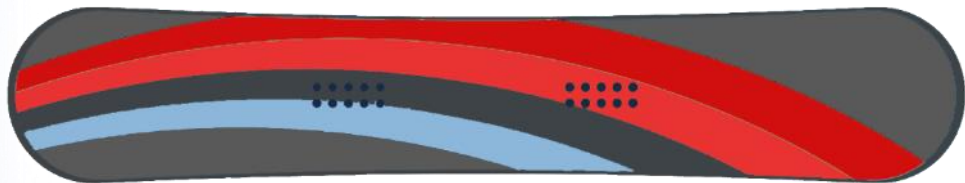


# Learning to Snowboard with VISAS at Mt Washington

(Vancouver Island Society for Adaptive Snowsports)



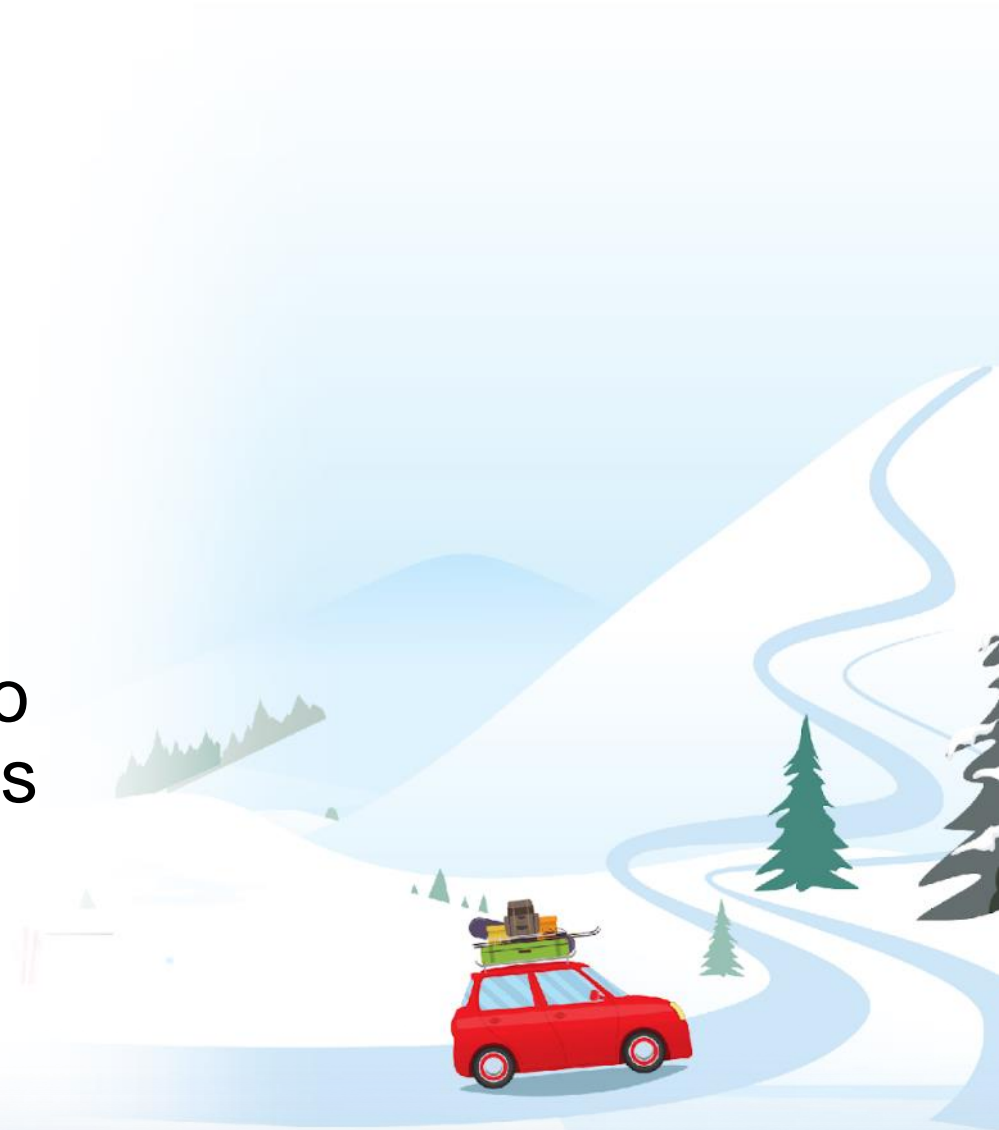
I am going to have a snowboard lesson with VISAS.

