

Learning to Sitski with VISAS at Mt Washington

(Vancouver Island Society for
Adaptive Snowsports)



**Please note - this storybook is written to be accessible for all learners so the writing is simplistic. It may be below your level, but the message and content may still be relevant and useful.*

You are going to have
a sitski lesson
with VISAS.

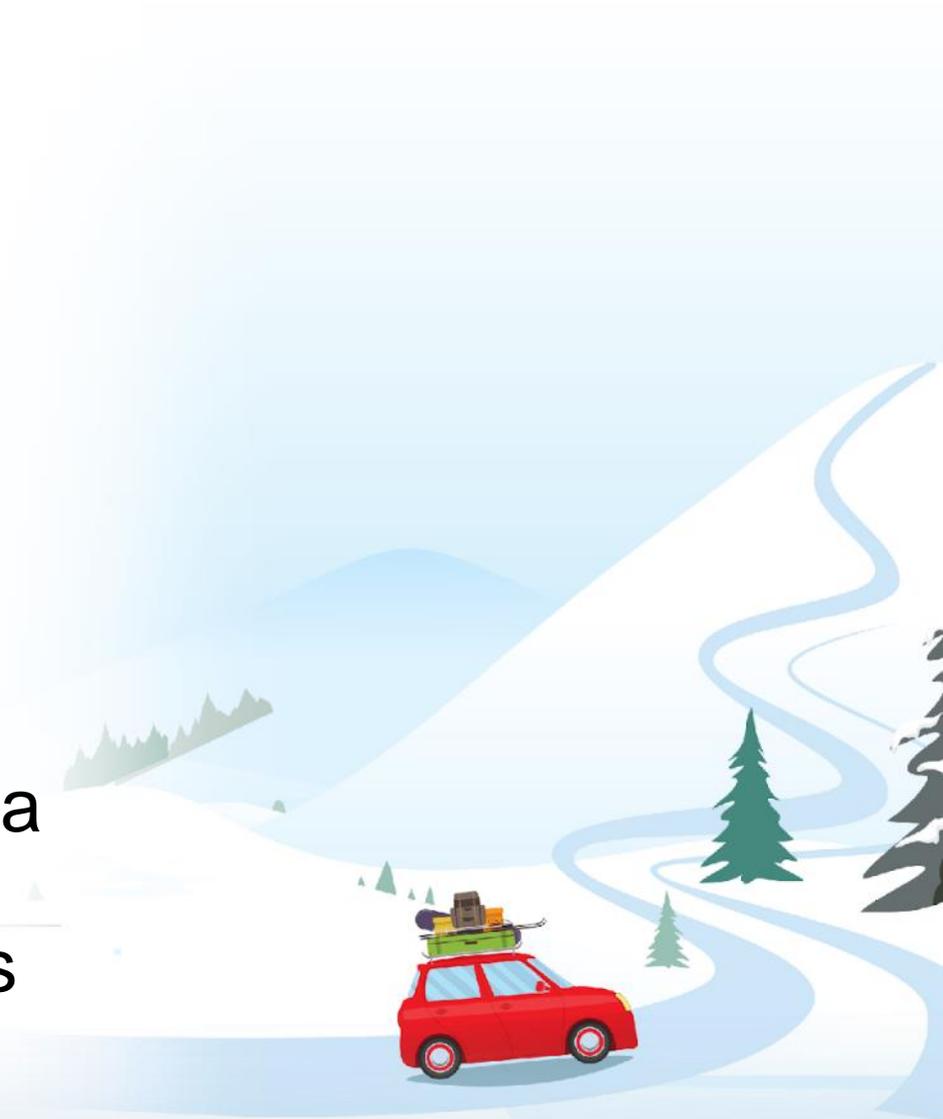
You are going to
learn how to sitski.

It is going to be really FUN!





To get to Mt Washington, you will drive up to the mountain with your friends or family. It is a long and windy road. It is often snowy or icy. You might need chains. Check the conditions before you go.



