



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Recognizing Ableism in Adaptive Snow Sports– Pamela S. Weber

1. Ableism is defined as discrimination or prejudice against individuals with disabilities based on the belief that typical abilities are superior. It assumes people with disabilities require fixing. Similar to other isms, sexism racism, etc. it classifies entire groups of people as 'less than' and increases harmful stereotypes, misconceptions and generalizations of people with disabilities.
2. Growth vs fixed mindset: Reframe thoughts and actions for respect and success.
3. Communication builds rapport. Consider your use of Person First language vs Identity First language.
4. Ableism matters, it keeps instructors from doing our best. Ableism keeps students from achieving their best possible outcome and taints our expectations and outcomes.
5. Ableism is difficult to recognize because we often see it as helpful or accommodating.
6. Historically viewpoint and perspective affect our ability to recognize actions that perpetuate ableism and discrimination.
7. Teaching to your student's ability, not to their diagnosis and disability results in:
 - Personal and skill development and accomplishment.
 - Connectedness and belonging.
 - Emotional support.
 - Trust.
 - Reduced stress.
 - Empowerment.
 - Laughter and Fun.
8. People with disabilities often say the most challenging barrier to overcome is other people's attitudes. Skiing is a sport that levels the playing field for everyone. Whether we have a disability or do not have a disability we all have to learn how to use the equipment. Athletes with disabilities are on the same playing field as their able-bodied peers and should be seen and treated the same. We are all "well intended" in our lessons but unless we have the basic knowledge and understanding of Ableism and Discrimination and the overall effect we are unable to functionally teach our best lesson.
7. Read the Stay Up to Date on Disability Language article, Spring 2023 in 32 Degrees magazine.