I am going to learn how to snowboard. 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.





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 too or ask me to move in different ways.

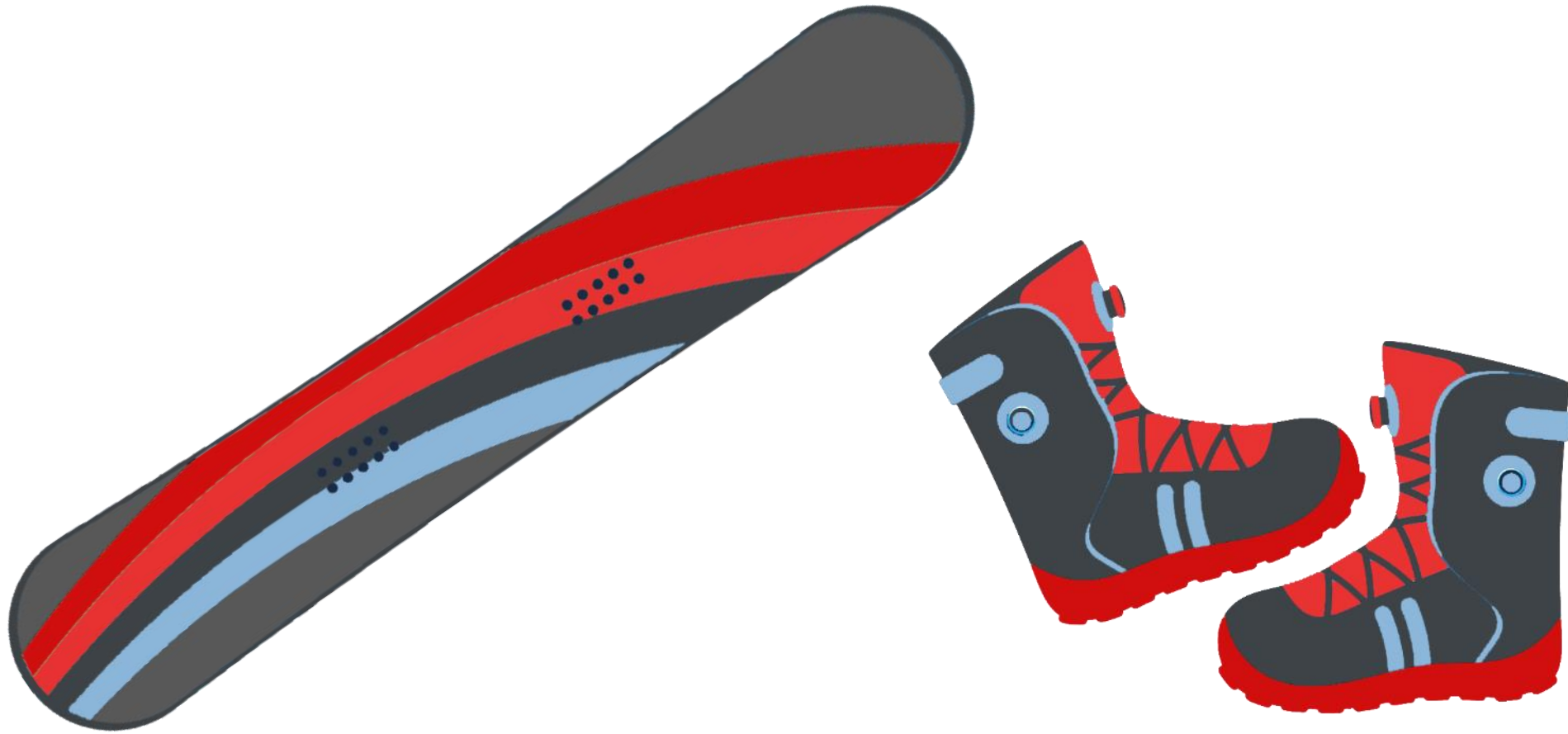




After I chat with my instructors, we will walk to the rental shop and I will try on boots.

I will find a pair that fits and learn how to tighten them up.



