



Adaptive Winter Sports Program

Family Sleepover Weekend Family Pal

Description of Position

On Family Sleepover Weekends, volunteers are matched up with a family, and accompany the family through daily programming. These weekends give students, siblings, and other family members the opportunity to participate in winter sports together. After a day of winter sports, instructors head home, and Family Pals sleep over at the Ranch to help facilitate camp activities. You will be working closely with a family to help them to feel comfortable at camp, to have someone to entertain the children with parents/guardians, to serve as a camp liaison and to answer questions, but most of all to HAVE FUN!

Application Requirements

- The Double H Ranch requires an application each year for insurance purposes and to run a current background check.
- The application can be found on our website: www.doublehcamp.org
- **Please note that if you are a new applicant, you will need to provide the following (the proper forms for this information will need to be printed after submitting your application on-line):**
 - two personal/professional reference forms completed by your referees.
 - a physical examination signed by your physician
 - provide the dates of the following immunizations
 - ✓ Tuberculosis (this will need to be within the last year)
 - ✓ Tetanus
 - ✓ Chicken pox vaccine (2 varivax vaccinations), or date of actually having the disease
 - ✓ Two MMR vaccination dates
 - ✓ Documentation of your seasonal flu shot

Completed immunization records are required for **all** volunteers.

- Your choice of what weekend would work best for you to volunteer residentially with us! These dates are labeled on the “teaching date” schedule.

Volunteer Family Pal Time Commitment for the Season (January-March)

Training:

- Orientation is mandatory, and will occur during the Friday afternoon of the weekend you are signed up for at Double H.

Residential Weekend:

- You choose from a series of weekends which will fit best in with your schedule.
- Family Pals are asked to limit their weekend commitment to 1-2 weekends throughout the season (Jan-March).

What is the Schedule for a Typical Family Sleepover Weekend (each weekend differs)?

Fri 4:30pm	Volunteer Family Pal arrival and meeting/training
Fri 5:00pm	Family arrival and check-in to get paired with Family Pals/Dinner!
Fri pm	Fun camp activities, sledding, camp fire, etc. ☺
Sat 10am-3pm	Instructors arrive, breakfast, lift opens, family time, or time helping with ski school!
Sat pm	Fun camp activities, sledding, camp fire, talent show, etc. ☺
Sun 10am-3pm	Instructors arrive, breakfast, lift opens, family time, or time helping with ski school!
Sun 3:00pm	Lift close, and volunteers clean up after weekend. THANK YOU!