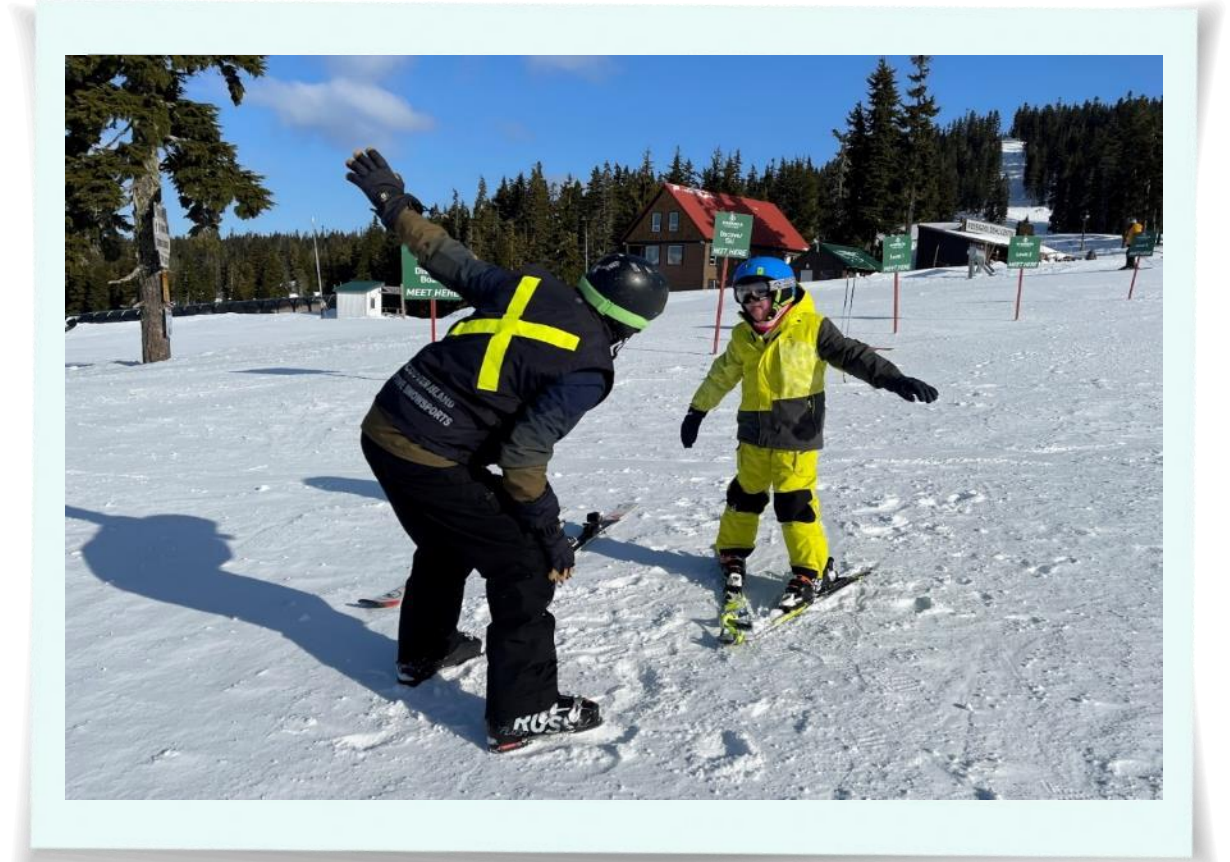
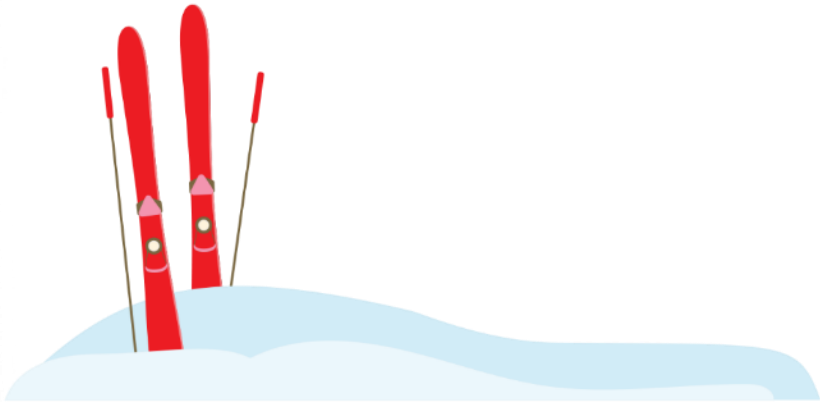