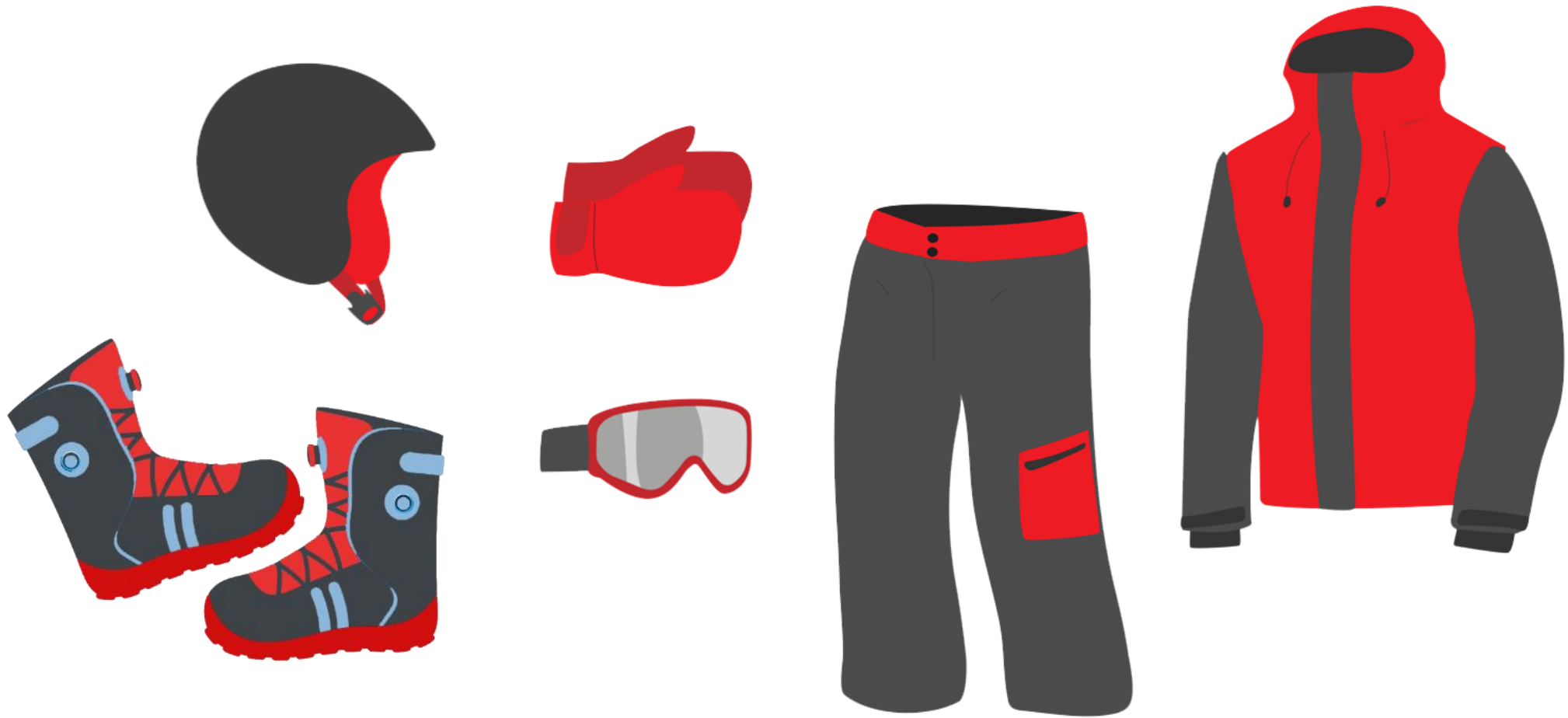


From the rental shop, I will need to get boots and a snowboard.

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 snowboarding, I will need to make sure I have all my special snowboarding clothes on – snow pants, snow jacket, gloves, helmet, goggles and boots.

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

My instructors will decide what's best.





My instructors will help me to stay safe and have fun.  
Their job is to help me to learn how to snowboard.  
I will do my best to listen to my instructors.

