

Introduction to CADS and Adaptive Snowsports



Zoom Basics

Introductions & Tech support

Changing your name

Mute on/off

Video on/off

Chat box

Reactions

Gallery view & Speaker view & Full Screen

Questions/Taking a turn to speak



Topics to be covered

Introduction to CADS

Ski/SB
Methodology

Evaluation Outline

Safety

Tips for Success

Introduction to CADS

Adaptive Snowsports: Organizational Structure

National: CADS - Canadian Adaptive Snowsports



Division:



Local program:



Who are our Students?



Why do we ski/snowboard?

Focus on your student's ABILITIES and their GOALS!



Etiquette: Interacting with People with Disabilities



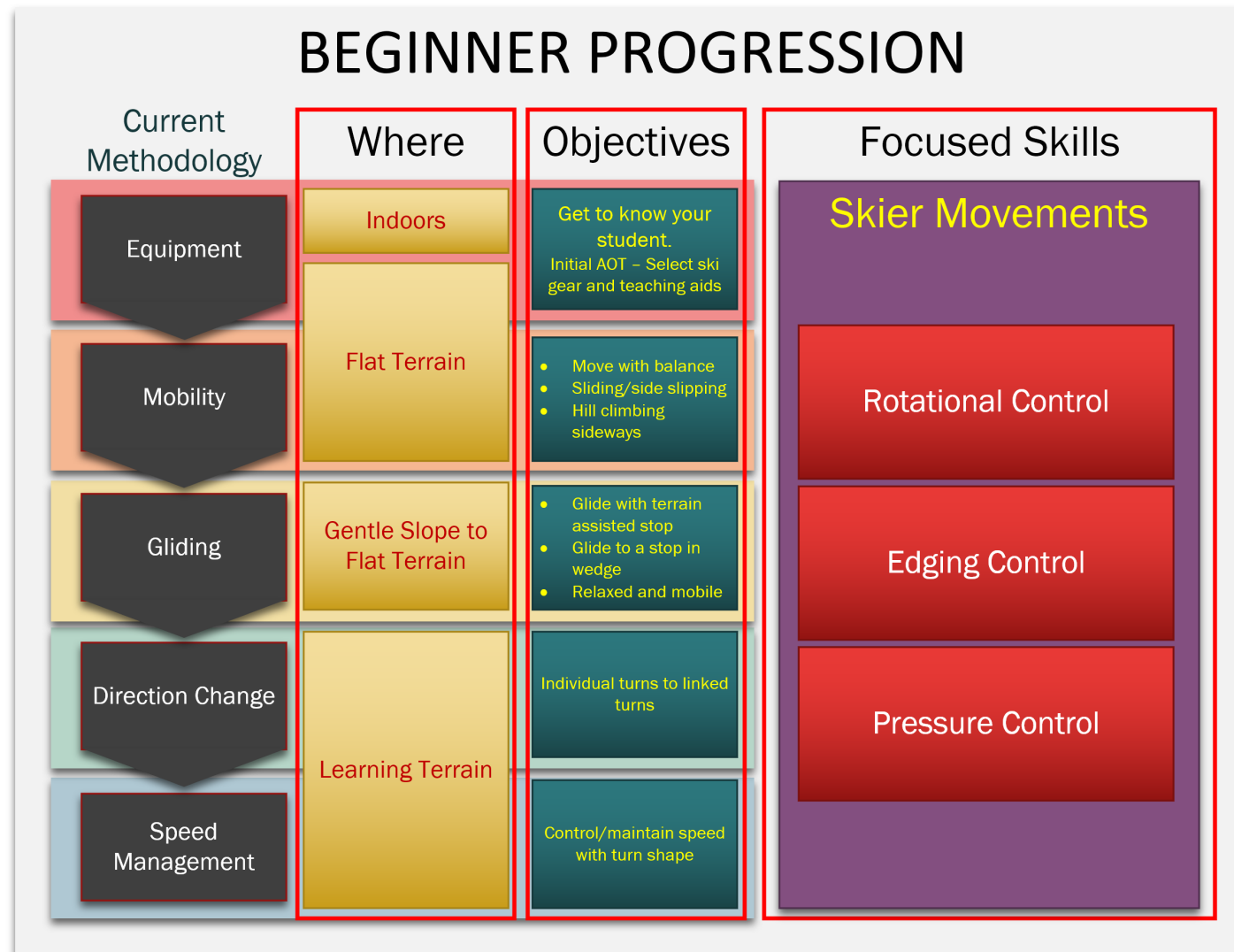
<https://www.youtube.com/watch?v=Gv1aDEFIXq8&feature=youtu.be> 3.40min

Ski/SB Methodology

Ski: CADS Collaborative Teaching Approach



CADS Ski Beginner Progression



CADS Progression

CADS SKI

1. Equipment
2. Mobility
3. Gliding
4. Direction Change
5. Speed Management

CADS SB

1. Equipment
2. Basics
3. Sliding
4. Control
5. Turning
6. Flow

The Skills

Ski

Rotational Control

Edging Control

Pressure Control

Snowboard

Position and Balance

Pivot

Edging

Pressure

Timing & Coordination

CADS SKILLS FRAME WORK

What are the parts of the skills frame work?

CADS SKILLS FRAME WORK

What are the parts of the skills frame work?



CASI Core Competencies

What are the 3 CASI Core Competencies?

CASI Core Competencies

What are the 3 CASI Core Competencies?

Centred & Mobile Position

Turning the board with the lower body.