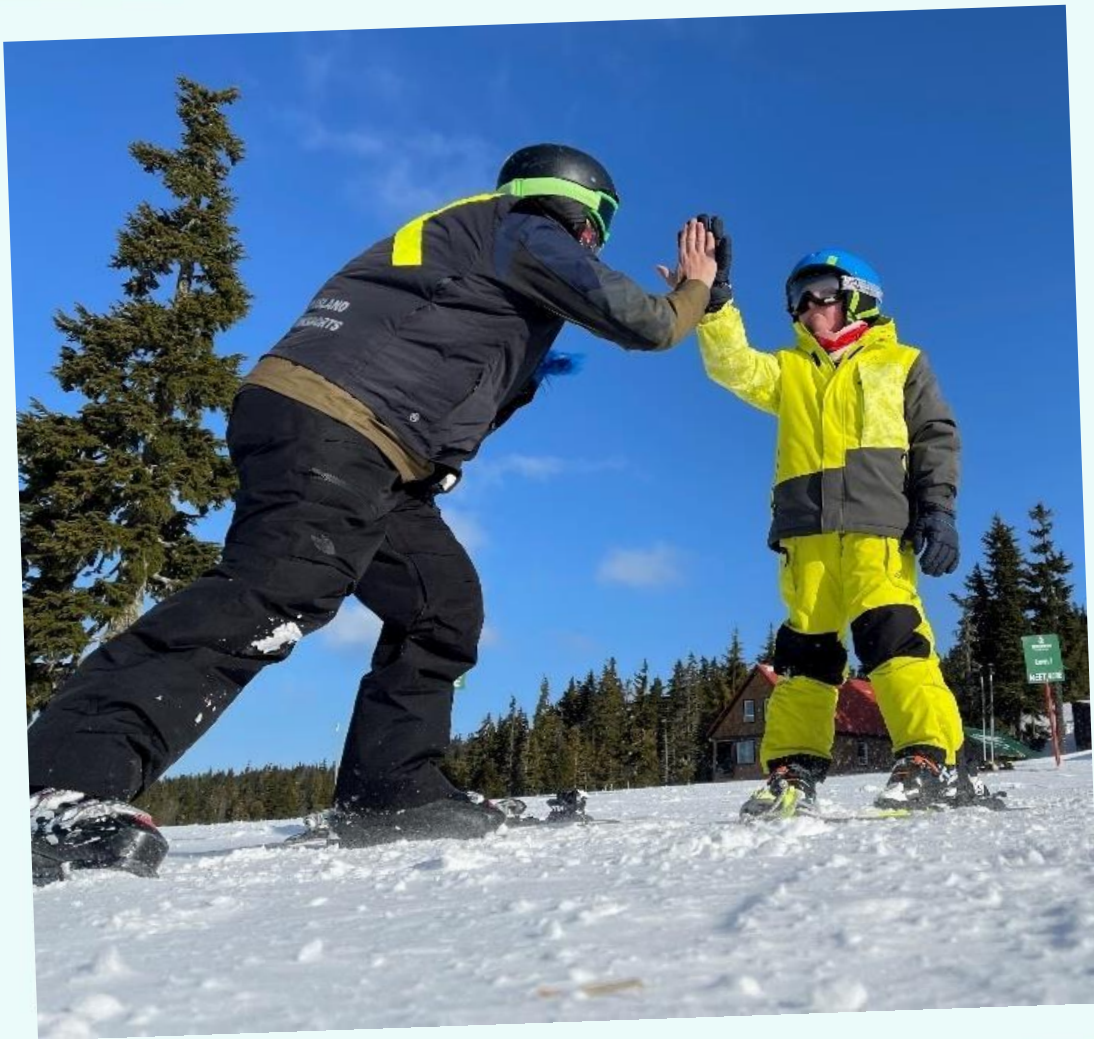