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

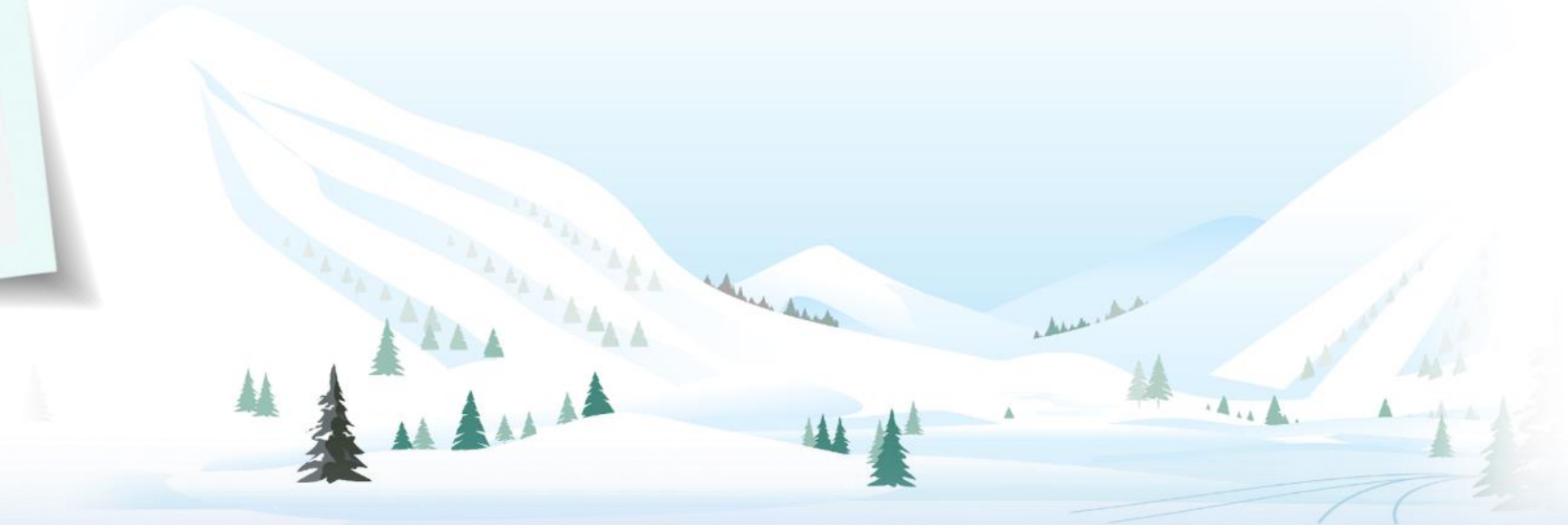




When I have my snowboard on,  
then I will learn how to move around on it.

It might take a little while to get used to it.

If it feels weird at first – 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 slide  
on my board.





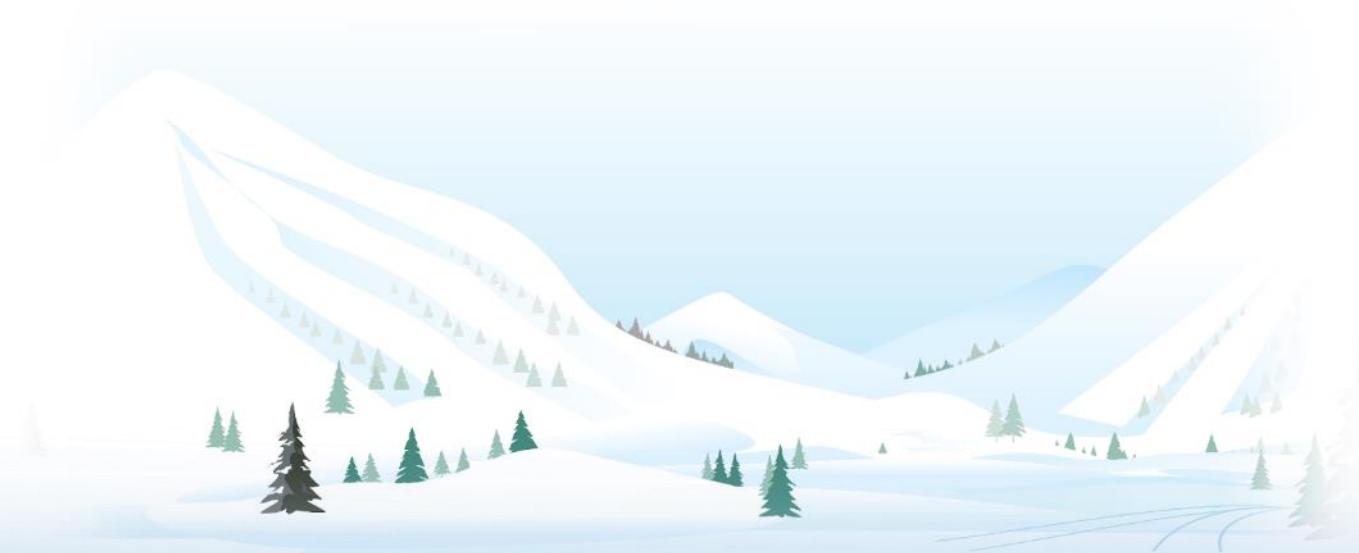
I might learn how to sideslip,  
with my board across the hill.