Balance along the working edge



VIDEO: <https://www.youtube.com/watch?v=lOTQm849PaE>

CADS Lesson Plan

As a CADS instructor, you should always have a starting plan when you meet your lesson.



What are some things you might consider when coming up with a lesson plan?

CADS LESSON PLAN

Student's First Name: *James*

Emergency Contact: *Barb his mom 604 646 8277*

Weather: *Sunny*

Temperature: *-2C to -5C*

Grooming Report: *Learning areas groomed last night, soft pack snow*

I have reviewed student's Profile/Medical Form: *YES*

I have review previous Lesson Logs: *YES*

Equipment needed: *Medium Stand-Up Outriggers, and tip connector*

AOT I want to confirm or expand upon:

I want to assess James' movements myself. As an 8 yrs old, I might try playing Simon Says. I also want to confirm the short-term goals.

Part of the progression or skill development, I want test before moving forward: *Last lesson James was able to make single turns in both directions, so I would like to see that again and review.*

First run area: *There is a little hill near our meeting area that we can do some single turns before going to carpet area.*

Part of progression or a skill development that I think we will advance the lesson with: *linking 2 turns*

Strategies to advance progression or develop above skill:

2 turns to a stop – encouraging rebalancing of weight between skis before starting 2nd turn. If successful, move to carpet to link more turns.

Possible Teaching Aids: *Maybe hip tethers....*

Overarching objective/goal for the lesson: *Linked turns*

At some point in your evaluation, you will be asked to create a lesson plan based on a scenario. You can find this template in the CADS Methodology document.

CADS Lesson LOG

Instructors
Jason Neufeld

Equipment

CADS Progress

CSIA/ CASI Skills Taught

Runs Used

Plan next Lesson

Successful Motivation Strategies

Any behavior challenges

Notes

Students will have a profile in Snowline, our online registration system. Here we can report in the LESSON LOG on how a lesson went. You will get some more training on this from your club.

Evaluation

CADS - 4 Disciplines

ASD/CI

For our neurodiverse students who have Autism Spectrum Disorder or Cognitive Impairment

VI

For students who are Visually Impaired

3T/4T or Outriggers

For students who need physical support

Sitski

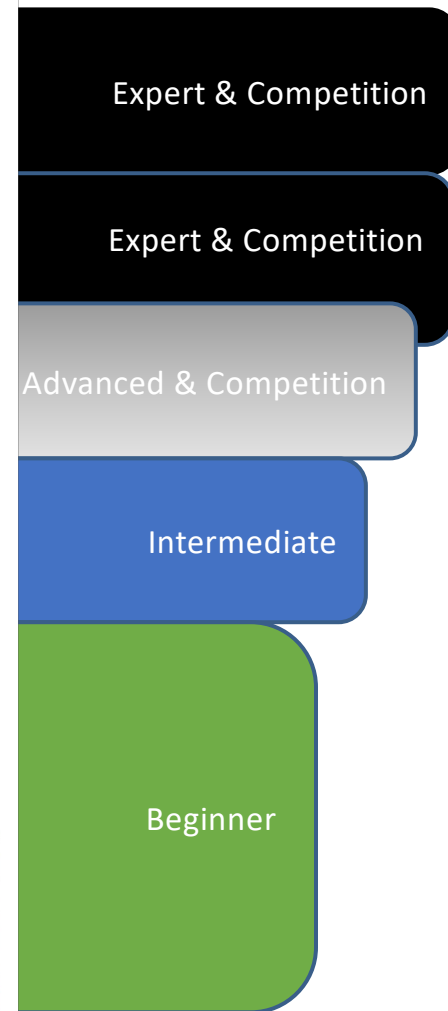
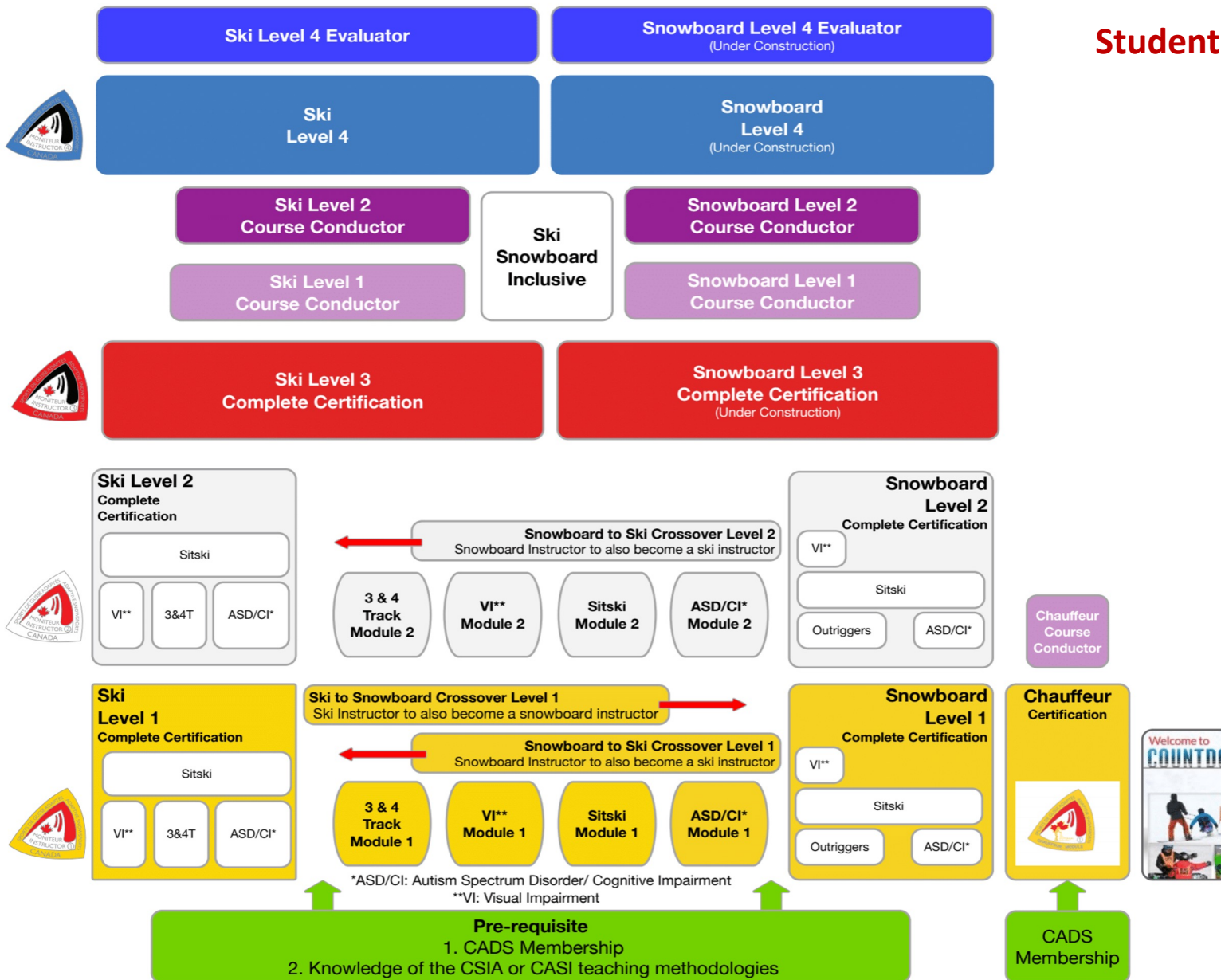
Teaching sitskiing from skis or a snowboard