Learning to Ski with VISAS at Mt Washington

(Vancouver Island Society for
Adaptive Snowsports)



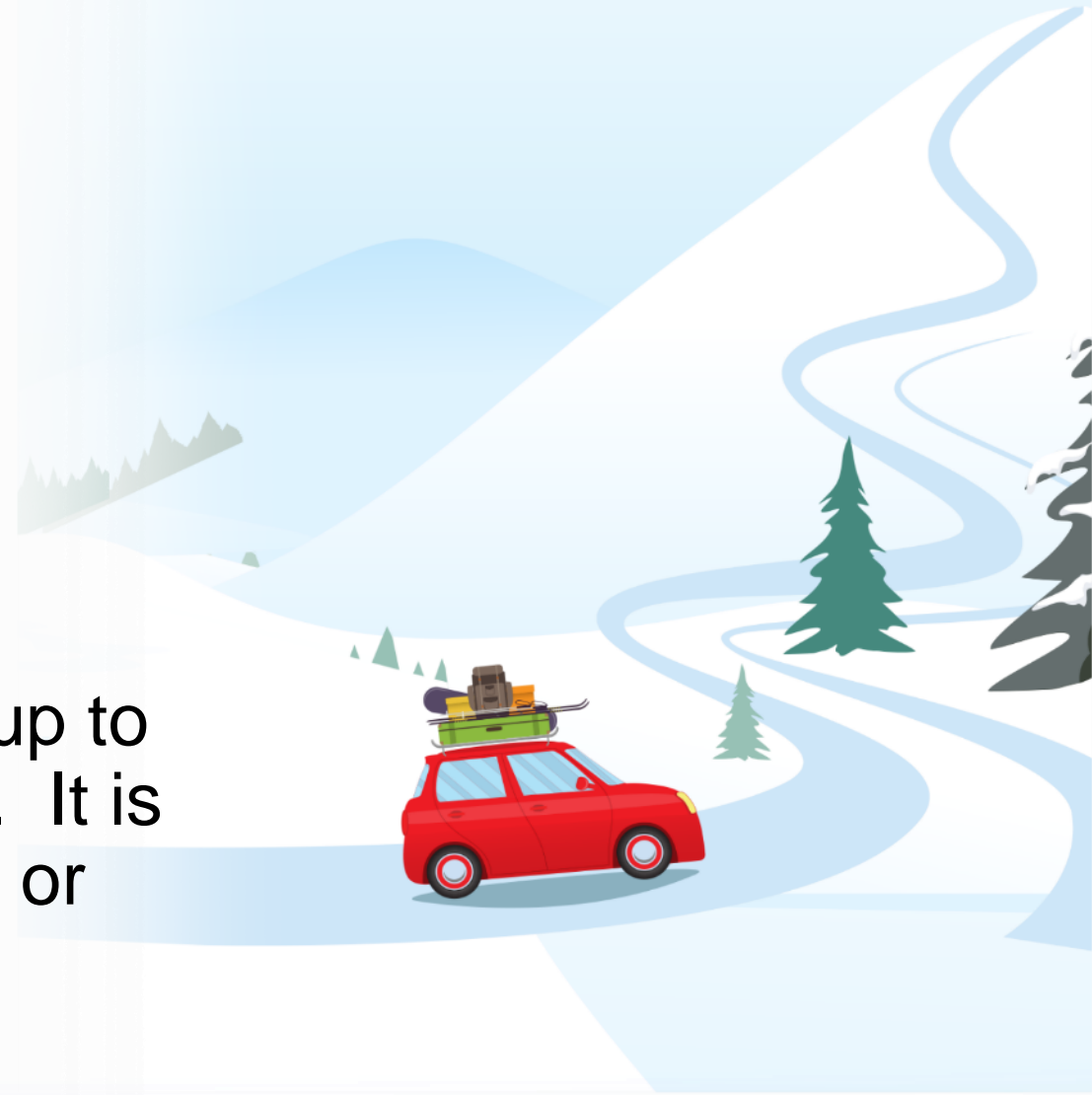


I am going to have a ski lesson
with VISAS.

I am going to learn how to ski.
It's gonna 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.





