

NZSIA Adaptive Certification Overview 2016

The NZSIA adaptive courses are a collaborative effort, drawing on the experience and knowledge of the candidates with guidance from our trainers. We learn together on the understanding that we all have a base knowledge and experience gained through either ski or snowboard instruction. The core skills are the same skills we use in adaptive instruction.

Our aim is to give you the best opportunity to discover how to adapt the skill sets you already have as an instructor to the many varied and unique teaching situations you will come across in the adaptive arena.

Be prepared for an intense course with a lot of disability knowledge to learn and apply, in addition to learning how to adapt your teaching. We encourage you to get involved in adaptive volunteering prior to the course as the more opportunities you take to learn and gain experience in advance the less demanding the course will be.

What you need to bring everyday:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain for the four days in case of a change in ski area due to weather.
A helmet as this is compulsory for all sit ski training
- Warm, waterproof clothing including beanie and gloves. You'll be outside for all course days (if the mountain is open) for up to 7 hours per day.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets (usually at 50% discount) which you pick up from the customer services desk. They will have your name on a list there.
- A notebook & pencil to take down notes/important points.

For urgent calls only please contact Libby Blackley on 03 443 4085

Daily Procedure

The days start at 8:30am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Cardrona - Outside the adaptive equipment room

Remarkables - Outside Snowsports School meeting place

Whakapapa - Outside customer services office

Turoa - Outside Customer Services office

Closed Days

If the mountains are closed we will advise of a meeting place on that morning. Be prepared to meet receive a call by 7:30am and to be at the designated meeting point at 8:30am. An indoor session will be organised and a full day's content covered.

If the mountain opens during the day we will try to get up the hill. Please have your equipment with you off the mountain in case.

Fitness, Incidents and Accidents

It is important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period. If you are/or become physically impaired/injured please bring this to the attention of the Course Director. A solution at this point will be advised.

If you have a disability that means that you can't perform some of the designated tasks please advise the course director in advance so that we can provide appropriate alternatives that will allow you to complete the course.

Safety is our number one concern. You don't have to do anything you feel is beyond your capabilities. Please speak up if you are concerned. Please report any incidents/accidents to your examiner or directly to the course director with facts, witnesses, location etc.

Administration Matters

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided at each course. Completed forms can be returned to either the course director or NZSIA office.

If you wish to personally discuss your results or any other matter relating to the course please contact the course director or write to NZSIA at the address below.

Email: admin@nzsia.net Phone: 03 4511534

Post: NZSIA, P.O. Box 2283, Wakatipu.

Some participants may be eligible for discounted lift tickets during courses. Please inform the Course Director if lift tickets are required.

NZSIA Adaptive Level One - Course Outline

The Adaptive Level One Certification consists of three parts.

- Snow Sports NZ volunteer training modules
- Volunteering Sessions
- NZSIA Level One 3 day Technical Course

Snow Sports NZ volunteer training modules

In conjunction with Snow Sports NZ, these modules are provided by the adaptive co-ordinators at the following ski areas Whakapapa, Turoa, Cardrona, and The Remarkables. They consist of a total of 15 hours of training time.

In the North Island the training dates are flexible according to demand and time available and are arranged with the adaptive co-ordinator.

In the South Island a training weekend is held on the opening weekend at each resort and is followed up with a session on bi ski tethering. There will also be midseason volunteer training held in early August at The Remarkables.

The volunteer training modules give you a basic understanding of how to support someone with a disability on snow and give you an understanding of common disability red flags and mountain safety issues. The modules cover the following:

Cognitive disabilities being a buddy
Vision Impairment and sighted guide
Monoski loading/unloading and bucketing
Outriggers, lifts, support and ski/snowboard tethering
Bi Ski tethering

Volunteering Sessions

These are to be arranged with the adaptive co-ordinators and consist of 4 sessions being a mix of shadowing an adaptive lesson and hands on volunteering. The sessions need to include a mix of different adaptive disciplines.

For more information contact the program co-ordinators

adaptive@whakapapa.co.nz

adaptive@turoa.co.nz

adaptive@cardrona.co.nz

adaptive@theremarkables.co.nz

NZSIA Adaptive Level One Technical course

The volunteer training and sessions are a prerequisite for this course. On completion of the technical component you should be able to adapt the progressions you know in each of the adaptive disciplines up to basic linked turns. In addition you will be able to analyse movement patterns and suggest appropriate teaching progressions to improve the student's riding or skiing.

