

CKSS Volunteer Roles and Skills Expectations

Buddy (1)	Assistant (2)	Lesson Lead (3)	Lead Instructor (4)	Trainer (5)
<ul style="list-style-type: none"> ✓ Understands basic disability awareness & uses Person-First language ✓ Understand and follows basic safety requirements of the program (CKSS policies and procedures) ✓ Understands basic differences and uses of various pieces of adaptive equipment ✓ Assist with loading chairlift & carrying extra equipment ✓ Help with handhelds, bamboo poles, etc. with guidance from lesson lead and above ✓ Cannot tether 	<ul style="list-style-type: none"> ✓ Comfortable skier/rider on beginner lesson terrain ✓ Understands differences between adaptive disciplines & understands basic student assessments ✓ Can safely use chairlift and assist chairlift load and unloads on adaptive lessons ✓ Can tether on greens ✓ Works to grow, teach and develop Buddies 	<ul style="list-style-type: none"> ✓ Able to take on all roles of Assistant but may not yet be able to complete all tasks of a Lead Instructor. ✓ Can safely lead a certain type of lessons, but may still be learning skills in movement analysis, or various discipline related endorsements ✓ Can tether on greens/easy blues 	<ul style="list-style-type: none"> ✓ Strong skier/rider on lesson terrain capable of teaching a student from beginner level to intermediate level ✓ Able to do a full adaptive student assessment & select/fit equipment appropriate and safe for a student ✓ Can tether all terrain ✓ Works to grow, teach and develop Assistants 	<ul style="list-style-type: none"> ✓ Strong skier/rider on all terrain ✓ Able to assess and teach the skill levels of all other roles and provide specific feedback for improvement in a positive manner ✓ Works to grow, teach and develop Lead instructors ✓ Leads clinics, continuing education and OTH training

5 Alpine Principles

1. Direct **pressure** to the outside ski
2. Control edge angles with **inclination** and **angulation**
3. Keep the **center of mass** over the base of support
4. Control the skis' **rotation** with leg rotation
5. Regulation the **pressure** created by the ski/snow interaction

6 Snowboard Principles

1. Control the relationship of the center of mass (CM) to the base of support to direct **pressure along the length** of the board
2. Control the relationship of the CM to the base of support to direct **pressure across the width** of the board
3. Control the magnitude of **pressure** created through the board/surface interaction.
4. Control the board's pivot through **flexion/extension** and **rotation** of the body.
5. Control the board's tilt through a combination of **inclination** and **angulation**
6. Control the twist (torsional flex) of the board using **flexion/extension** and **rotation** of the body.