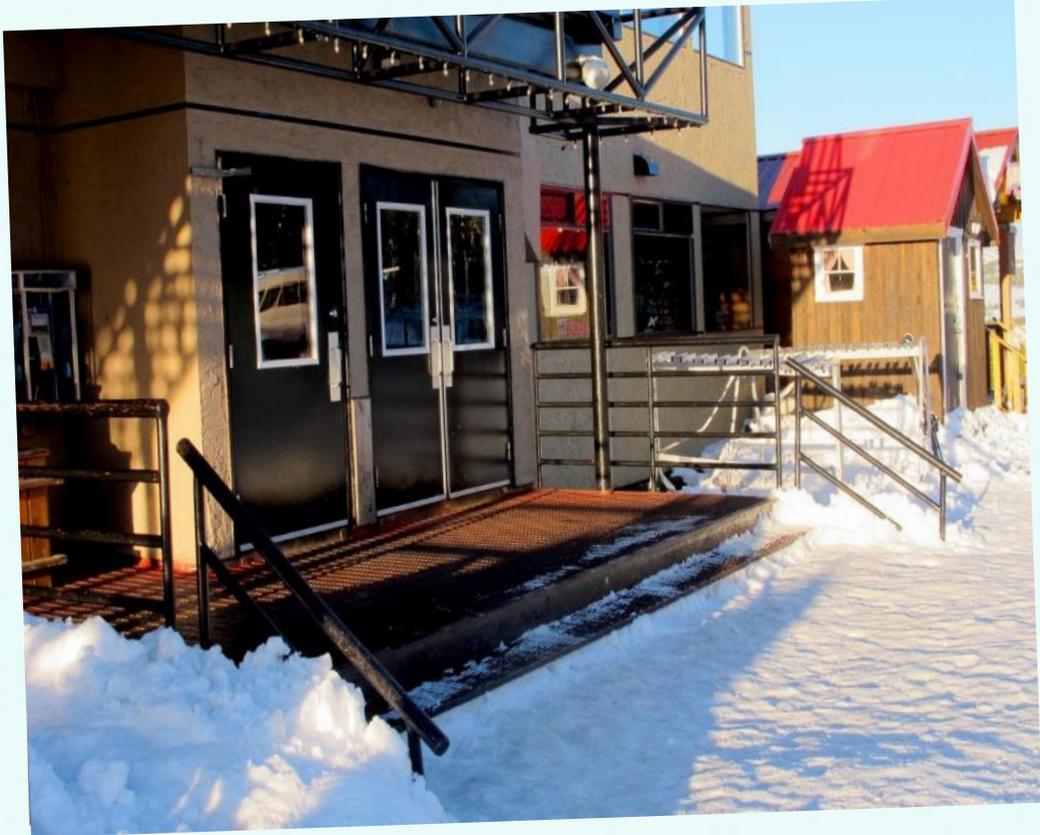


There are accessible parking spots up the front of the lot, close to the lodge.

The VISAS room is inside the lodge on the 'Marmot level', next to the 'Security office' and close to the 'Seasons Pass office'.