I can park in the first parking lot, close to the lodge.
To find the VISAS room I will first go inside the lodge.

The VISAS room is on the Marmot level next to the security office.

This is where I meet my instructors.





When I meet my instructors they will help me understand what my lesson will be like.

They will also want to know all about me.

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

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





After I chat with my instructors, we will walk to the rental shop and I will try on boots.

The boots are hard and have lots of buckles.

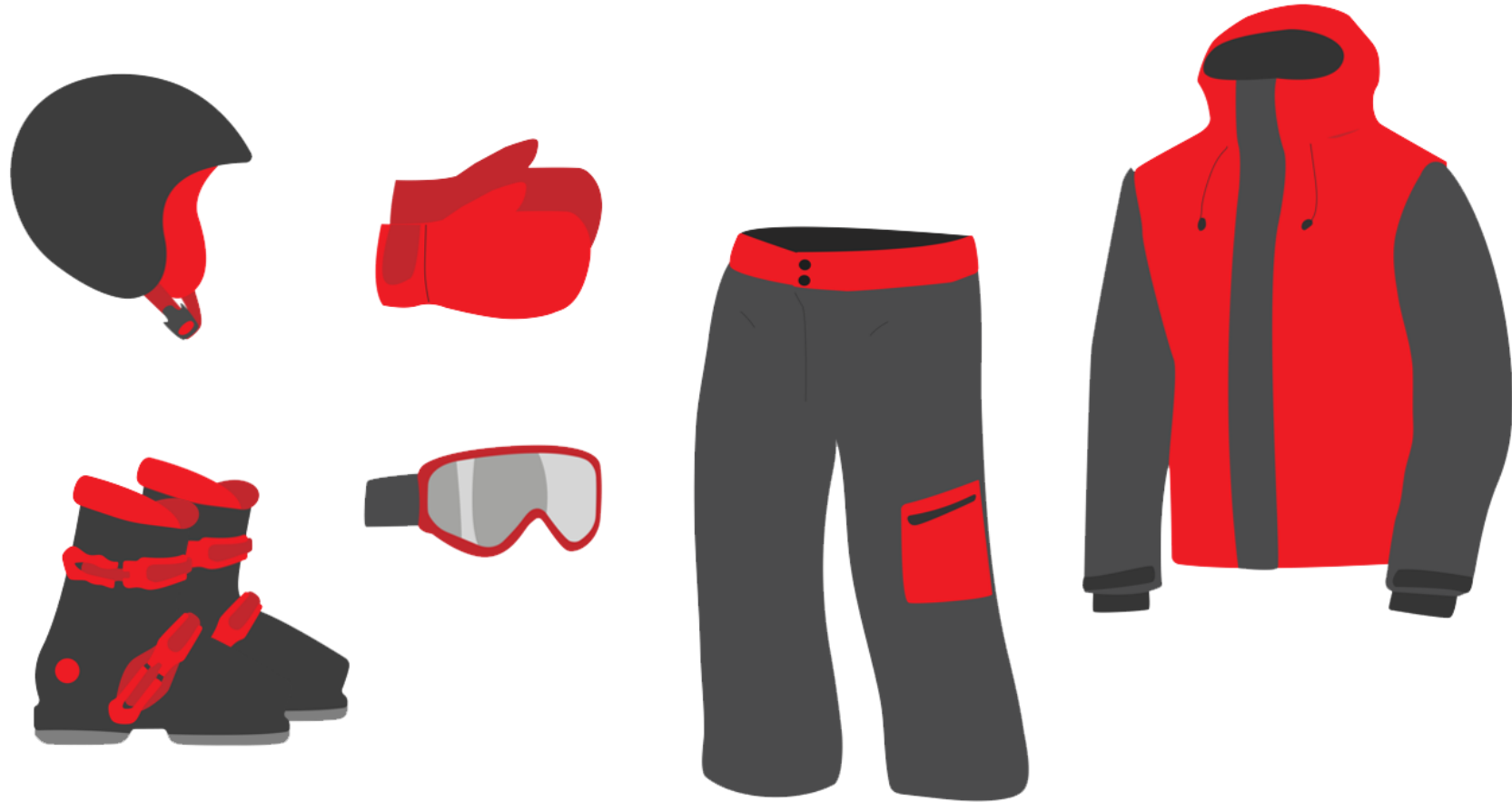


From the rental shop, I will get boots and skis. I might need poles and I might not. My instructor will let me know what I need and what I don't.

