



# Expectations, Roles, and Guidelines for VISAS Nordic Instructors

Addendum to VISAS Standard Operating Procedures • October 2021

## Expectations:

All instructors must be experienced cross country skiers and demonstrate an ability to ski in the Classic Style on set tracks. Experience in the Skate Ski Style is a benefit, but not a requirement. Previous teaching experience is a definite asset. Instructors must be strong enough to assist with transfers (wheel chair to sit ski), to push/pull clients in sit skis or to assist clients back to their feet after a fall.

The following skiing skills are required:

- Falling and Rising (both on flat terrain and hills)
- Star Turn/Kick Turn
- Side Step/Herringbone
- Diagonal Stride – Running Step/Gliding Step
- Free Glide/Tuck
- Snowplow – Braking/Stopping/Turning

All instructors must commit to the following:

- Work one duty day per week for the duration of the ski season (~5-6 hrs), and find a replacement, if need be, for their duty day.
- Participate in a minimum of two training sessions per season – one pre-season/one mid-season
- Participate in one of the following committees:  
with a minimum of two instructors on each committee to ensure some form of succession planning (possibly 1-2 hrs per week, depending on committee/activity).  
Each committee to provide a brief summary mid-month of their objectives/activities to date during the ski season.
- Participate in any fund raising efforts relating to VISAS (raffle ticket sales, VISAS Awareness Day, etc.)

All instructors must have proof of double Covid-19 vaccination and hold a CADS (Canadian Adaptive Snowsports) membership.

## Committees:

### a) Training / Orientation

- Orientate new VISAS Nordic Instructors to the overall VISAS program & Mt Washington
- Organize pre-season & mid-season training that includes:
  - Review of Nordic ski basics and teaching steps
  - Review of adaptive skills for blind, sitski, autism & cognitive issues, other disabilities

### b) Scheduling / Wood Gundy (Joint committees with 2-3 members)

- Organize Snowline bookings for Nordic students with Nordic instructors
- Work with Snowline technical team to improve booking process
- Work with the Wood Gundy (WG) adaptive Nordic committee to streamline WG registration
- Coordinate with Strathcona WG Coordinator (SWG) re potential clients for adaptive Nordic
- Coordinate with SWGC to ensure teachers, EA, or parents receive VISAS Nordic package
- Ensure required documentation for VISAS program is in place before school days

### c) Promotion / Recruitment of New Adaptive Nordic Clients / Team Building / Communication

- Identify potential new adaptive Nordic clients, (outside of WG), and related organizations
- Market via email, phone, word-of-mouth, presentations, etc., the VISAS Nordic program
- Enhance the overall VISAS Nordic instructor team experience throughout the season thru engagement, socials, and communication.