

Winter Lessons

Frequently Asked Questions

Outdoors for All Foundation

- **What is Outdoors for All?**

Outdoors for All is one of the largest non-profit organizations in the Pacific Northwest that provides year-round outdoor recreational opportunities to thousands of children and adults with disabilities. Summer activities include cycling, rock climbing, kayaking, and day camps. Winter activities include downhill stand and sit skiing, cross country skiing, snowboarding, and snowshoeing.
- **Who does Outdoors for All serve?**

Outdoors for All serves individuals, ages 7 and up, with all types of disabilities including physical, sensory, and developmental.
- **Why participate with Outdoors for All?**

It's a great way to take on exciting challenges, meet new friends, participate in outdoor recreation, and experience a new, higher, level of freedom and independence. We provide a broad range of activities that cater to your needs and abilities, to ensure that you'll have a perfect fit in our foundation.
- **I've never done this before; how do I know which program to sign up for?**

Our winter season includes adaptive multi-week lessons. Saturdays at the Summit (Nordic and Alpine) are our most popular programs. Many others choose their program based on which ski area they like to ski or by what days they will be most available. Begin by looking through online registration for times and availability.
- **Who will instruct me in the program?**

Outdoors for All trains volunteers to work with different abilities and adaptive equipment. Each participant will be paired with at least one volunteer instructor. All volunteers go through training and evaluation before being able to instruct.
- **I registered for the program, am I guaranteed a spot?**

Because Outdoors for All programs are volunteer run, we cannot guarantee we will have enough volunteers with the right training. We take your experience and safety very seriously. We will send you a confirmation email after we complete volunteer training.
- **When can you confirm I'm in the program?**

Outdoors for All will send you a confirmation letter 10-14 business days before the program start date to confirm you in the program and provide you with instructions and important information.
- **How and when do I get my season pass or lift tickets?**

When you register for Stevens Pass, the tickets are a 7-week package and given out at lessons. When you register for Summit Snoqualmie, you will have the option to purchase a discounted season pass.

- **Do I have to be a beginner or a pro?**

Most of our programs require no previous experience level. Only for our racecourse programs will you need experience. Outdoors for All has instructors for every ability and every skill set. We will also assess your skills and match you with a volunteer or recommend the appropriate program just for you.
- **How long are the programs?**

Both our Stevens Pass and Summit Snoqualmie programs run for 7 weeks. Though Stevens will bypass MLK and President's Day holidays. The options are typically to register for a 2-hour or 4-hour lesson. The 4-hour lesson will have a break for lunch.
- **What if I need to take frequent breaks?**

Outdoors for All staff and volunteers make as many reasonable accommodations as needed to help you have a great time. Outdoors for All staff and volunteers are used to taking frequent water or bathroom breaks, working with short attention spans, providing time for pressure sore relief, low energy, or whatever reason we need to take breaks.
- **How do you know what equipment and adaptations I need?**

Outdoors for All staff will contact you to talk to you and learn about what you need to have a successful experience. Adaptations and equipment are then provided when you arrive and will be modified and adjusted to fit your needs.
- **Do you offer private lessons?**

We like to use the term "one-time lessons". Our 7-week programs are basically private lessons, every participant is taught in 1:1 setting. We don't offer typical private lessons due to the high demand to offer consecutive lessons. During programs, when we have extra volunteers available or participants that drop out, we then may be able to offer one-time lessons.
- **I'd like to see more of your programs in action before I sign up to participate in a new activity. How can I do that?**

Visit our social media to look at pictures and video demonstrations of what we do:
<https://outdoorsforall.org/events-news/photo-gallery/>
- **Do I need my own equipment?**

If you don't have your own equipment, rentals are available through Outdoors for All. Hats, gloves, goggles, and other gear are not available for rental.
- **What should I wear and what do I need to bring with me?**

A final confirmation containing a list of what to bring and what to wear will be sent at least one week prior to the activity you are participating in. Below is a basic list of what to bring.
Extra layers, socks, gloves, water, sunscreen, goggles/sunglasses, helmet (required), lunch (if registered for full day program), snacks, hand warmers
- **I want to participate but it's too expensive.**

Outdoors for All's aim is to remove economic barriers by providing financial scholarships. To apply for a Financial Scholarship, please complete a Financial Scholarship application. <https://www.tfaforms.com/4710621>

- **Is there transportation available and how do I sign up for it?**
Transportation is available only for all day programs or for 4-hour ski lessons. Pick up and drop off locations are set throughout the greater Seattle area to make getting to one of our carpool sites easier. Times and locations are determined by popular demand of activity participants.
- **I need to cancel my participation in an activity, what is your policy?**
Participants must cancel at least 7 days in advance to be eligible for a partial refund or credit. If you need to cancel the last minute, please leave a message with your program lead. For a full list of our policies visit our website.
- **How will I be paired with a volunteer?**
Participant/volunteer matching is based on the level of volunteer discipline training, skill, and preference. To ensure that participants are matched with volunteers best suited to their needs, experienced Staff and Lead Volunteers will evaluate new volunteers during on-snow trainings and pair them with a participant appropriately matched for their experience and skill level.
- **If it's raining and/or storming will lessons be cancelled?**
Lessons are only cancelled due to road closures, or when the ski areas close due to extreme conditions and special circumstances. To find out if a program is cancelled or delayed, ALWAYS check the **program hotline at 206-838-6030 then dial 300**. Please check road conditions by calling 511 from a cell phone before heading to the Mountain. If there is a cancellation, program staff will email you and a make-up day will be rescheduled (no refunds will be issued).