This helps me to slow down and stay  
in control.

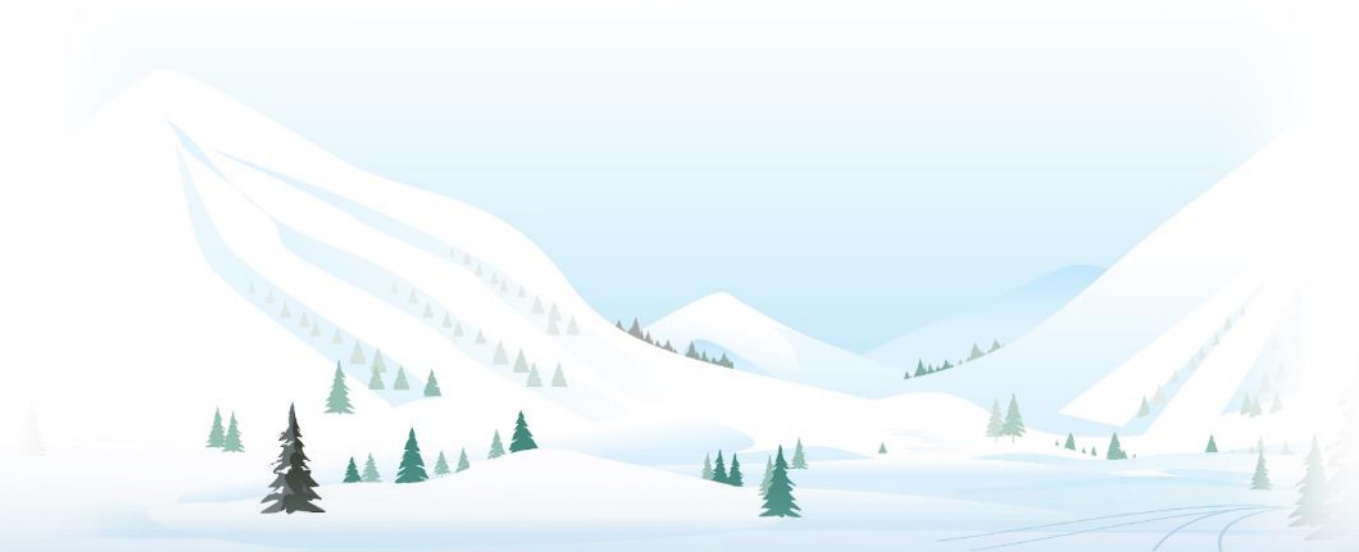


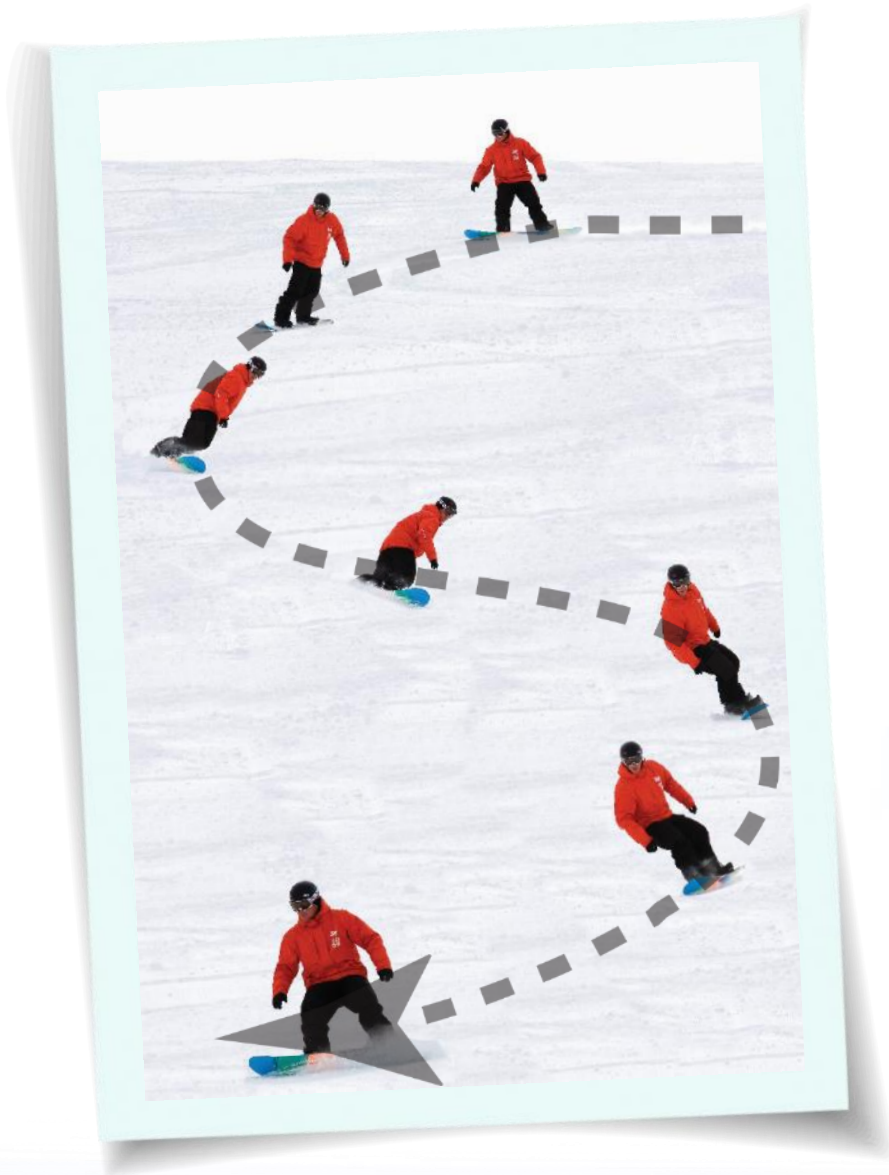
I might learn how to go side to side on my board.

