

UKSS ADAPTIVE AWARENESS

This Awareness Course is designed to provide the necessary training to enable competent Coaches and Instructors to reach the required level of skill to teach skiers with a disability.

Over the past 35 years alpine skiing for those with disabilities has taken great strides both in numbers participating and in sophistication of coaching and equipment.

The main aims of UK Snowsports and Snowsport England:

- To train as many Coaches as possible and therefore offer the opportunity for people with disabilities to learn to ski locally.
- To increase the awareness of possibilities for skiers with disabilities and the requirements in England.
- To encourage more people with disabilities to take up skiing.

Content

1. Candidates will be shown how to assess disabled skiers for their equipment needs and any special adaptation necessary to help skiing.
2. Medical considerations for existing conditions and further problems which may be as a result of skiing. If in any doubt as to whether the disabled person should ski or not the skier should consult their doctor for recommendations or approval to ski.
3. Teaching progression for the various disabilities, ie discussion and practical progression on the slope.
 - Seated skiers
 - Ambulant skiers
 - Visually impaired skiers
 - Hearing difficulties
 - Deaf skiers
 - Skiers with learning difficulties
 - Multi-disabled skiers
4. Safety considerations and the importance of risk analysis being done whenever necessary.
5. This course is an attendance course, there will be no pass, fail or assessment of candidates. Tutors will be required to give feedback and advice on any training work necessary with regard to the candidates;
 - Personal skiing with specialised equipment
 - Coaching techniques and lesson progression
6. What to do in the event of an accident or broken equipment.
7. Practical teaching of various disabilities using ski-lifts plus safety considerations and any specialised equipment.