

Winter Lessons

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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, snowboarding, cross country skiing, 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, cognitive 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.

What if the program is full?

Please add yourself to the waitlist. Analyzing waitlist numbers will help us in planning for years to come.

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, lift tickets are a 7-week package and given out at lessons. When registering for programs at the Summit at Snoqualmie, you will have the option to purchase a discounted season pass. If you do not choose to purchase a season pass through Outdoors for All, you will be responsible to purchase tickets for each program day.

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 at Snoqualmie programs run for 7 weeks, although 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. Lessons are intended to meet your specific goals.

How do you know what equipment and adaptations I need?

Outdoors for All staff will contact you to 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, where most participants are taught in a 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. 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, snow pants, jackets, 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.

Snow pants, waterproof breathable jacket, 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 only available for full day programs on weekends, for 4-hour ski lessons. Pick up and drop off locations are placed throughout the greater Seattle area to ensure easy access for participants. 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 14 days in advance to be eligible for a refund or credit. If you need to cancel last minute or for a single lesson, 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. 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 (no refunds will be issued) and the hotline will be updated. Please call (206) 838- 4995 to check the status of your program if needed. This is an outgoing line only, so please do not leave messages here.