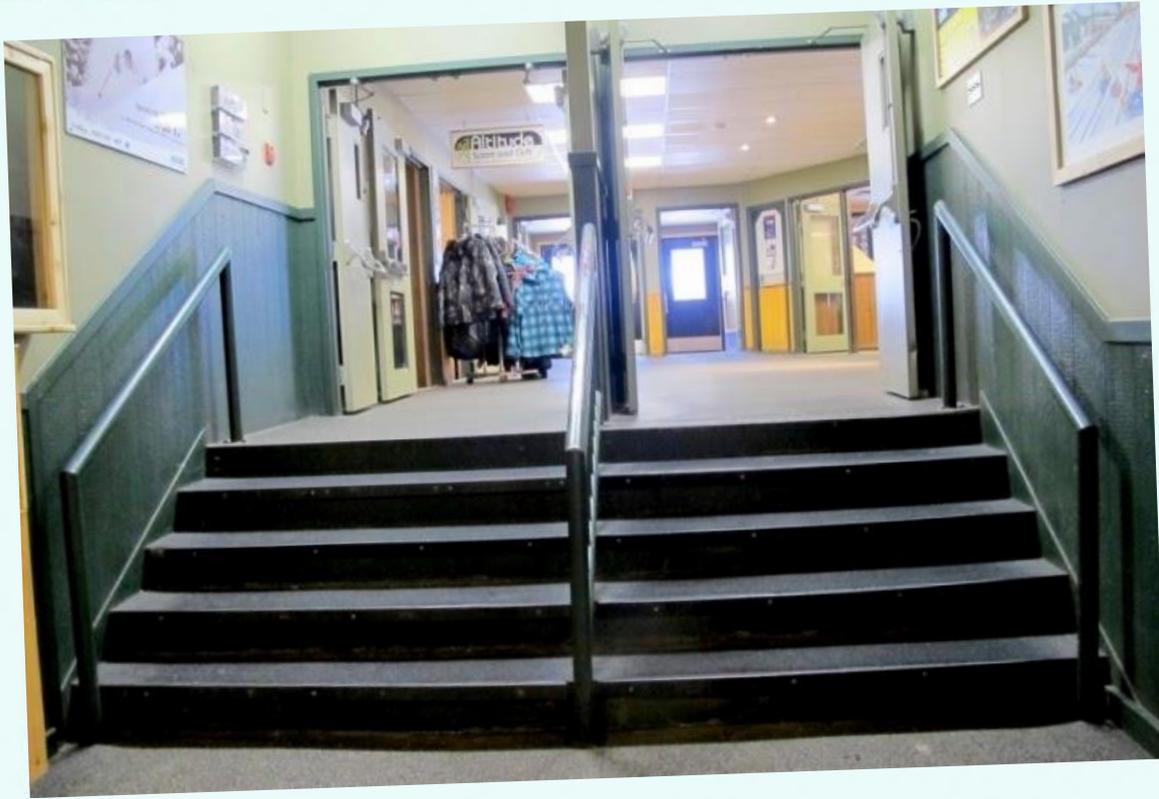


Unfortunately, the lodge is not an accessible building. This is one of the entrances. There is one long flight of stairs that leads to the Marmot level where the program room is located.



The main entrance looks like this.

Depending on the level of snow, there may or may not be steps leading to the entrance.



If you go through the Main entrance, inside you will find a smaller set of stairs, and then a longer set of stairs.



There is a side entrance which leads directly to the Marmot level where the program room is located, and does not require navigating stairs, but does require navigating snow.



We are happy to help you get to the VISAS room. If you require assistance, you can call us on **250-334-5755** when you arrive.

Our instructors will come and meet you with a sitski, and help guide you down the snowy slope through the side entrance to the VISAS room.

This is what most sitski students do.



When you meet your instructors they will help you understand what your lesson will be like. They will also want to know all about you.

They might ask you about what you like, what works well for you, and anything that you need help with.

They might ask other questions too or ask you to move in different ways.





Your instructors will help you fit your equipment.
This might take a little while.



Together you will decide what kind of sitski you will use and what model.

You might be in a:

Monoski, which has 1 ski,
Biski which has 2 skis, or a
Quadski with 4 skis!

You will also need to get fitted for some outriggers.



These help you to keep your balance and help you to steer and make turns.

You will also need to get a lift ticket.

This is a card that goes in your pocket on the left-hand side, in your jacket or pants.



Before you go out sitskiing,

You will need to put on all your snow clothes – snow pants, jacket, gloves, helmet, goggles and some warm and waterproof boots.