Certification Pathway

March 19, 2022

Student Development Pathway



Ski Evaluation Grid

1/3

^ Marking Grid

1 Candidate living with a disability:

Candidate living with a disability requirements:

Must demonstrate the skills applicable to their ability and equipment and use others to demonstrate those functions they are unable to perform while explaining what is happening. This applies to all aspects within each discipline.

2 Skiing Evaluation

Candidate must pass all skills in this section

Parallel Turns



Wedge Turns



Wedge Turns Backwards



Hockey Stop



3 Lesson Planning

Candidate must pass all skills in this section

Review Lesson Plan with Candidate.

ASD/CI



VI



3-4 Track



SitSki



ME – Meets Expectation

NI – Needs Improvement

Ski Evaluation Grid

2/3

4 AOT

Candidate must pass all skills in this section

Initial AOT

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Ongoing AOT

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Critical Points of AOT Throughout the Lesson

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

5 Teaching Skiing Objectives

Candidate must pass all skills in this section

Set and Explain Skiing Objectives

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Demonstrate Skill or Tactic

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Improve Learner's Skiing

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

6 Using lifts (Magic carpet, Rope tow, Chairlift, etc)

Candidate must pass all skills in this section

Explain how to use a lift.

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Use a lift safely (loading and unloading).

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

Guide in a lift waiting line.

ASD/CI	VI	3-4 Track	SitSki
--------	----	-----------	--------

ME – Meets Expectation

NI – Needs Improvement

Ski Evaluation Grid

3/3

7 Competencies

Candidate must pass all skills in this section

Adjust Outriggers

3-4 Track  SitSki 

Tethering a Stand Up Skier

ASD/CI  VI  3-4 Track 

Understand sitski equipment & be able to adjust components.



Transfer a Learner to/from sitski.



SitSki - Mobility



SitSki - Gliding



SitSki - Direction Change



Falling & Rising

ASD/CI  VI  3-4 Track  SitSki 

VI - Guide a learner indoor and outdoor.



Participate in ASD/CI (Neurodiversity) Scenario.



8 Lesson Safety

Candidate must pass all skills in this section

Collaborative Teaching Approach

ASD/CI  VI  3-4 Track  SitSki 

Consent before assisting or touching.

ASD/CI  VI  3-4 Track  SitSki 

9 General Assessment

Candidate must pass all skills in this section

On-going Alpine Responsibility Code.



On-going Duty of Care.



ME – Meets Expectation

NI – Needs Improvement

SB Evaluation Grid

ME – Meets Expectation

NI – Needs Improvement

1/2

^ Marking Grid

1 Candidate living with a disability

Candidate living with a disability requirements:

Must demonstrate the skills applicable to their ability and equipment and use others to demonstrate those functions they are unable to perform while explaining what is happening. This applies to all aspects within each discipline.

2 Snowboarding Evaluation

Candidate must pass all skills in this section

Demonstrate beginner turns



Sideslip to a stop on the heelside edge



Pendulum on the heelside edge



3 AOT

Candidate must pass all skills in this section

Demonstrate initial AOT Assessment

ASD/CI



VI



SitSki



Outrigger



Demonstrate ongoing AOT Assessment

ASD/CI



VI



SitSki



Outrigger



Knowledge of critical safety points for AOT

ASD/CI



VI



SitSki



Outrigger



4 Teaching Aids

Candidate must pass all skills in this section

Demonstrate guiding by the elbow or shoulder. VI



Demonstrate VI guiding techniques in a lesson. VI



Set-up outriggers appropriately

SitSki



Outrigger



Define, describe and adjust sitski components.



