



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Welcoming Guests with Disabilities into Cross-Country Skiing - Beth Fox
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1. Cross country skiing can be fun and successful indoors on the carpet, outside on the grass, or on the snow!
2. Why cross-country? It usually occurs in a quiet and peaceful location, fun at any speed, allows for greater independence, can easily be taught in classes or stations, leaning can occur through many different games and activities, builds confidence in abilities and self, and it is an activity during which everyone can share their successes with other individuals and family groups.
3. Communication tools vary according to needs. Try some of the following:
 - A. Radio or Bluetooth headsets for people with visual impairments or attention challenges
 - B. Draw pictures of physical orientation/location, concepts, or activities on the guests' palm or in the snow
 - C. Use visual or tactile schedules to keep guests informed of agreed upon schedules and activities (pictures, words, objects).
 - D. Talk to text and other communication apps can be invaluable for communication, rapport, and trust building
4. Activities to introduce balance and stance (in shoes or cross country boots):
 - A. Jump and land in flexed position
 - B. Forward hop from one foot to the other and stick each landing
 - C. Forward hop as above with nose over toes and arms in opposition
5. Activities for ski orientation and to increase understanding of stance and balance (in skis)
 - A. Snowkey Pokey
 - B. Shuffling fore and aft
 - C. Walking in circles
 - D. Daisy turns
 - E. Jump and land in flexed position
 - F. Forward hop from one foot to the other and stick each landing
 - G. Forward hop as above with nose over toes and arms in opposition
 - H. Juggling, ball toss/catch

- I. Dual binding skis with guest in front or rear bindings
6. Learning to move on skis in or out of track:
 - A. Jog
 - B. Run, run, glide
 - C. Glide contests with each foot forward
 - D. Jog pushing a ball at ski tips
 - E. Stride
 - F. Stride with arms in opposition
 - G. Stride with differing tempos, use music or metronome with strong beat, sing a song
 - H. Dual binding skis with guest in front or rear bindings, partner ski with arms across shoulders, or three-legged race style using surveyor tape tie to keep partners inside legs moving together. These activities good for fun and teamwork, too!
 7. Games for movement and skill development:
 - A. Nord ball, baseball, disc golf
 - B. Synchro stride (front/back)
 - C. Leap frog, zoo animals
 8. Resources:
 - A. Free Cross country Level I e-learning course at www.thesnowpros.org education/education and E-learning online courses/Free Courses/Delivering the Beginner Experience - Cross Country
 - B. Free PSIA Digital manuals: Cross Country Technical Manual; Adaptive Instruction Supplement: Diagnoses and Medication Classification Supplement www.thesnowpros.com
 - C. US Paralympic Nordic Skiing info at <https://www.teamusa.org/usparanordicskiing>