I will also need to get a lift ticket.

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





Before I go out skiing, I will need to make sure I have on all my special ski clothes – snow pants, snow jacket, gloves, helmet, goggles and boots.



I might also get some really cool equipment that will help me learn how to ski.

My instructors will decide what's best.

My instructors will help me to stay safe and have fun.

Their job is to help me learn how to ski.
I will do my best to listen to my instructors.



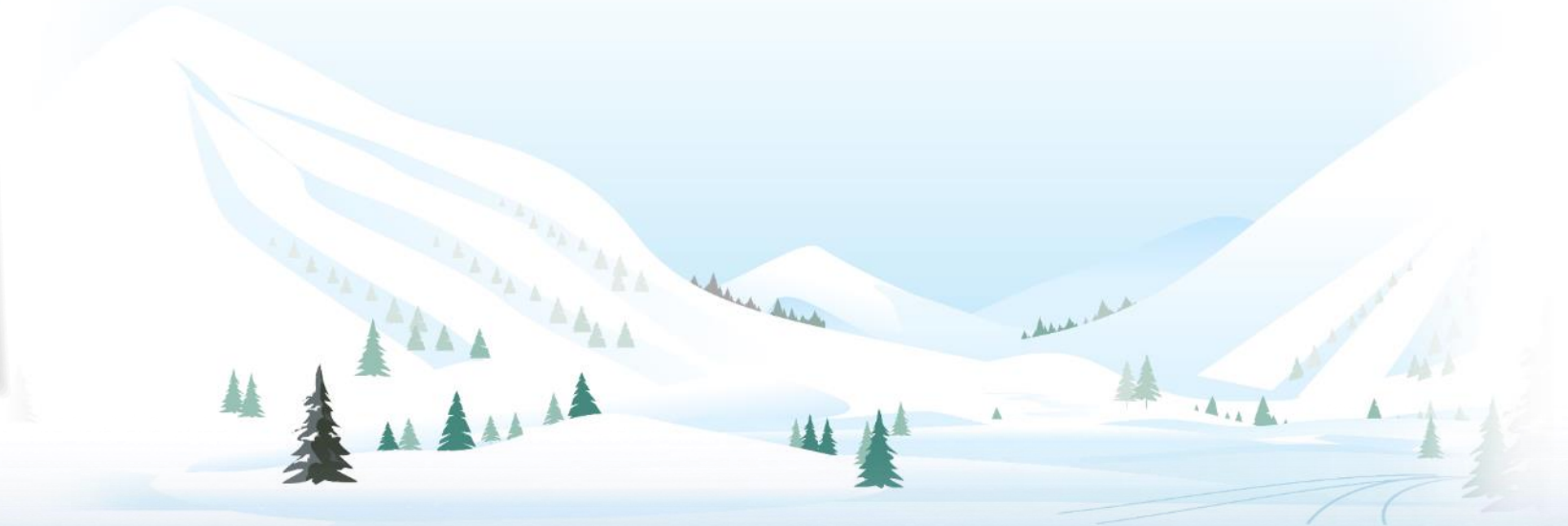
Once I have all my ski equipment and special ski clothes, then I will go outside and put on my skis.





When I have my skis on,
then I will learn how to move around.

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





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



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

(Sometimes, I might have both).