So I can go around people or things that are in front of me.

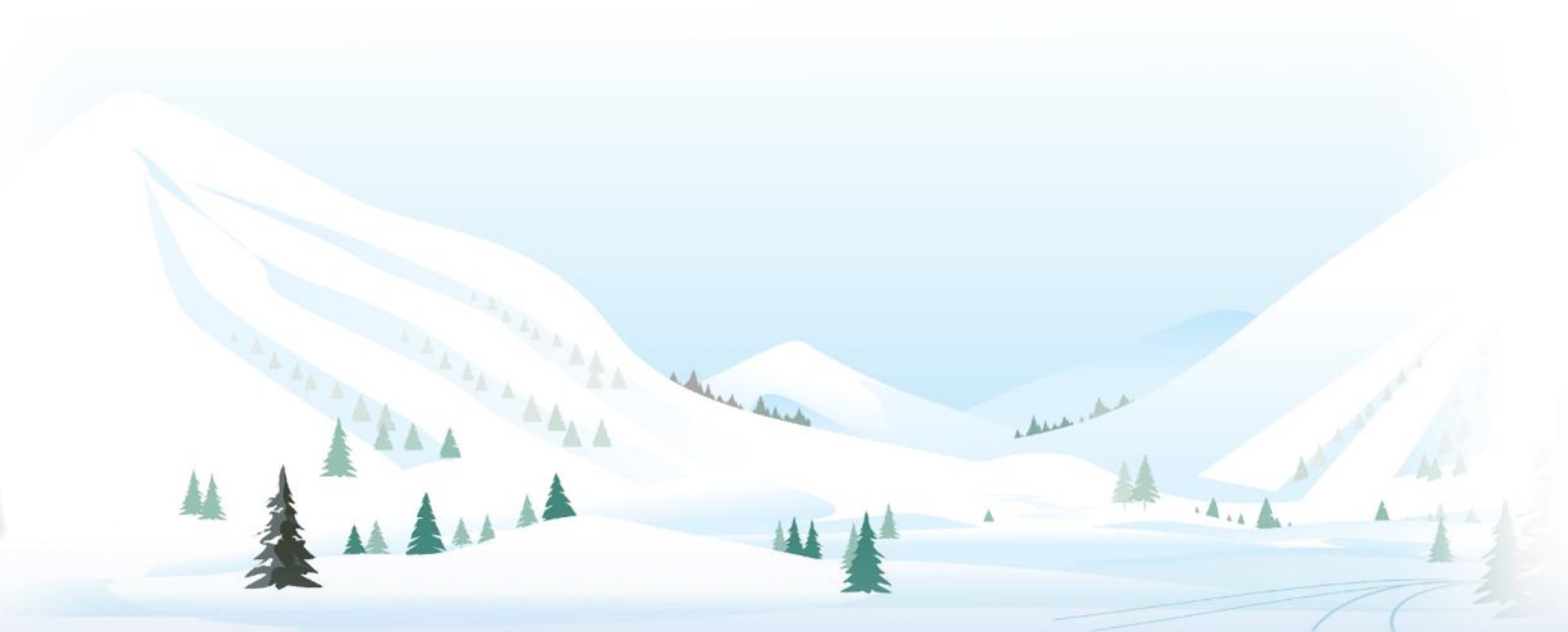


I might learn how to do a turn,  
and make a c-shape in the snow.