Maneuver and control a biski.



Knowledge of visual supports. ASD/CI



Participate in the ASD/CI (neurodiversity) scenarios.



Experience a beginner sitski lesson.



SB Evaluation Grid

ME – Meets Expectation

NI – Needs Improvement

2/2

5 Teaching Techniques

Candidate must pass all skills in this section

Knowledge of QuickRide System and Core Competencies

ASD/CI VI SitSki Outrigger

Demonstrate teaching steps 1 – 5

ASD/CI VI Outrigger

Analyze and improve snowboarding performance

ASD/CI VI Outrigger

Sideslip and pendulum on toeside edge

ASD/CI VI

Demonstrate how to roll over and get up

ASD/CI VI

Discuss safer falling techniques

SitSki Outrigger

6 Tethering Techniques

Candidate must pass all skills in this section

Knowledge of tether function and safety

ASD/CI VI

Tether a snowboarder

ASD/CI VI

7 Lift Procedures

Candidate must pass all skills in this section

Explain lift procedures including lift lines.

ASD/CI VI SitSki Outrigger

Safely load and unload a lift

ASD/CI VI SitSki Outrigger

8 Safety

Candidate must pass all skills in this section

Follow the Alpine Responsibility Code

ASD/CI VI SitSki Outrigger

Demonstrate Duty of Care

ASD/CI VI SitSki Outrigger

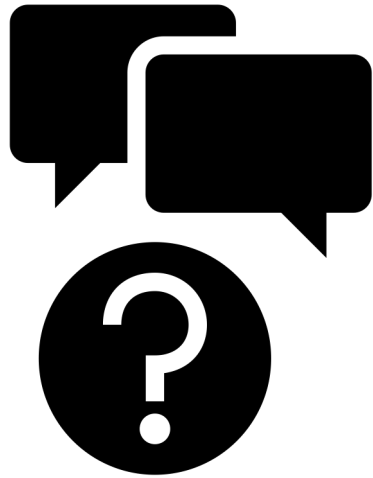
Use consent consistently

ASD/CI VI SitSki Outrigger

A

O

T



What is the assessment of abilities?

A

O

T



ASK

OBSERVE

TEST

What is the assessment of abilities?



****All information is confidential!****

Snowline Student Profile

OVERVIEW

National ↓

Identification

Information

Medical

Waivers

Membership

VASS ↓

Programs

Pgm Details

Extras

My Cart

Settings

Height & Weight

Feet

Inches

Lbs

Wt should be more than 10

Which of the following best describe your medical condition?

☐ These questions do not pertain to me

☐ ADHD

☐ Amputee

☐ Angelman Syndrome

☐ Autism

☐ Blind

☐ Brain Injury

☒ Cerebral Palsy

☐ Cognitive Impairment

☐ Deaf

☐ Developmentally Delayed

☐ Down Syndrome

☐ Epilepsy

☐ FASD

☐ Fragile X Syndrome

☐ Hard of hearing

☐ Hemiplegia

☐ Multiple Sclerosis

☐ Muscular Dystrophy

☐ Neuro-muscular Atrophy

☐ Other

☒ Paraplegia

☐ PTSD

☐ Quadriplegia

☒ Sensory Processing Disorder

☐ Spina Bifida

☐ Stroke

☐ Visual Impairment

Describe your condition and the degree to which it will affect your participation in Snow Sports

Describe any behavioral traits and related triggers of which instructors should be aware

If a trigger occurs, what are the best support strategies

Do you require mobility aids

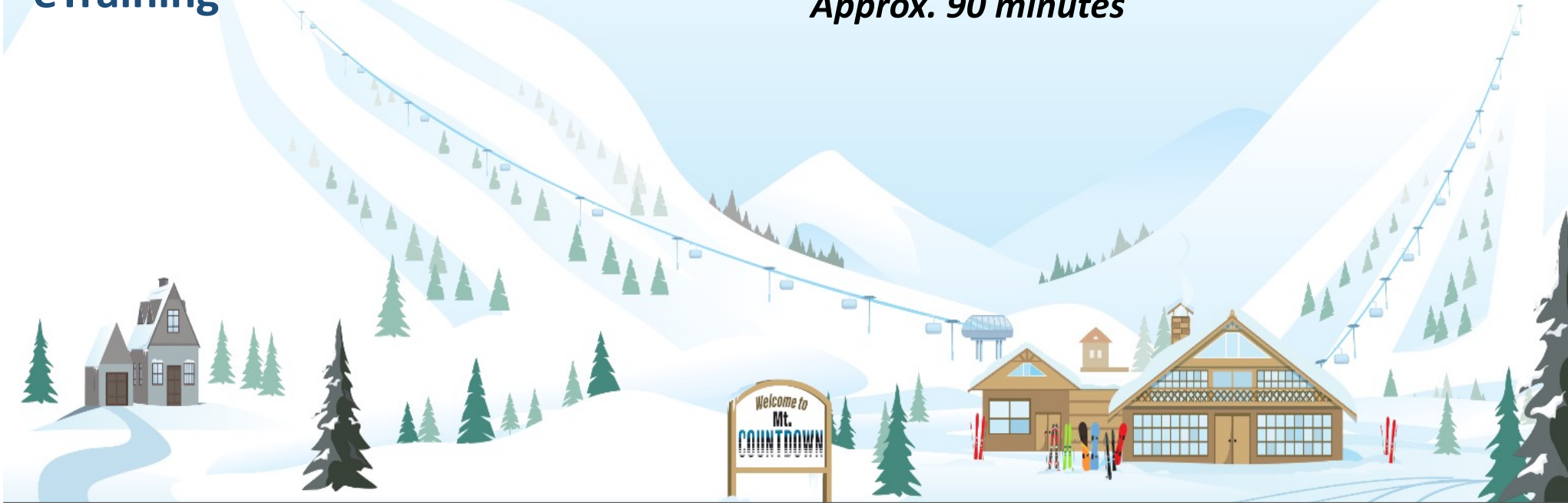
Countdown

NEW!

