



**ROCKY MOUNTAIN DIVISION**

Professional Ski Instructors of America  
American Association of Snowboard Instructors

## **Cross-Country Rendezvous: Adaptability - Welcoming Guests with Disabilities into Cross Country Classic Style Lessons Session Describer**

Audience: Cross-country ski instructors

Discipline: Cross-country & Adaptive skiing

Time: 1 Day Credits: 6 PSIA-AASI CEU's

Setting: This session will take place on easier groomed trails at Gold Run Nordic Center, Breckenridge, Colorado. Trail pass included.

Course Description: Cross country skiing is a natural entry portal into snowsports for people of all ages and backgrounds, including those with disabilities. Join this interactive and game-filled session to explore group lessons with adaptive application for stand-ski guests with cognitive, behavioral health, or physical diagnoses including the use of communication tools, learning tools, and teaching methodologies applicable to all participants. BethAnn Chamberlain, US Para Nordic coach and a para Nordic athlete will make a guest appearance in the afternoon of this session.

Prerequisite skills:

Participants can ski groomed easy trails in cross country classic style.

Outcomes:

1. Identify two considerations for working with guests who have cognitive, visual, or physical disabilities.
2. Demonstrate the use of two communication tools.
3. Use two learning support tools in a lesson for a guest with special needs.

Materials Needed:

- Personal ski or equipment or rent equipment at Gold Run Nordic Center

On-snow session:

- Stride and share warm-up: Exchange of information about your background and interest in teaching adaptive cross-country lessons.
- Exploration of guest profiles – diagnoses, communication, medication, and more
- CAP assessment for lesson planning, equipment selection, and safety
- Assistive tools and practices
- Activities to anchor concepts and movements
- Guest appearance by BethAnn Chamberlain, Para Nordic coach and a Para Nordic athlete.