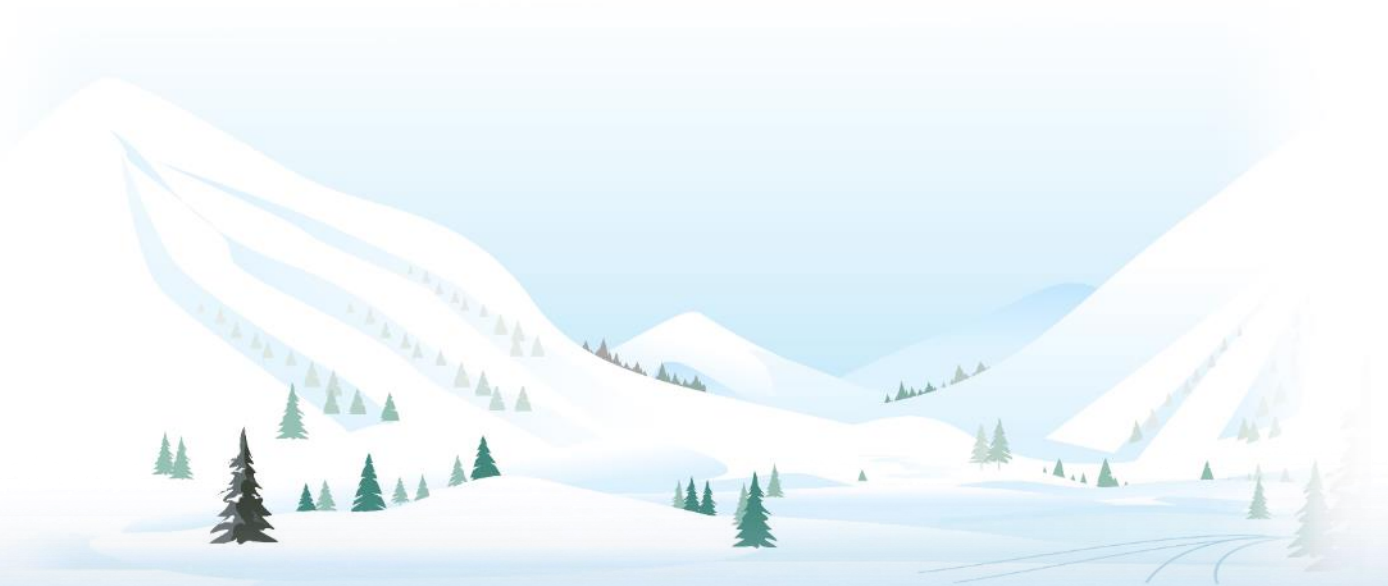
In my lesson,
I might learn how
to glide on my skis.





I might learn how to make a wedge.

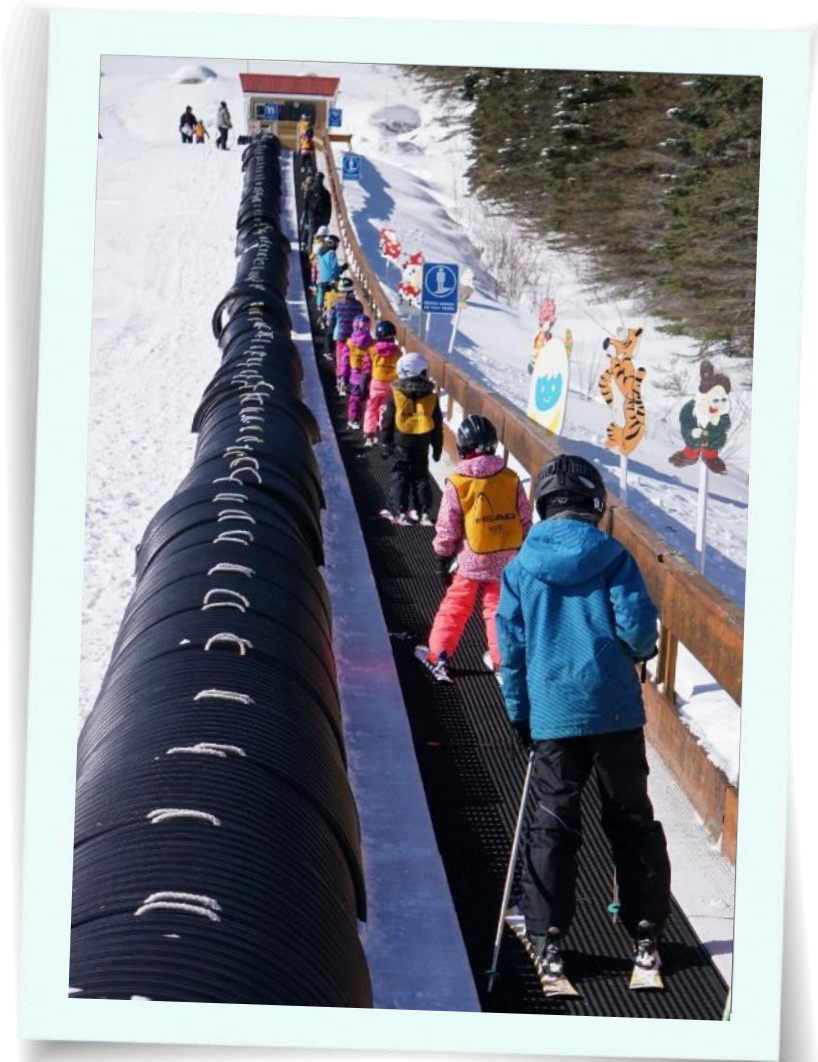
This helps me to slow down and stay in control.