COUNTDOWN
eTraining

Designed to support diverse learners by providing inclusive tools and strategies.

Approx. 90 minutes










This is a prerequisite for you to complete your CADS level 1 certification!

Countdown

What is the process for registering and completing the training?

1. Log into Snowline > click eLearning on Home page



Michelle Schaefer		
	PROFILE	Update my profile
	MY SCHEDULE	See my schedule
	TEACH	Find a lesson to teach
	STUDENT	Research a student
	TRAINING	Find VISAS training opportunities
	CLUBS	Find a different CADS club
	eLEARNING	Take a course on line

Countdown

What is the process for registering and completing the training?

2. Click **Register** (Where it says 'go to course')

Once you pay, or click **REGISTER** you may start the course from here. You can jump back in to the course from here at any time.

Search:




Countdown: Training To Support Diverse Learners

Thanks to a grant from autism speaks and with the generous support of many experts, CADS introduces our first eLearning CADS Countdown. Countdown is designed to support diverse learners taking ski, snowboard, sitski and nordic lessons by providing inclusive tools and strategies. approximately 90 minutes.

This course is offered on CADS' eLearning platform. Work at your own pace, starting and stopping as often as necessary until you complete the training. Your certificate will be issued once you have completed all eight modules.

You are already registered ➡➡

 **GO TO COURSE**

Countdown

What is the process for registering and completing the training?

3. Complete the 8-chapter training in 90 mins at your own pace.

Recommended to complete this quickly so you do NOT forget.

The screenshot shows the CADS eLearn platform interface. At the top, the header includes the CADS eLearn logo, a 'My Courses' dropdown menu, and a user profile for Michelle Scott. A left-hand navigation menu lists various features: Countdown eLearning (highlighted), Participants, Badges, Competencies, Grades, Countdown eLearning (folder), Dashboard, Site home, Calendar, Private files, and My courses. The main content area displays the title 'Countdown - Support for Diverse Learners' with a breadcrumb trail: Dashboard / My courses / Countdown eLearning. Below this, a section titled 'Countdown eLearning' contains a note: 'Please note that Countdown may not load in Firefox. Desktop, laptop or tablet is recommended for the best eLearning experience.' It also shows 'Chapter 1 : Introduction' with a 'Done: View' button. A small image of a skier is visible, and the text 'About Countdown and why it is important to recognize how diverse learners have different learning requirements.' is present.

Safety

Duty of Care

CADS website: **Cads.ski**

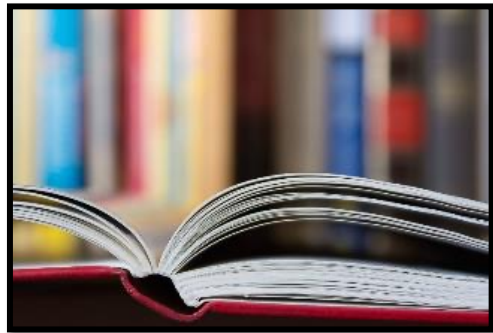
Go to: Education → More resources → Instructor



What is the Code of Conduct?

If you are registered on Snowline, then you signed this legally binding document.

- 1. Are you aware you signed it?**
- 2. Can you tell me what you agreed to?**



The Code of Conduct clearly sets out the expectations of appropriate behavior at all times while conducting CADS affairs.

CADS Code of Conduct - abridged

- 01.** Seek to Do No Harm. Safety is always the priority.
- 02.** Respect the strengths and diversity of all participants.
- 03.** Demonstrate respect and inclusion to all individuals.
- 04.** Refrain from all harassment including: bullying, hazing, sexual innuendo, humiliating or racist or sexist comments
- 05.** Refrain from consuming alcohol, marijuana, tobacco products, or banned substances while participating in CADS programs or events.
- 06.** Use social media responsibly.

CADS Code of Conduct - abridged

- 07.** Respect the property of others and not willfully cause damage.
- 08.** Respect local laws.
- 09.** Report any alleged infractions of this code of conduct.
- 10.** Respect all participant information as confidential.
- 11.** Commit to uphold the risk management standards of your club, host clubs and snow resorts, and governing organizations.

