THIS YEAR.

Friday June 3rd – INSTRUCTORS, MENTEE'S & IT'S – Instructor Training Day

7:00am - 8:00am - Event Sign in – Outside the Timberline Day Lodge – At Ski Keep

8:30 am – 2:00pm – Toboggan Trainers Workshop for Instructors (TTW)

NSP Course # ……

This clinic is for new and current instructors and instructor mentees. In conjunction with a PSIA Level 3+ Instructor as we run in the Handles and on the Tail rope. We will work on the five Fundamentals of Skiing and the turns used in running toboggans with a focus on teaching sequence and progression techniques in accordance with the NSP Transportation standards.

This clinic is offered on 1 **day (Fri, Only)**

8:30pm – 2:00pm - Above Palmer and Beyond – Tour & Training – Back Country Techniques (TES)
NSP Course # ……

This clinic will be conducted by S&T Instructors who are Avy/MTR certified and seasoned mountaineers that will lead a tour to the Hogs back area on Mt Hood to explore out of bounds terrain above the Palmer lift, providing insight into techniques for toboggan rescue and patrol considerations outside the resort boundaries. **You will need to have your own transceiver, shovel, probe, skins and/or snowshoes to participate. The class will require skiing/boarding from out of bounds back into the resort at the end of the class. Actual location will be weather and terrain dependent. You will need to fill out a wilderness permit (located in the day lodge) prior to the leaving the permitted ski area boundary.**

8:30 am – 2:00pm - Toboggan Enhancement Seminar (TES) – HANDLES & ROPES - All levels
NSP Course ……

These clinics are designed to enhance your skills on several toboggan types: Cascade 100, 350, SS Cruiser & Edge all on varied terrain. You will learn finesse and advanced techniques on 4 handle toboggans (front and rear handles) as well as stance, balance, turns and efficiency on all toboggan types. Also, you will learn advanced techniques on tail roping. It is Sure to be a fun day for all!

Note: You must be a certified toboggan handler to attend any of the Toboggan Enhancement Seminars (TES)

Saturday - June 5th – Instructors & Alpine Patrollers Day

7:00am - 8:00am - Event Sign in – Outside the Timberline Day Lodge – At Ski Keep

8:30am – 1:00pm – Women's Clinics – SES (Skier/Snowboarder Enhancement) Clinic
NSP Course # ……

This course will be a 2-day event for all women Alpine Patrollers. The courses will be taught by mostly female Instructors. The SES Clinics will be taught by female PSIA Level 3+ Instructors and will improve skiing & Boarding skills of NSP Transportation Program as it relates to OET instructors and Alpine Patrollers. Focus will be on stance, balance, turns, finesse. Sure to be a fun day for all!

8:30am – 1:00pm - Ski Trainer's Workshop (STW) Instructors Mentors/Mentees/Trainer/Evaluators only
NSP Course # ……

This course is for all OET Instructors, Trainer/Evaluators, Mentors & Mentee's. This clinic is will be taught by PSIA Level 3+ Instructors and will improve skiing & boarding evaluation skills of OET Program instructors, providing a means to develop a the skills to add to their tool box. The course will also give instructor's the signs and symptoms for error recognition and how to apply the appropriate corrections of Alpine patrollers.

8:30am - 1:00pm - Snowsports Enhancement Seminars (Ski and or Snowboard) (SES) - NO FEES required
Max Class size 8 participants per course NSP Course # …… (Skiing) & #…… (Snowboard)

Prepare yourself for the next season on the slopes with a full day of Skiing/Riding skills tune-up. Working with some of the Northwest's best PSIA instructors to improve your skiing and board skills and techniques on the snow!

*SES Sessions will be held on Saturday Only! Open to all patrollers. First come first serve basis at registration. Space could be limited so sign up early!

8:30am – 1:00pm - Toboggan Enhancement Seminar (TES) – HANDLES & ROPES

NSP Course ……

This is the clinic to enhance your skills on several toboggan types: Cascade 100, 350, SS Cruiser & Edge all on varied terrain. You will learn finesse and advanced techniques on 4 handle toboggans (front and rear handles) as well as stance, balance, turns, finesse and efficiency on all toboggan types. Also, you will learn advanced techniques on tail roping. It is Sure to be a fun day for all!

8:30am - 2:00pm - "Back Country Tobogganing" - (TES)

NSP Course # ……..

This Session will be held in advanced backcountry terrain. It is open to Patrollers who: (A) Have completed the NSP Avy 1 course; (B) Have the ability to travel without the aid of lifts in advanced terrain; and (C) are prepared to train with toboggans in steep and off-piste terrain. The course objective is to train using a Cascade 200 backcountry toboggan and a review of belay techniques.

