

UK Snowsports



Awareness Course

Skiers with Disabilities



Introduction

This Awareness Course is designed to provide the necessary training to enable competent Coaches and Instructors to reach the required level of skill to teach skiers with a disability.

Over the past 35 years alpine skiing for those with disabilities has taken great strides both in numbers participating and in sophistication of coaching and equipment.

The main aims of UK Snowsports and Snowsport England:

- ❖ To train as many Coaches as possible and therefore offer the opportunity for people with disabilities to learn to ski locally.
- ❖ To increase the awareness of possibilities for skiers with disabilities and the requirements in England.
- ❖ To encourage more people with disabilities¹ to take up skiing



'Learning is finding out what you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers, teachers.'

Richard Bach

Your role is to provide the foundations for further learning, to ensure that your skiers understand the fundamentals of alpine skiing and can move on.

Remember that in many ways you may be the *most* important person ever to work with a skier. If you deliver a good session your skiers are hooked and ready to learn more. Deliver a bad session and your skier is lost to the sport forever.

¹ A note on language - this document is intended to help you to work with *skiers* - male, female, young, old. Terminology can be a source of controversy - this document refers to *skiers with disabilities* and *disabled skiers* interchangeably as it uses the pronouns *he* and *she*. No inferences should be drawn. Ultimately it is the *skiers* who matter.



Course Content:

1. Candidates will be shown how to assess disabled skiers for their equipment needs and any special adaptation necessary to help skiing.
2. Medical considerations for existing conditions and further problems which may be as a result of skiing. If in any doubt as to whether the disabled person should ski or not the skier should consult their doctor for recommendations or approval to ski.
3. Teaching progression for the various disabilities, ie discussion and practical progression on the slope.
 - Seated skiers
 - Ambulant skiers
 - Visually impaired skiers
 - Hearing difficulties
 - Deaf skiers
 - Skiers with learning difficulties
 - Multi-disabled skiers
4. Safety considerations and the importance of risk analysis being done whenever necessary.
5. This course is an attendance course, there will be no pass, fail or assessment of candidates. Tutors will be required to give feedback and advice on any training work necessary with regard to the candidates;
 - personal skiing with specialised equipment
 - coaching techniques and lesson progression
6. What to do in the event of an accident or broken equipment.
7. Practical teaching of various disabilities using ski-lifts plus safety considerations and any specialised equipment.



Awareness Course Timetable

Day 1

0900 – 0915	Registration
0915 – 0930	Domestic arrangements safety considerations
0930 – 1030	Theory session. Equipment assessment disabled skiers needs and safety considerations
1030 – 1045	Continue theory session during coffee
1045 – 1345	Practical teaching of various scenario's
1345 – 1415	Lunch, open discussion
1415 – 1645	Continue teaching progression for various disabilities
1645 – 1700	Tea, open discussion
1700 – 1800	Discussion and course summing-up for Day 1. Timetable for Day 2

Day 2

0900 – 1000	Arrival, discussion on day's programme any further points discussed (feedback)
1000 – 1100	Practical teaching on slopes use of ski-lifts and any special equipment plus safety considerations
1130 – 1145	Coffee, open discussion
1145 – 1345	Students simulate various scenarios and teach fellow candidates on slopes
1345 – 1415	Lunch, open discussion
1415 – 1645	Continue with teaching scenarios on fellow candidates
1645 – 1700	Tea, open discussion
1700 – 1800	Debrief; summing-up of course. Observations and feedback. Note any recommendations for future courses. Departure.

Your tutor may alter this timetable based on your needs as a skier.



This course is designed to give Instructors and Coaches who are *already* qualified an overall understanding of the issues surrounding working with disabled skiers.

Candidates are *not* assessed. At the end of the course candidates will be advised of their strengths and weaknesses. It is for the instructor *and* their club or slope to make informed decisions as to their readiness to work with skiers with disabilities