I might learn how to make turns to the left and right and make s-shapes in the snow with my tracks.

S





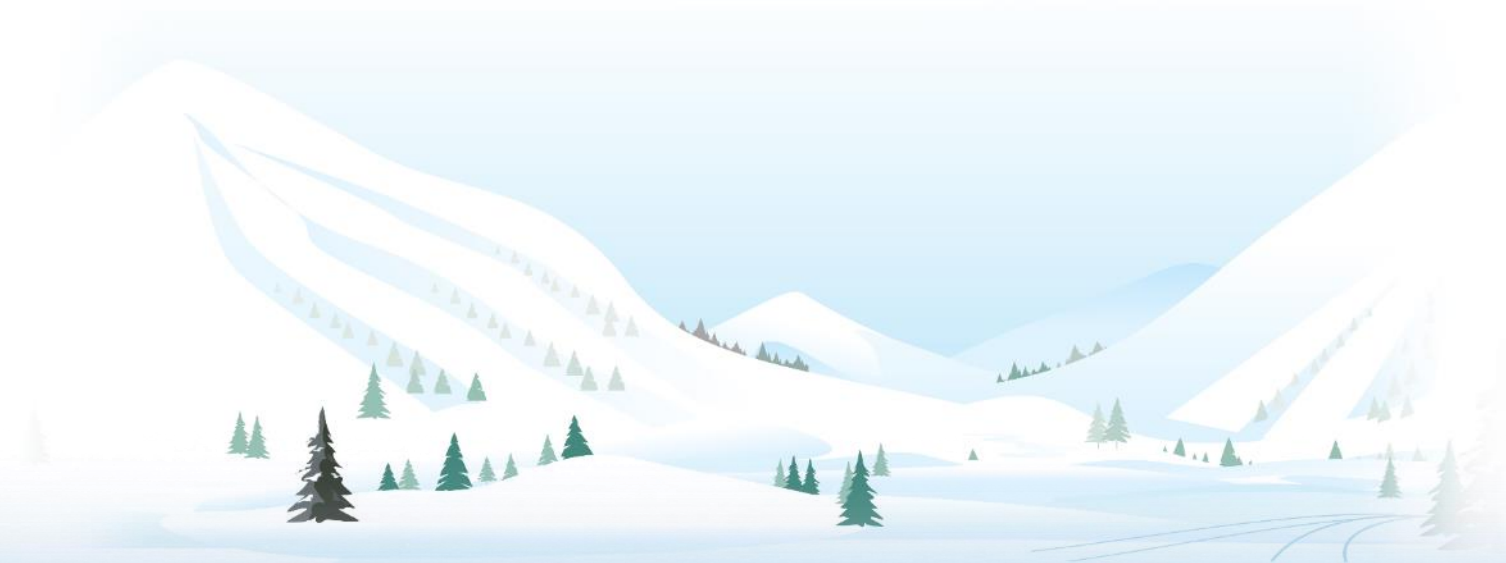
I might ride up the magic carpet.

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



I might ride on the chairlift with my instructors.

They will let me know when I am ready and will teach me how to stay safe.



Help me!



If I ever feel cold or tired or need some help,
I can just ask my instructors, and they will help me.

It's okay if I make a mistake or I don't understand something.

And it's okay if I fall down.

These things can all happen when I am learning something new.



I need a break,
please



I can ask for a break at any time!

Especially if I am feeling tired or frustrated.
I can say to my instructors,
"I need a break please".

Together we can make a plan to take a
break.



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