From the Canadian Human Rights Act: *“the prohibited grounds of discrimination are race, national or ethnic origin, colour, religion, age, sex, sexual orientation, gender identity or expression, marital status, family status, genetic characteristics, disability and conviction for an offence for which a pardon has been granted or in respect of which a record suspension has been ordered”.*

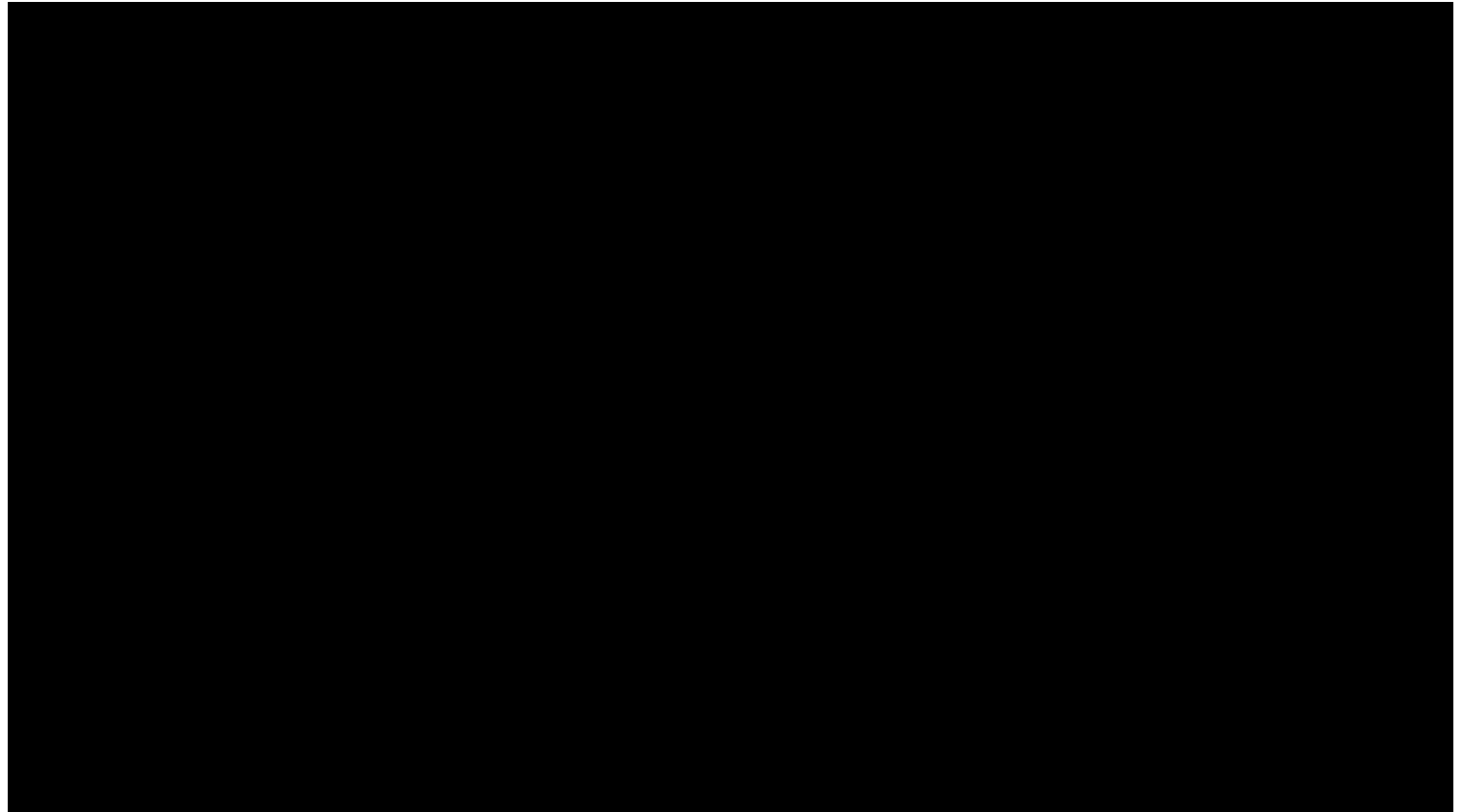
Alpine Responsibility Code

VIDEO:

Keep in mind
they are
professional
ski patrollers
NOT
professional
actors....

VIDEO LINK:

<https://www.youtube.com/watch?v=R-LmO3ITanU>



NOTE: In 2023, the ARC wording and order was modified and slightly different to the video. The incident rule is now: 'If you are involved in a collision or incident share your contact information with each other and a ski area employee'.

Alpine Responsibility Code

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

Know the Code - It is Your Responsibility

Proudly Supported By
KALTIRE

CANADA WEST
SKI
AREAS ASSOCIATION



ONTARIO
SNOW RESORTS ASSOCIATION



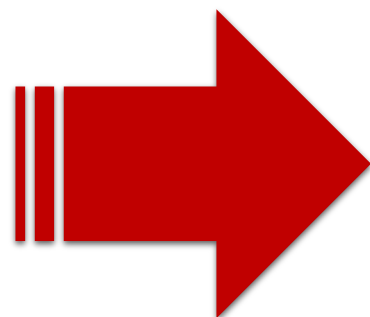
08/2023

Safe Sport



Create a **Safe Sport** environment by:

- Understanding
- Preventing
- Identifying
- Addressing



Maltreatment

Aim: Ensure that all CADS members have the resources to provide and access a fun, healthy, inclusive and Safe Sport environment

Safe Sport

The 3 main pillars of the Responsible Coaching Movement



The CAC Safe Sport **FREE** training is a mandatory **prerequisite** to complete your **CADS level 1 certification**:

<https://safesport.coach.ca/>

It's FREE. It's 90 minutes

Signing up for the Safe Sport training

Step 1

TAKE THE SAFE SPORT TRAINING

Whether you are directly involved with athletes or play another role in national sport, the CAC's Safe Sport Training will give you the tools to recognize, prevent and address maltreatment in sport.



TAKE THE TRAINING

Step 2

Ready to start?

Have a Locker account?
Just sign in.

Need to set up a Locker account?
Sign up is easy.



