

## Courage Kenny Ski & Snowboard ADAPTIVE SNOWBOARD CLINIC

### Topic: TRAINING NEW SNOWBOARD INSTRUCTORS

**Group Size:** Up to 12 (groups should be in even numbers)

**Time:** 2-days

**Objective:** Train the new volunteer snowboard instructors to be quality adaptive instructors.

**Safety Message:** Train new volunteers on the safety procedures that they will be modeling with their participants, and are consistent throughout the CKSS program.

Safety first, fun and learning

Rider/Skier Responsibility code and SMART Style in riding the park.

**Introduction:** Introduce what you're going to be covering in the 2-day clinic. Find out about your group and what got them here. Introductions into how to teach a lesson. Hand out laminated cards, if they don't have them already.

- 7 Parameters of effective learning - Teaching Cycle
- Teaching Model (The learning partnership)
- The AASI Teaching System (The "Y" Model, Movement Concepts, Performance Concepts (Twist, Tilt, Pivot, Pressure), Reference Alignments, Movement Analysis).
- Learning Styles (more than just visual, auditory and kinesthetic)
- Guest Centered Teaching (GCT) and Disabilities

**Assessment:** Observe (and suggest improvements when appropriate) while volunteers perform the needed maneuvers and tasks to show the riding level or ability.

- Rides within Responsibility Code
- Skidded Turns of Varying Size and Shape
- 180's while stationary
- Flatland 360's (360 turns while moving downhill = optional)
- Functional Riding Tasks (Hockey stops, Traverse to a diagonal side slip to a traverse, Pivot Slips, One foot riding (optional), Falling Leaf, The Dance, Load and Unload Chairlift)

**Goals and Objectives:** Determine which volunteers will be effective snowboard instructors. This will be done by giving them the tools to assess, teach, connect with their participant and co-instructor, and evaluate their own lesson goals and objectives.

**Present and Share Information:** Demonstrate (accelerated for training purposes) lesson progression from participant introductions to Intermediate riding. Give tips and tricks. Spend time in the equipment shed going over the various adaptive equipment and when it might be used.

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**Guided Practice:** Have volunteers lead a fellow volunteer through a beginning progression. Get hands-on experience with the adaptive equipment. Use scenarios to demonstrate the different needs, learning styles and equipment.

**Check for Understanding:**

-Use the 5 P's format.

-Remind them of CKSS personal conduct expectations (HIPAA, coat, guest centered,..)

**Summarize:**

- A lot has been covered over two days. Briefly touch on all that was covered.

- Questions or concerns?

- Evaluate your volunteers, make sure that they understand their rating/evaluations and have them sign off on the evaluation form. Give recommendations and offer assistance if necessary.

**Materials and references that may be helpful:**

<https://www.allinahealth.org/courage-kenny-rehabilitation-institute/programs-and-services/volunteer-opportunities/ski-volunteer-information>

<http://www.disabledsportsusa.org/sport/snowboarding/>

<http://www.psia-c.org/education/adaptive/>

[www.abilityplus.org](http://www.abilityplus.org), [http://www.abilityplus.org/\\_PSIA%20Information/PSIA\\_AASI\\_AdaptiveSnowboardGuide\\_FINAL.pdf](http://www.abilityplus.org/_PSIA%20Information/PSIA_AASI_AdaptiveSnowboardGuide_FINAL.pdf)

## Courage Kenny Ski & Snowboard ADAPTIVE SNOWBOARD CLINIC

### Topic: TRAINING RETURNING SNOWBOARD INSTRUCTORS

**Group Size:** Up to 12 (groups should be in even numbers)

**Time:** 1-day

**Objective:** Train returning volunteer snowboard instructors so that they pass the present evaluation for Snowboard Instructors.

**Safety Message:** Train volunteers on the safety procedures that they will be modeling with their participants, and are consistent throughout the CKSS program.

Safety first, fun and learning

Rider/Skier Responsibility code and SMART Style in riding the park.

**Introduction:** Introduce what you're going to be covering today. Find out about your group and why they are here. Do they have their laminated cards?

- 7 Parameters of effective learning - Teaching Cycle
- Teaching Model (The learning partnership)
- The AASI Teaching System (The "Y" Model, Movement Concepts, Performance Concepts (Twist, Tilt, Pivot, Pressure), Reference Alignments, Movement Analysis).
- Learning Styles (more than just visual, auditory and kinesthetic)
- Guest Centered Teaching (GCT) and Disabilities

**Assessment:** Observe (and suggest improvements when appropriate) while volunteers perform the needed maneuvers and tasks to show the riding level or ability.

- Rides within Responsibility Code
- Skidded Turns of Varying Size and Shape
- 180's while stationary
- Flatland 360's (360 turns while moving downhill = optional)
- Functional Riding Tasks (Hockey stops, Traverse to a diagonal side slip to a traverse, Pivot Slips, One foot riding (optional), Falling Leaf, The Dance, Load and Unload Chairlift)

**Goals and Objectives:** Determine what volunteers need, to be effective snowboard instructors. This will be done by giving them the tools to assess, teach, connect with their participant and co-instructor, and evaluate their own lesson goals and objectives.

**Present and Share Information:** Go over the lesson progressions. Give tips and tricks. Spend time in the equipment shed going over the various adaptive equipment and when it might be used.

**Guided Practice:** Have volunteers lead a fellow volunteer through the lesson progression. Get hands-on experience with the adaptive equipment. Use scenarios to demonstrate the different needs, learning styles and equipment.

**Check for Understanding:**

-Use the 5 P's format.

-Remind them of CKSS personal conduct expectations (HIPAA, coat, guest centered,..)

**Summarize:**

- A lot has been covered over two days. Briefly touch on all that was covered.
- Questions or concerns?
- Evaluate your volunteers, make sure that they understand their rating/evaluations and have them sign off on the evaluation form. Give recommendations and offer assistance if necessary. Determine if there are any prospective snowboard trainers, and if so start to groom them.

**Materials and references that may be helpful:**

<https://www.allinahealth.org/courage-kenny-rehabilitation-institute/programs-and-services/volunteer-opportunities/ski-volunteer-information>

<http://www.disabledsportsusa.org/sport/snowboarding/>

<http://www.psia-c.org/education/adaptive/>

[www.abilityplus.org](http://www.abilityplus.org), [http://www.abilityplus.org/\\_PSIA%20Information/PSIA\\_AASI\\_AdaptiveSnow-boardGuide\\_FINAL.pdf](http://www.abilityplus.org/_PSIA%20Information/PSIA_AASI_AdaptiveSnow-boardGuide_FINAL.pdf)