



Ski Spectacular Instructor Academy

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Clinic Summary Notes

Clinic Topic: Lesson Success for Guests with Cognitive or Learning Disabilities
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1. Reserve time throughout the lesson to establish and build rapport with the guest(s).
2. Get to know your guest and let them get to know you, too, through ice-breaker games, activities, and relaxed conversation. Show genuine interest in the guest and their topics of discussion by continuing conversation with suitable questions or sharing one of your similar experiences. Employ PSIA-AASI's People Skills.
3. Allow time for processing and response in discussion and physical movement. Give a few opportunities for response and if the guest becomes flooded or frustrated, let the person know you'll return to the topic or movement in a few minutes. Going on to another topic or activity and returning to the previous one when appropriate allows for additional processing time and physical or emotional readjustment.
4. Find out about the guests' interests, desires, motivators, detractors from the guest or, if needed, from a care provider. Attach snowsports concepts and movements to activities familiar to the guest. Discuss and show the similarities and embed movements in familiar games and activities. Keep it simple.
5. Perform a CAPCS assessment:
 - a. Cognitive – school or job supports like IEP's, job plans, coaches
 - b. Affective – anxiety, social or emotional needs and supports, hand signal for needs scale
 - c. Communication needs - communication devices like tap to talk apps, electronic communicators, picture exchange communication system (PECS), drawings, ASL, gestural signs, written communication
 - d. Snowsports experience and knowledge – what do they know, can show, want?
6. Give guests and yourself the freedom to have fun and be independent whenever possible. Be creative and build appropriate play into the lesson; games and activities with repetitive patterning that helps to build snowsports skills.
7. Read about key components of teaching guests with cognitive or learning disabilities in PSIA's *Alpine Adaptive Technical Manual*, learn more about diagnoses and assessment practices in *PSIA's Alpine Instruction Supplement: Diagnoses and Medication Classifications*, and gain insights into People Skills in PSIA's *Teaching Snowsports Manual* all available at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.