



Thought you'd never  
cross-country ski  
or ski again?

## Try Adaptive Nordic Skiing

It's for people with diverse abilities  
and enjoy the beauty of Paradise Meadows  
in all its winter glory!

**Vancouver Island Society for Adaptive Snowsports (VISAS)**

Offers free one-on-one and group instruction in cross-country skiing  
for people with a wide-range of physical and cognitive challenges,  
with the use of adapted equipment and trained volunteer instructors.



To book your Mount Washington cross-country ski experience or more info visit:

**VISAS's Website • Snowline Booking • [www.visasweb.ca](http://www.visasweb.ca)**

VISAS Nordic Director: (Cathe) 250-897-0654 • VISAS Nordic Community Liaison: (Don) 250-334-4454

## *Give Adaptive Nordic Skiing a Try!*

Every season cross-country skiers experience the following health and fitness benefits from this great outdoor sport:

- Improved cardiovascular fitness
- Improved muscular strength
- More developed motor skills
- Greater self-confidence
- Enjoyment of the outdoors in winter
- Opportunity to ski and socialize with friends.



## *What is Adaptive Nordic Skiing?*

Adaptive Nordic skiing is a winter sport for people with a variety of physical and cognitive challenges, allowing them to participate in cross-country skiing with the use of adapted equipment and trained volunteer instructors.



### *Who is it for?*

Practically anyone can learn cross-country, including people with the following challenges:

- Amputation
- Brain Injuries
- Cerebral Palsy
- Cognitive Issues
- Multiple Sclerosis
- Spina Bifida
- Spinal Cord Injury
- Visual Impairment and more....

# Learn to Ski

Adaptive Nordic skiers can either ski standing up with an instructor/guide or in a sit-ski, depending on skill level and disability.



**Stand-Up Skier**

## Stand-Up Skiing:

Cross-country skiing can be enjoyed by people with upper or lower limb disabilities.

VISAS instructors are also trained to assist those with visual/cognitive impairments.

## Sit-Skiing:

Sit-skis are used by people with weak legs or poor balance.

A sit-ski is a chair-like sled with two cross-country skis mounted underneath.

Short poles are used for propulsion.



**Sit-Skier**

## What does it cost?

### VISAS Learn-to-Nordic Ski instruction is free!



Participants must be a member of the BC Adaptive Snowsports Association (BCAS).

Membership is \$53 per year.

Mount Washington Alpine Resort and VISAS provide the equipment to adaptive skiers at no cost.

Day passes on the Nordic trails are half price for BCAS members.

Adult (19-64) \$27/2 = \$13.50/day  
Youth (13-18) \$22/2 = \$11.00/day



## VISAS Hosts Two Major Snowsports Festivals each Season

### • The Herb Bradley Snowsports Festival:

*Sunday to Thursday, January 3rd to 6th, 2022*

This annual event sponsored by VISAS and Mt. Washington Alpine Resort.

The program is offered to people with physical or developmental challenges who would like to expand their horizons and learn an exhilarating sport which can become a lifelong activity.

Anyone over the age of six years old and who has some ability to learn is welcome.

We offer lessons in Alpine Skiing, Sit-skiing, Snowboard or Nordic skiing.

### • Veterans' Ski Week:

*Monday to Friday, February 14th to 18th, 2022*

This annual event hosted by VISAS and Mt Washington Alpine Resort is sponsored by the Canadian Armed Forces Soldier On program that seeks athletic opportunities for ill or injured service men and women.

*...for more details on these festivals, click on the above links*

**Adaptive Alpine Skiing & Snowboarding also available visit**  
**[www.visasweb.ca](http://www.visasweb.ca) for details.**

**Email: [Cathe](#) or [Don](#) for Nordic info**