



ASAWM

Adaptive Ski Association of West Michigan

Volunteer Training: An Introduction



1



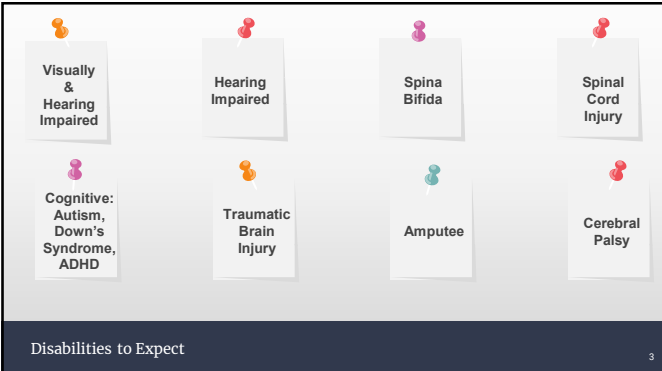
Nicole Astfalk

12 year volunteer
9 year board member
Recreation Therapist

Fondest Memory Volunteering:
Getting to ski with twins with Down Syndrome and having them ski together down the hill at the end of the season.



2



- Visually & Hearing Impaired
- Hearing Impaired
- Spina Bifida
- Spinal Cord Injury
- Cognitive: Autism, Down's Syndrome, ADHD
- Traumatic Brain Injury
- Amputee
- Cerebral Palsy

Disabilities to Expect


3

For the visually impaired:

- Use verbal cues, physical prompt and physical assistance as needed.
- Use action-specific feedback


For the hearing impaired:

- Speak with caregivers/family to gain information on how they communicate with the athlete.
- Use keywords/cues, sign language or pictures



Visually & hearing impaired skiers and paired volunteers wear orange bibs

4



For those with cognitive disabilities:


- Simplify your language
- Repetition, repetition, and repetition
- Model the response you're seeking

Athletes with cognitive disabilities present with unique needs and preferences

5

Amputee athletes:

- Above-the-knee: three-track
- Below-the-knee and other: dependent on their strength and prosthetic use



Amputee athletes are most likely to participate in 3 track skiing

6

Athletes with spina bifida and cerebral palsy

- Equipment will be determined in advance of the season by ASAWM admins
- Be hyper-aware of the effects of weather - more prone to frostbite
- Some may have combination of physical and cognitive impairments

Athletes with spina bifida and cerebral palsy are likely to use bi skis

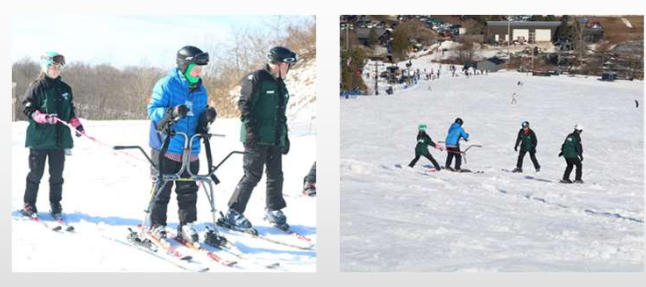
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Athletes with spinal cord injuries are most likely to use a mono ski



Always remember: Each athlete is a unique individual

8



The snow slider is helpful for virtually all types of athletes with strength and balance impairments

9

Preferences for being **touched**?

- Do they benefit from physical cues to learn skills?
- Do they despise being touched?

Preferred **communication** style?

- Gestures
- Single words
- Simple phrases
- Full sentences

How does this disability impact the athlete?

10

10



Likelihood to need **physical assistance**?

- Abnormal muscle tone
- Impaired balance

Tolerance to **cold weather**?

- 2-3 runs before needing an indoor break
- Addition of hand/body warmers
- Lap blanket in sit ski

How does this disability impact the athlete?

11

11

Discuss the impact of the disability with the guardian in advance of the 1st lesson.



12

12

Arrive 30 minutes before your lesson start time

CHECK-IN

- Main Lobby - look for the ASAWM sign
- Lift ticket
- Rental form
- Penny/bib @ first lesson
- Meet up w/ co-instructor(s) and student

What to expect the day of your first lesson 13

13

Arrive 30 minutes before your lesson start time

CHECK-IN

- Main Lobby - look for the ASAWM sign
- Lift ticket
- Rental form
- Penny/bib @ first lesson
- Meet up w/ co-instructor(s) and student

STORE ITEMS

- In lodge, behind check-in desk

OR

- In your vehicle

What to expect the day of your first lesson 14

14

Arrive 30 minutes before your lesson start time

CHECK-IN

- Main Lobby - look for the ASAWM sign
- Lift ticket
- Rental form
- Penny/bib @ first lesson
- Meet up w/ co-instructor(s) and student

STORE ITEMS

- In lodge, behind check-in desk

OR

- In your vehicle

GET EQUIPMENT

- Sit-down - one instructor retrieves sled and/or outriggers from shed
- Stand-up - get snow slider, edgie wedgie, bamboo pole, etc.

What to expect the day of your first lesson 15

15



16