Sunday June 3rd – Instructors & Alpine Patrollers Day

7:00am – 7:30am - Event Sign in – Outside the Timberline Day Lodge – At Ski Keep Sign

8:30am – 1:00pm – Women's Clinics – TES (Toboggan Enhancement) Clinic

NSP Course # ……

This course will be for all women Alpine Patrollers. The courses will be taught by All Female Instructors. The TES Toboggan skills in accordance with the NSP Transportation Program. You will learn finesse and advanced techniques on 4 handle toboggans (front and rear handles) as well as stance, balance, turns, and efficiency on all toboggan types. Also, you will learn advanced techniques on tail roping. It is Sure to be a fun day for all!

8:30am – 1:00pm - Toboggan Enhancement Seminar (TES) – HANDLES & ROPES!

NSP Course # ……

This is the clinic to enhance your skills on several toboggan types: Cascade 100, 350, Edge, and Akja, all on varied terrain. You will learn advanced techniques on 4 handle toboggans (front and rear handles) as well as stance, balance, turns, finesse and efficiency on all toboggan types. Also, you will learn advanced techniques on tail roping. Guaranteed to be a fun day for all!

---**Open to all toboggan certified patrollers** ---

8:00am – 1:00pm – Senior OET IT & Trainer/Evaluator Clinic (OET Alpine Toboggan Senior T/E Clinic)

NSP Course # ……..

We will review the PNWD Senior Program in depth. The course will work on the finesse fundamentals of Senior training with focus on standardization of the techniques of progressive teaching sequence and the individual drills & skills used in the PNWD Senior Program in accordance with the NSP Transportation Manual & the Senior OET Program.

Get Your Skis Waxed Each Day!

Back by popular demand, Daily Hot Waxing! Don't get stuck on the slopes, get hot waxed!
A wax station will be set up each morning to hot wax your skis or snowboard for the day. Trust us, this works. Extend the enjoyment of your day on the slopes.

$3.00 per wax - Purchase wax vouchers with registration.

THE BEST OF ALL!

SATURDAY EVENING BBQ -

This Year's Celebration – Southwestern Cowboy Theme

Bring your thirst, bring your hunger for a wonderfully catered Texas style meal with libations to match!

BYOB - Food will be provided by your Hosts!

You must pre-register for all events. There will be no registration available the day of the events. Registration will close once the Max of 80 participants is reached.

You can register by following this Link……

Your Event Coordinators:

Jeffrey Weitz, PNWD Transportation Program Supervisor - jw@northrimpdx.com
David Atkinson, NSP Alumni Mt Hood Ski Patrol/Paradise Valley Sil Patrol david@northrimpdx.com
Heather Van Houten, Wy'East OET Region Advisor – hvh18mhsp@gmail.com

LODGING:

- **Condo's available in Government Camp at Collins Lake Resort.(They will honor a 10% discount for the both the Grand Lodges and Collins Lake Lodges) http:/www.collinslakelodge.com**
- **Best Western Mt Hood Inn - bestwesternoregon.com/hotels/best-western-mt-hood-inn**
- **Vacasa & Air BNB provide listings of all types of lodging in Government Camp and is an excellent option for hunting out that special cabin or condo. https://www.vacasa.com/**
- **Have an RV? Then this is the place to tie it up. Mt Hood Village RV Park is just 15 miles from all of the activities on the mountain. https://www.rvonthego.com/oregon/mt-hood-village-rv-resort/**

Other lodging options? Try the following:

http://www.mthood.info/lodging/mt-hood-lodging.html
http://www.mthoodrent.com/rentals.html
If you have an RV, there may also be available space at the Mt. Hood Ski Patrol Government Camp Bldg. Please contact David Atkinson, david@northrimpdx.com prior to your arrival.

REGISTRATION FORM – Wy'east Region ANNUAL NUTS AND BOLTS CLINIC – 2022

Mt. Hood on June 3rd, 4th,5th 2022

PRE-REGISTRATION CLOSES BY MAY 20th, 2022!

Enrollment in courses via the NSP website is required – course numbers are listed below and on previous pages.

Note: Only register for one course number per day.