TAKE THE TRAINING

WEBSITE: <https://safesport.coach.ca/>

Safe Sport Training is Mandatory for all NEW instructors

Signing up for the Safe Sport training

Step 3



coach.ca
Coaching Association of Canada
Association canadienne des entraîneurs

The Locker

Login

NCCP# or email [Look up my NCCP#](#)

Password [Forgot password?](#)

Remember me ☐

[Don't have an NCCP#? Create one now!](#)

Login

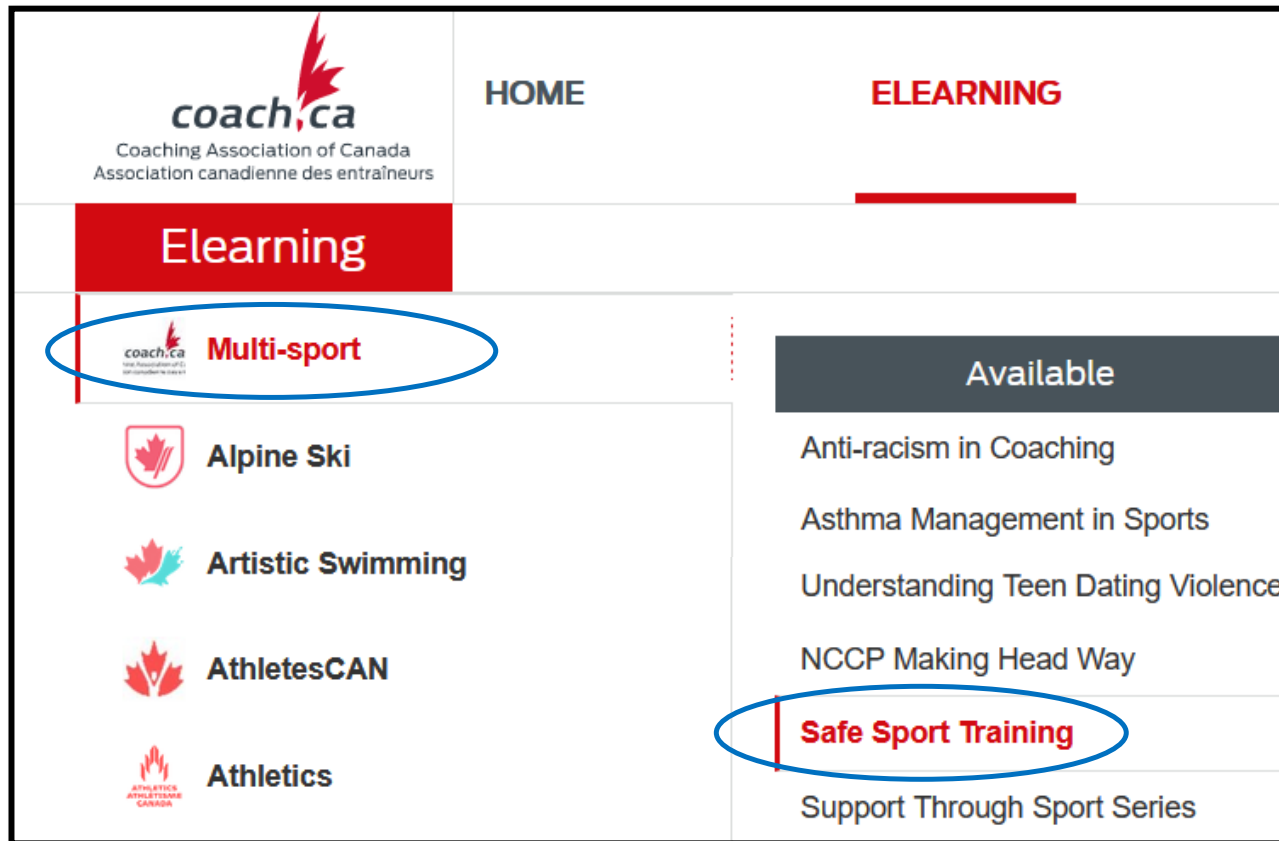
Sign-in or sign-up to
'The Locker' with NCCP
(National Coaching Certification
Program)

It's FREE
It's 90 minutes



Signing up for the Safe Sport training

Step 4



Select **Multisport**
then **Safesport**
Training

It's **FREE**
It's 90 minutes




Signing up for the Safe Sport training

Step 5: Select '**Multi-Sport**' then '**CADS**' from the dropdown menu. Select the role that best describes your involvement with CADS, then hit **Continue** and then **Begin**.

Are you involved with a sport, or do you work for a multi-sport organization?

☐ SPORT

 ☒ MULTI-SPORT

 PLEASE SELECT THE ORGANIZATION

CADS - Canadian Adaptive Snowsports

PLEASE SELECT ALL INVOLVEMENT TYPES THAT DEFINE YOUR ROLE

For Board Members

☒ Executive (Senior staff, high performance directors and operational board member)

For Volunteers/Instructors

☒ Athlete involved staff (Consultants, adjudicators, investigators)

☐ Technical staff (Performance staff, physio, massage, nutrition, mental, s&c)

☐ Venue staff (Training center, event)

For Program Coordinators

☒ Administrative staff (Admin, finance, governance board, organizing committee, event or location volunteers (without athlete contact))

When you complete the Safe Sport training

In Snowline (skiportal.org)

Go to: About Me > Profile > Skills & Certs
Check box and type in NCCP number



OVERVIEW

National ↓

- Identification
- Information
- Skills & Certs**
- Crim Check
- Waivers
- Membership

