

# *Learn to Ski*

## Introductory Adaptive Cross-Country Ski Clinic



**Introduction to Coaching Para-Nordic skiers.** A 2-hour clinic for any Certified Community Coach to take the NCCP course for coaching Athletes with a Disability. Fee \$60

**Introduction to Para-Nordic skiing!** A 2-hour clinic to introduce persons with a physical disability (spinal cord injury, amputee, cerebral palsy, etc) or visual impairment (legally blind) to the joys of cross country skiing. **Fee:** \$25 and free for volunteer. Fee covers equipment/coaching.

We will teach people 10 years old and up with physical and sensory disabilities and their friends and family to ski. Wheelchair users, amputees, people who are blind or visually impaired and people with cerebral palsy are a few examples of the disabilities we can accommodate in this program.

**Where: Nelson Nordic Ski Club**

**When: December 19 Coaching portion- 10am to noon.**

**Para Nordic Skiing portion - 1 to 3pm**

**Who: Individuals with physical or sensory disabilities and one friend or family member.**

**Registration deadline: Monday December 14, 2015**

**To Register or Questions? [Katiweir1@gmail.com](mailto:Katiweir1@gmail.com)**

**Is this program suitable for you? These are our minimum mobility standards:**

- **Wheelchair users:** Able to transfer with minimal assistance and have enough upper body strength to move your own bodyweight in a sled. Support staff do not push or tow athletes in our programs. This program is designed for individuals who spend most of their time in a manual chair (not a power chair).
- **Standing skiers:** Able to stand and walk at least 400m with or without walking aids such as a cane or crutches but without assistance from another person.