

**Vancouver Island Society for Adaptive Snowsports**  
**Nordic INFORMATION SHEET**  
**A GUIDE FOR CAREGIVERS/PARENTS OF NEW STUDENTS**  
**WITH SPECIAL NEEDS**

Vancouver Island Society for Adaptive Snowsports (VISAS) is a nonprofit, volunteer organization that provides Canadian Adaptive Snowsports (CADS) certified instructors to teach differently-abled people, 6 years and older, to downhill ski, snowboard, or nordic ski. Mt. Washington Alpine Resort (MWAR) is a huge supporter of the VISAS Adaptive program, providing half price trail passes and free snowsports equipment from their rental department. VISAS provides instruction and adaptive equipment for those requiring it, free of charge.

All instructors and students must be members of BC Adaptive Snowsports (BCAS) **but** for **first-timers** wanting to try nordic skiing VISAS offers a “**Have-a-Go**” Program for a \$10 temporary BCAS membership fee which covers a one-time session with trail pass, equipment and instruction free of charge. For more information, go to the VISAS website [www.visasweb.ca](http://www.visasweb.ca) and click on “Have-A-Go Program”. You will need to pay the \$10 fee for each “Have-a-Go” day. Nordic information is also located on the website.

**On the day of your “Have-a-Go” session you will need to bring:**

1. \$10 cash for temporary membership in BCAS.
2. **Strongly Recommended: it is recommended to dress in layers.**  
**Appropriate winter clothing – snow pants, jacket (*appropriate for movement in snow*),  
waterproof gloves or mitts, face cover (*balaclava, buff, scarf, etc.*),  
toque , ski socks (*not ankle socks, for warmth & wicking*), long johns  
– top & bottoms or equivalent, fleece or sweater (*layering for differences in temperatures*).**
3. Footwear appropriate for traveling between the parking lot and the lodge

4. Extra mitts and socks, in case they get wet
5. A big lunch, including water, with enough for snacks at the end of the day
6. A large bag for carrying extras; big enough to carry extra items at the end of the day
7. A copy of the completed template (*see end of this document*)
8. A caregiver is required to supervise the participant as required at lunchtime and if the lesson is shorter than anticipated for any reason and for signatures, payment, etc.

### **VISAS Regular Program:**

If your child enjoyed their experience in “Have-a-Go”, they are welcome to continue taking lessons with VISAS when they choose, subject to availability of dates and instructors. For this program, the child must have a membership with BC Adaptive Snowsports which is currently \$53 for the year. The \$10 for each temporary membership fee for “Have-a-Go” will be taken off this amount. To register - on VISAS website [www.visasweb.ca](http://www.visasweb.ca), click on Programs, scroll down to “Becoming a Student Member”.

Note: It is not necessary to participate in the “Have-a-Go” program in order to join the regular program.

**Booking** is the same as for “Have-a-Go” except you will need to present your BCAS Membership number (only need to do this the first time each year). You are then entitled to a **half price trail pass** courtesy of Mt. Washington Alpine Resort, free rentals and instruction.

Trail ticket gives you access to open trails in the Nordic park and upper area. See the Mt. Washington website <https://www.mountwashington.ca> for pricing.

**PLEASE NOTE:** If for any reason you are unable to attend on your booked day **250-334-1086** or email: [cegan10@telus.net](mailto:cegan10@telus.net) AS SOON AS POSSIBLE.

## **ADDITIONAL NOTES FOR CAREGIVERS/ PARENTS:**

- Please aim to arrive 30 minutes before your child's session is scheduled to begin (e.g. 9:30am). First time - allow a little extra time for parking and walking to the lodge.

Driving up from the Inland Island Hwy (Hwy 19), follow signs for Mt. Washington.

- **NOTE: The Nordic Centre is off Nordic Way – below the alpine area off. Turn at the first left after the Sunrise parking area. Disabled parking area at the Nordic centre is off to the left of the main parking area, right by the Nordic building.**
- Check DriveBC for current road conditions from your starting point to Mount Washington Alpine Resort. If the conditions are such that you are not comfortable driving, it's okay to cancel – but please call Cathe Egan at **250-334-1086** as soon as you know you need to cancel.
- Have sufficient gas in the car for the return trip. There are no vehicle fueling stations on the mountain.
- You must have winter tires and carry chains. Have sufficient windshield washer fluid, etc. Be prepared for winter conditions, snow, rain, dense fog, etc. – things can change from morning to afternoon when you go to leave.
- Nordic student meet up is in the lodge towards the back main windows on the left-hand side as you walk into the building. Unless arrangements have been made to meet in the disabled parking area.

**Participant's Information**

Caregiver: Complete this form and print ONE COPY to bring with you for your first lesson.

Participant's Name: \_\_\_\_\_

Gender \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Disability:

\_\_\_\_\_  
\_\_\_\_\_

Name of Caregiver On-Site Today: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Participant's BC Adaptive Snowsports Membership Number (if any):

\_\_\_\_\_

Participant's Learning Supports (what helps him/her learn new things?) e.g., humour, patience, silliness, seriousness, fewer words, more words, demonstration):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Participant's Learning Challenges or Needs (e.g. slow processing time, needs to see teacher's lips to process well, quiet voice, fewer words, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other: \_\_\_\_\_