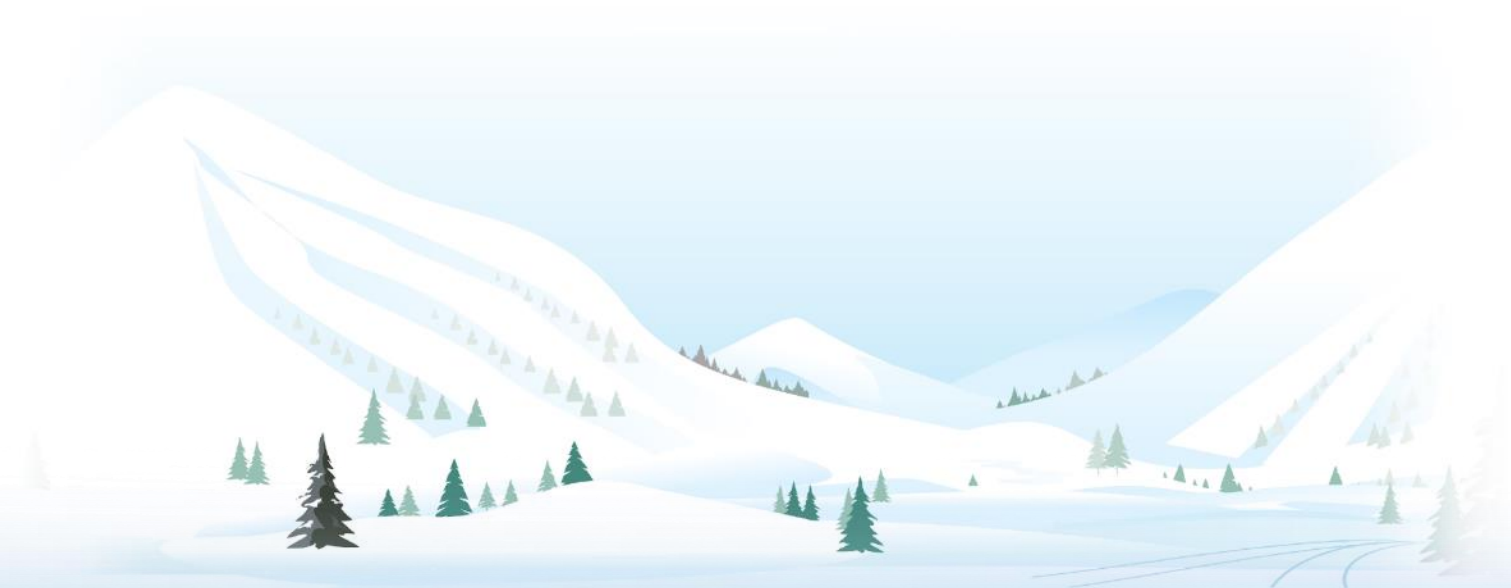


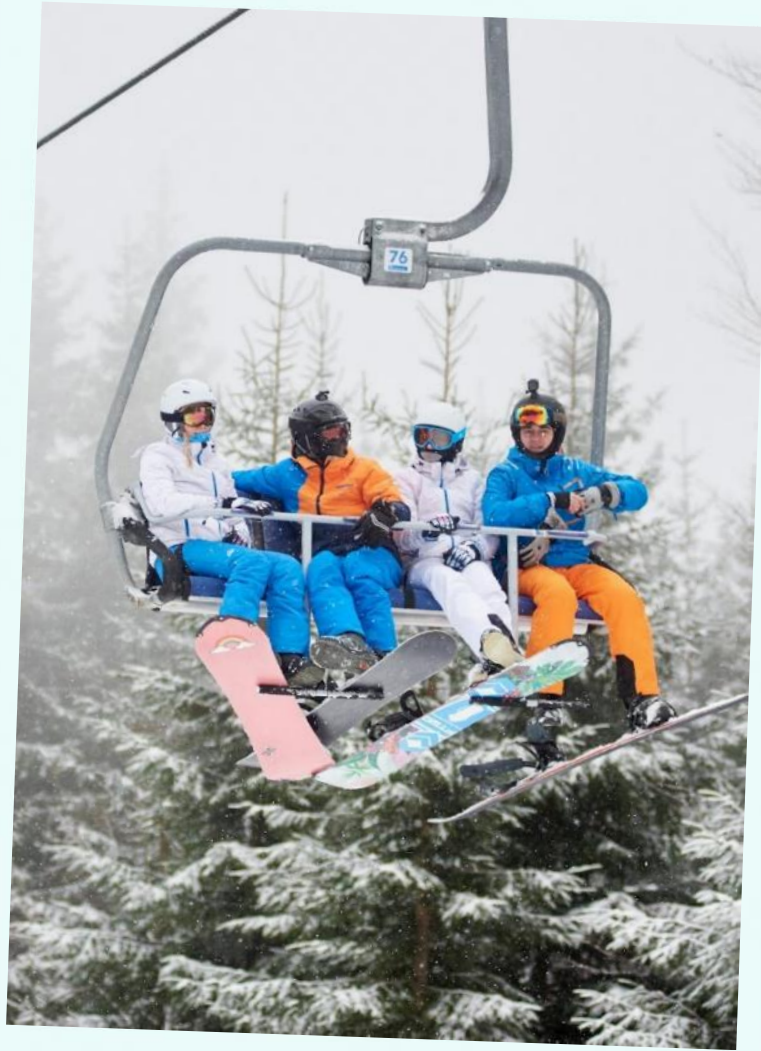
I might learn how to link my turns together and make s-shapes in the snow.



I might ride up the magic carpet.

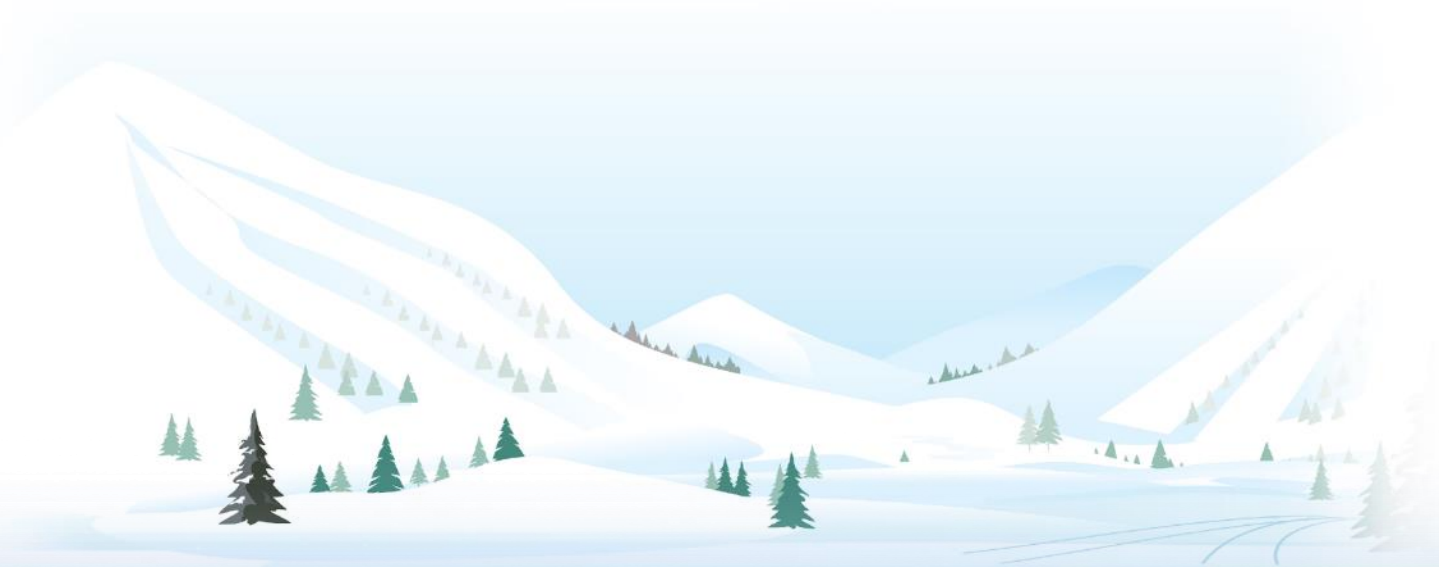
It is a carpet that moves like a conveyer belt and takes me up the hill.





I might ride up on the chairlift  
with my instructors.

They will teach me how to stay safe  
on the chairlift.





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 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 snowboard lesson at VISAS is going to be so much fun!