The specifics of each day will depend on the needs and requests of the group but will follow the outline below

Day One - Adapting the movements of skiing and riding

AM – 8:30 – 1:00

The basic movements and how they apply to different parts of the body

The Wedgeless Progression

PM – 1:30- 4:00

Teaching scenarios and movement analysis

Evening Session 7:00 – 9:00

Adapting your teaching styles for cognitive and sensory disabilities

Day Two – Disability Awareness and Adaptive Equipment

AM 8:30 – 12:30

Set up and use of adaptive equipment

PM 1:00 – 4:00

Teaching Scenarios

Practice Teaching Scenarios

Day Three -

AM – 8:30 – 1:00

The basic movements and how they apply to different parts of the body

Set up and use of adaptive equipment continues

PM – 1:30- 4:00

Teaching scenarios and movement analysis

Changes in course format are weather and situation dependant.

Evaluation

Continuous assessment will be the main focus with an emphasis placed on the final afternoon of teaching scenarios. The trainers will endeavour to involve and seek input from all the participants as much as possible over the three days. There will also be a written paper that will be marked.

Candidates will be expected to demonstrate some or all of the following:

Disability and Safety

A basic understanding/knowledge of varying disabilities as per the manual is expected before the course commences

Correct equipment set up and selection for all disciplines

An awareness of all the disability red flags discussed during training and how they apply in the mountain environment

Teaching

An understanding of how to adapt teaching styles and progressions for each of the adaptive disciplines

A basic understanding of how to analyse the movement patterns from the lowest functional part of the body.

Skills

J – turns in a mono ski

Safe and effective bi-ski tethering and mono ski bucketing

Safe and effective chairlift loading and unloading of sit skis

Safe and effective sighted guide on beginner terrain

NZSIA Adaptive Level Two – Course Outline

This is a six day course consisting of 5 days of continuously assessed training and 1 day of exam. On completion of the course you will be expected to

- Demonstrate a thorough understanding of a wide range of common disabilities and the safety and teaching adaptations required for each
- Demonstrate correct equipment selection set up and use of all the commonly used adaptive equipment in NZ in either skiing or snowboarding AND sit skiing
- Adapt your teaching progressions up to level 4 both in delivery and technical content to suit the need in each of the adaptive disciplines.

In the South Island the course is sometimes held in 3 two day blocks over a 3 week period and in the North Island it is held over 6 consecutive days.

The specifics of each day will be determined by the group according to individual strengths and weaknesses. The following modules will be covered over the 5 days of training. There will be a brief recap for each discipline covering levels 1 and 2 but the main focus will be on levels 3 to 5. Each module will cover the following:

Disability Awareness and Safety
 Assessment and Equipment selection and set up
 Adapting your progressions
 Movement analysis

Modules

- Adapting the core skills
- Monoski
- Bi ski
- 3track /above knee amputee riding
- 4track
- Vision Impaired
- Cognitive Disabilities
- Assistive Techniques
- Practice Day

Evening Session

There will be a 3 hour evening session held at a mutually agreeable day arranged at the beginning of the course. This session will be a more in depth discussion of disabilities and safety.

Evaluation

Competency will be assessed in the following areas

Continuous assessment

Throughout the course including participation, attitude, technical understanding, and skill demonstration

Written assignment

This will be given out upon course registration and it is expected to be completed prior to the commencement of the course. Changes and additions to your written assignment can be made during the course and it will be collected for marking at the end of day 5.

Teaching assignment.

The teaching assignment will involve 40 minutes teach time for a randomly selected scenario and will include assessment, equipment selection and set up, and teaching. Following the teach time there will be a discussion where candidates will be asked about their teach, and may also be asked general questions relating to any area of adaptive snowsports.

Demonstrations

Candidates will be expected to demonstrate the following either during course time or as a dedicated demonstration

Smoothly linked turns in a monoski on beginner terrain

Competent Sighted Guide on intermediate terrain demonstrating safety, rhythm and speed

Competent Bi Ski tethering and monoski bucketing on steep intermediate terrain

A demonstrated change to personal movement patterns in various 4 track scenarios

3 track skiing/ locked leg riding on intermediate terrain

Please also download “On Snow Buddy Log” This is required for the course.