VISAS ↓

- Programs
- Availability
- My Cart
- Settings

Snowsport Certifications Etc

	Teach?	Proficiency	Certifications
Skiing	<input type="checkbox"/> Yes	Intermediate	No CSIA Cert. No CSCF Cert.
Snowboarding	<input checked="" type="checkbox"/> Yes	Advanced	CASI Level 3(+)
Sitski	<input checked="" type="checkbox"/> Yes	No limit	<input type="checkbox"/> 2nd Only <input type="checkbox"/> No assisted riders <input type="checkbox"/> No Sitski At All
Nordic	<input type="checkbox"/> Yes		No Telemark Cert. No CANSI Cert.
Twin Rider	<input checked="" type="checkbox"/> Yes		
Coaching		<input type="checkbox"/> Alpine Canada Alpin (ACA) Member	
Safe Sport	<input checked="" type="checkbox"/> I have completed SafeSport		NCCP Number

Weather

What are some safety considerations with each image?



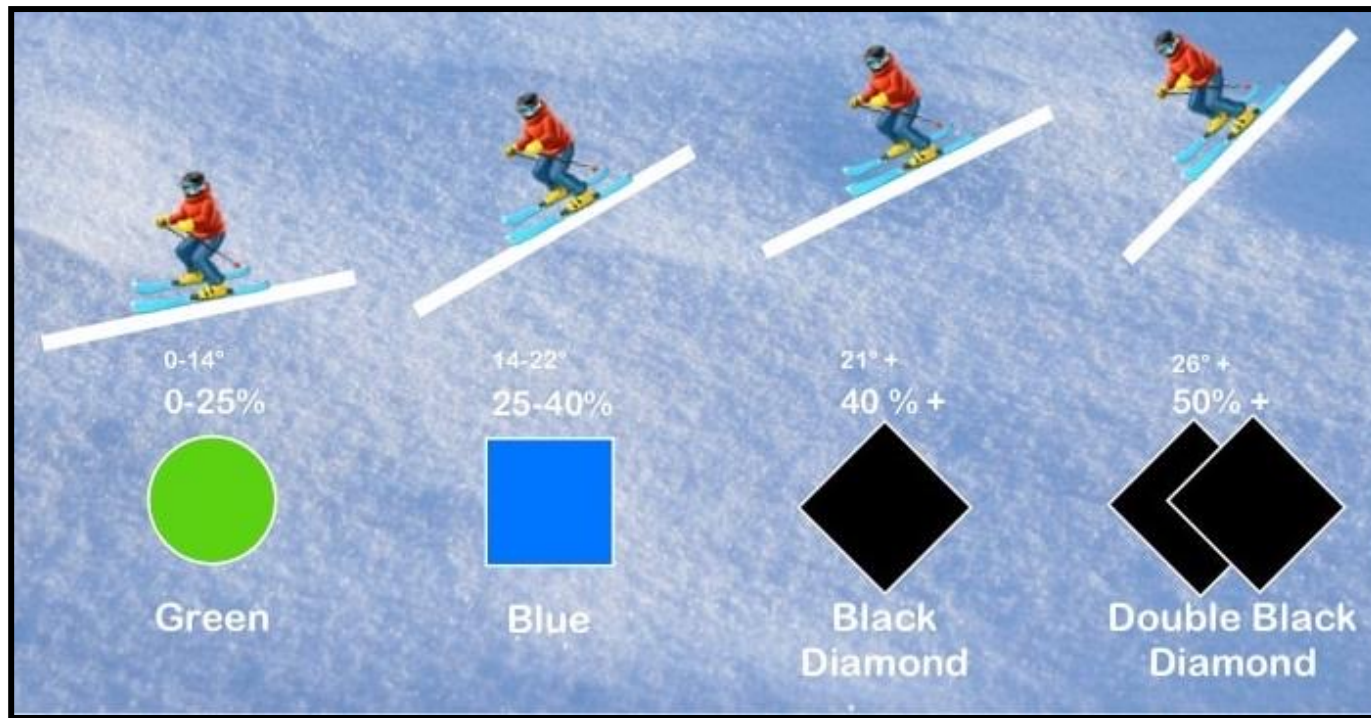
Other observations for safety

Looking at each image below,
what are some other safety considerations?



Terrain selection

You know more than you think... consider the following:



If green runs vary from **0-25%** pitch, what percentage range for the ideal terrain would you suggest for:

1. Mobility/Basics
2. Gliding/Straight run to a natural stop
3. Direction change/J-turns to a stop

Snow Conditions

How do the snow conditions change terrain selection?



Fresh and soft



Groomed and hard

Know your Resources

Manuals:

CADS, CSIA

CADS Teaching Methodology

Ski Lv1 Study Guide & Workbook

SB Lv1 Workbook

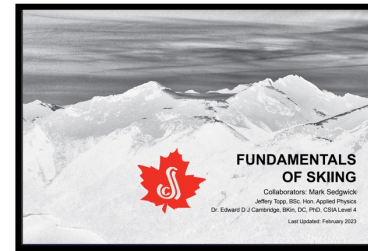
Other Instructors:

SHARE! SHARE!

+ Ask questions

Other Resources:

Websites, magazines, newsletters, your local library, physio and occupational therapists, DS/CP/ASD associations



Websites:

CADS: <https://cads.ski>

CSIA: www.snowpro.com

CASI: www.casi-acms.com

Other Keys to Success

Complete 2 online trainings & prep work

Dress warmer than you think

Bring a lunch

Be on time

Get involved



Thanks

