

Mammoth Winter Trip

Description:

Join us for an exhilarating experience with Disabled Sports Eastern Sierra (DSES) in Mammoth, CA where physical and cognitive limitations are redefined through adaptive skiing and snowboarding. Mono-skis, bi-skis and outriggers allow beginners to quickly feel the freedom of gliding down the mountain while those with more skill and determination take on the advanced slopes. Come prepared to test your limits and make unforgettable memories! No prior skiing experience required.

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of skiing and snowboarding
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Weight limit 200 lbs. for sit-down skiers (no weight limit for stand-up skiers)
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc.)
- Must be Independent with transfers and mobility
- Priority will be given to participants who have not previously participated in a Mammoth ski trip with Rancho
- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

8 – 10 participants

Cost per Participant:

The Cost Varies

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Rancho AOA Code of Conduct form
- Participants must complete DSES paperwork

Frequency per Month:

5 day trip occurring once per year in the winter

Contact Information:

Disabled Sports Eastern Sierra

P.O. Box 7275

Mammoth Lakes, CA 93546

(760) 934-0791

www.disabledsportseasternsierra.org

Mammoth Winter Trip Pictures



Mammoth Summer Trip

Description:

The summer programs at DSES are continuing to expand and evolve. Mammoth Mountain, the Town of Mammoth Lakes and the surrounding areas offer a wealth of recreational activities. Programs include kayaking, rock climbing, camping, hiking, cycling/mountain bike rides, horseback riding and some enjoyable outdoor adventure learning activities. The staff is trained in adaptive techniques for each activity offered, so that assistance will be readily available while still maintaining the ultimate goal of personal independence for all those who participate.

Expected Group Outcomes:

- Increase balance, strength, coordination, flexibility, and endurance
- Introduction of new leisure activities
- Development of kayaking, rock climbing, camping, hiking, cycling/mountain bike rides, horseback riding and/or other summer outdoor adventure activities
- Increase confidence
- Increase community reintegration
- Increase adjustment to disability

Participant Criteria:

- Must be 1 year post injury or onset of disability
- Must be Independent with Self Care (toileting, bathing, dressing, feeding, etc.)
- Must be Independent with transfers and mobility
- Priority will be given to participants who have not previously participated in a Mammoth summer trip with Rancho
- Must be a Rancho Wellness Center members or currently Peer Mentors or Life Coaches with the Know Barriers program
- Must be able to manage adaptive equipment
- Mobility devices should be in good working condition

Group size:

8 - 10 participants

Cost per Participant:

The Cost Varies

Activity Waivers/Paperwork required (if applicable):

- Wellness Program Waiver
- Rancho Waiver of Liability
- Program Code of Conduct form
- Participants must complete DSES paperwork

Frequency per Month:

5 day trip occurring once per year in the summer

Contact Information:

Disabled Sports Eastern Sierra

P.O. Box 7275

Mammoth Lakes, CA 93546

(760) 934-0791

www.disabledsportseasternsierra.org

Mammoth Summer Trip Pictures