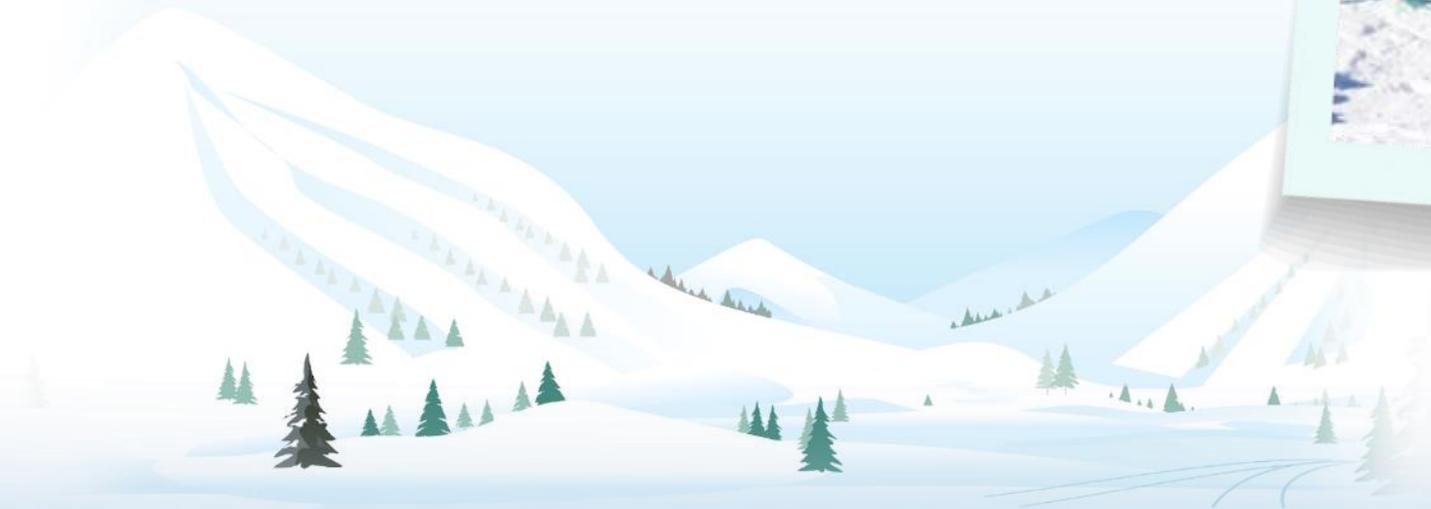
It's important to have some warm under-layers too.

If it is cold, we might give you a blanket too.



Your instructors are there to help you to learn how to sitski.

They will help you to stay safe and to have fun too.





For your first lesson, your instructors will help you to try to find your balance and get used to sliding around on a sitski.

It might take a little while to get used to. That's okay.





Usually, you will have a **lesson in the morning** before lunch.



Or a **lesson in the afternoon** after lunch.

(Sometimes, you might have both).





In your lesson,
you might learn how to slide in a
straight line on your sitski.



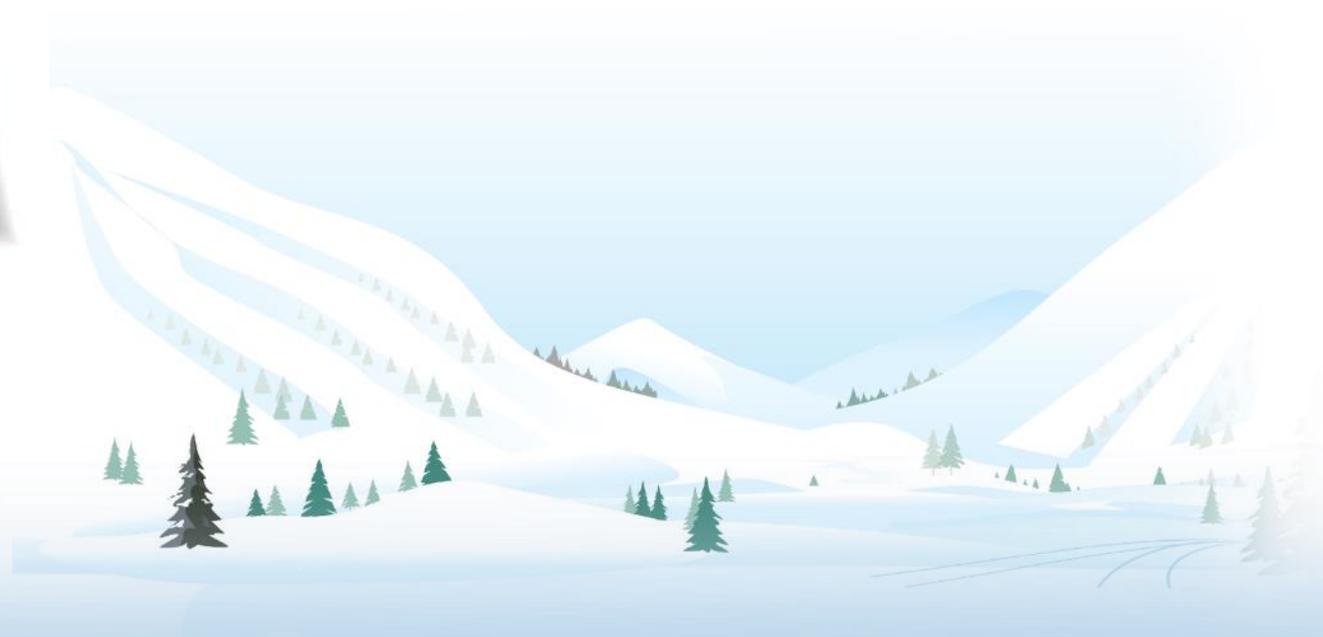
You might learn
how to turn across the hill.