Please completely fill out the following:

Name _____ **NSP #** _____

Your Patrol Area _____ **Patroller Classification** _____

Contact Phone Number _____ **E-Mail** _____

Instructor - Yes_____/ Discipline _____

Please Check EACH box for the events you will be attending:

FRIDAY-June 1st

- ☐ **Friday Toboggan Trainers Workshop for Instructors – (TTW)** NSP Course #
- ☐ **Friday – Toboggan Enhancement Seminar – HANDLES & ROPES (TES)** NSP Course #
- ☐ **Friday - Above Palmer and Beyond – Tour & Training – Advanced Riders! (TES)** NSP Course #

SATURDAY-June 2nd

- ☐ **Saturday – Snowsports Enhancement Seminar - Skiing (SES) - NO FEE -** NSP Course #
- ☐ **Saturday – Snowsports Enhancement Seminar - Snowboard (SES) - NO FEE -**NSP Course #
- ☐ **Saturday – Women' Clinic -Snowsports Enhancement Seminar - (SES) - NO FEE -**NSP Course #
- ☐ **Saturday – Toboggan Enhancement Seminar – HANDLES & ROPES (TES)** NSP Course #
- ☐ **Saturday – Ski Trainers Workshop – For Instructors and Mentees only (STW)** NSP Course #
- ☐ **Saturday – Back Country Clinic (TES)** NSP Course # P053180010
- ☐ **Saturday Night Banquet & Get Together – Hosted by Wy'east Region – (included in registration fee)**

SUNDAY-June 3rd

- ☐ **Sunday – Toboggan Enhancement Seminar (TES) – HANDLES & ROPES** NSP Course #
- ☐ **Sunday – Women's Clinic – Toboggan Enhancement Clinic (TES) - NO FEE -**NSP Course #
- ☐ **Sunday – OET Alpine Toboggan Senior IT & T/E Clinic** NSP Course #

PAYMENT INFO

- ☐ **Registration Fee - $100.00**
- ☐ **Friday Lift Ticket Fee - $30.00/day**
- ☐ **Saturday Lift Ticket Fee - $30.00/day**
- ☐ **Sunday Lift Ticket Fee - $30.00/day**
- ☐ **Friday Ski/Board Wax - $3.00/ day**
- ☐ **Saturday Ski/Board Wax - $3.00/ day**
- ☐ **Sunday Ski/Board Wax - $3.00/ day**

☐ **TOTAL PAID: $_____**

Payment: ☐ **Check #_____** ☐ **Credit Card** (Credit card transactions by phone or US postal mail)

Credit Card transactions will include a 2.75% Processing Fee

Type: _____ Acct # _____ Exp Date: _____

3 digit Security Code # _____ Zip Code: _____

Card Holder Name (Print): _____ Signature: _____

For more information/ Questions: Contact Heather Van Houten – www.hvh18mhsp@gmail.com

NATIONAL SKI PATROL SYSTEM EVENT/TRAINING RELEASE FORM

I agree I am voluntarily participating in this EVENT/TRAINING. I understand that the EVENT/TRAINING may involve extensive field work on first aid scenarios, skiing, and toboggan handling along with other activities which ski patrollers encounter in their duties of patrolling a ski area. I realize there are inherent risks in this type of activity including changing weather conditions, changing snow surface conditions, ice, bare spots, rocks, stumps, trees and the possibility of collisions with manmade and natural objects or other skiers and such activity can be dangerous and can result in serious injury or death. I knowingly assume the risk of participation and understand I can withdraw from this EVENT/TRAINING at any time. I understand that by participating in this EVENT/TRAINING I may also encounter additional risks not inherent to a normal participant to the sport of skiing. I agree to personally assume all of these risks. I also agree that I will rely solely on my own judgment regarding my personal safety and ability with regard to the terrain, circumstances and conditions in which I may be placed upon and asked to demonstrate or perform to accomplish the tasks involved in EVENT/TRAINING, and that I will decline to perform any activities if I believe I am placing myself in an unsafe situation or subject to possible injury or death if I proceeded.

As a requirement of this EVENT/TRAINING, I acknowledge that I agree to waive any right I might have to file a lawsuit for any injury or death resulting from my participation in this EVENT/TRAINING and I hereby remise, release, and forever discharge the ski area hosting the event, the National Ski Patrol System, Incorporated and its members, both individually and jointly, and I agree that no one else may file a lawsuit in my name related to my participation in this EVENT/TRAINING. If any part of this Release shall be determined to be unenforceable, all other parts shall be given full force and effect.

Participant Signature: _____ Date: _____

Participant Name: (printed) _____

Address: _____ Phone: _____

ADDENDUM TO RELEASE

The above Participant is less than 18 years of age; the undersigned parent or guardian hereby consents to the above Participant participating in the EVENT/TRAINING and signs this Release on behalf of the Participant.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name: (printed) _____

Address: _____ Phone: _____

Not part of Release and for record keeping purposes only.

To be completed by instructor: Date: _____

Event/Training: _____ Location: _____