This helps you to stop and stay
in control.





You might learn
how to link up your turns,
and make s-shapes in the snow.



You might ride up the magic carpet.

It is a carpet that moves like a
conveyer belt and takes you up the hill.





You might
ride up on the chairlift.

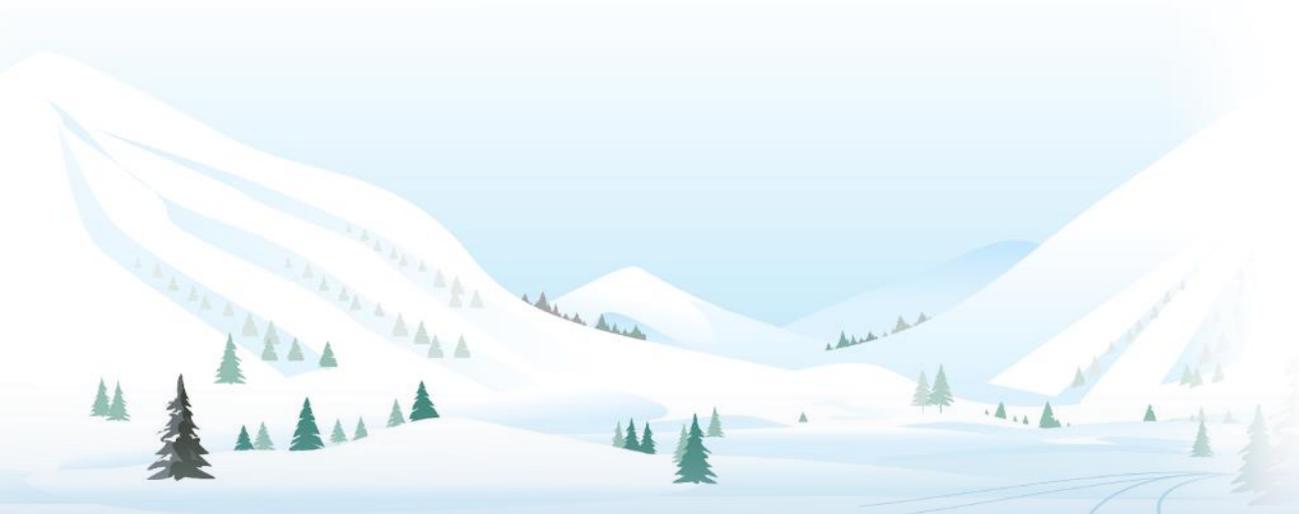
Your instructors
will help you load and unload.

And teach you
how to stay safe on the chairlift.



If you ever feel cold or tired or need some help, you can just let your instructors know,

and they will help you out in the best way they can.





Remember: It's okay to make mistakes.

It's okay to fall down.

It's okay if you don't understand something.
These things can all happen when you are learning something new.

You can always ask your instructors for help, to repeat something, or to take a break.



Having a sitski lesson with VISAS is going to be so much fun!