



**Learning to
Cross Country Ski
with VISAS
at Raven Nordic Lodge
Mt Washington Alpine Resort**

**Youth Nordic/Cross Country
Storybook**



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



I am going to have a cross-country ski lesson with VISAS.

I am going to learn how to ski.

It is going to be really FUN!



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.





**To get to Mt Washington,
I will drive up to the mountain with
my friends
or family.**

It is a long and windy road.

It is often snowy or icy.

**I will check the conditions before I
go up the mountain, and that my
driver has snow chains in the car.**



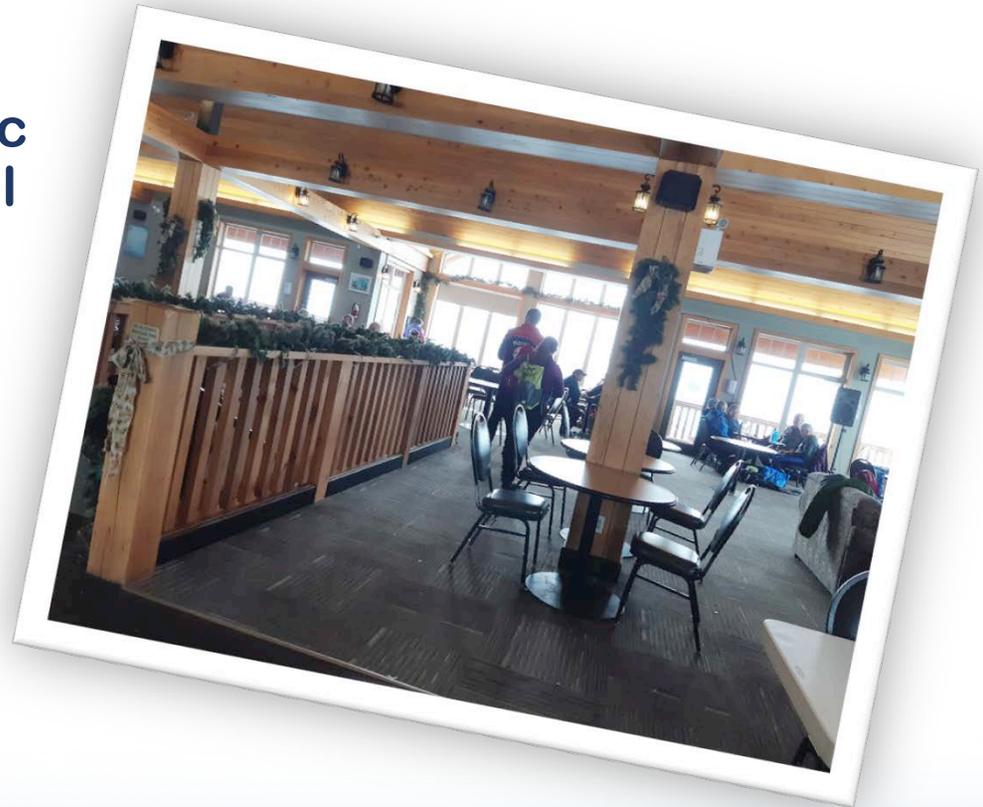


I can park in the first parking lot, close to the Raven Lodge.

**To find the VISAS Nordic meeting place,
I will first go inside the lodge.**

I will meet my VISAS Nordic instructor on the main level of Raven Lodge.

I will go towards the back of the Lodge, near the big windows.





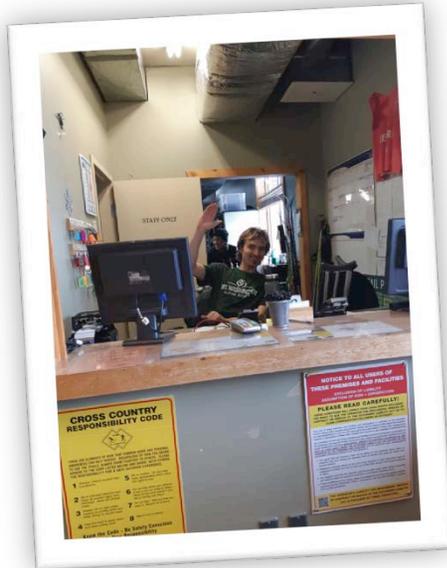
**When I meet my instructors,
they will help me understand
what my lesson will be like.**

**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.

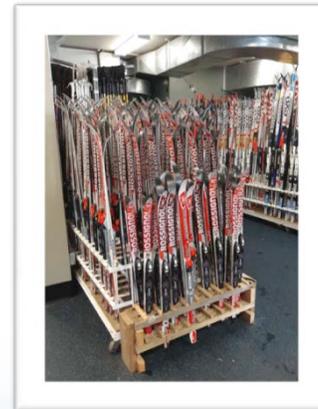
They might ask other questions too or ask me to move in different ways.





After I chat with my instructors, we will go downstairs to the rental shop, and I will try on boots to find some that fit.

I will put on my boots. I will get a pair of skis and poles to carry outside.

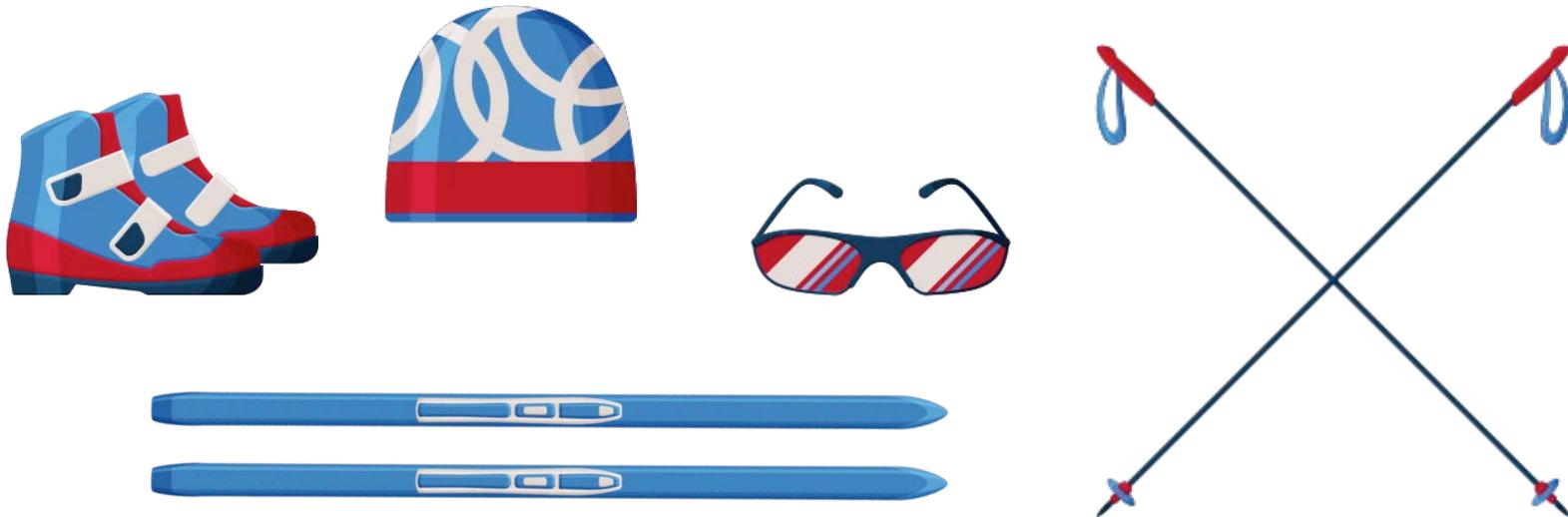


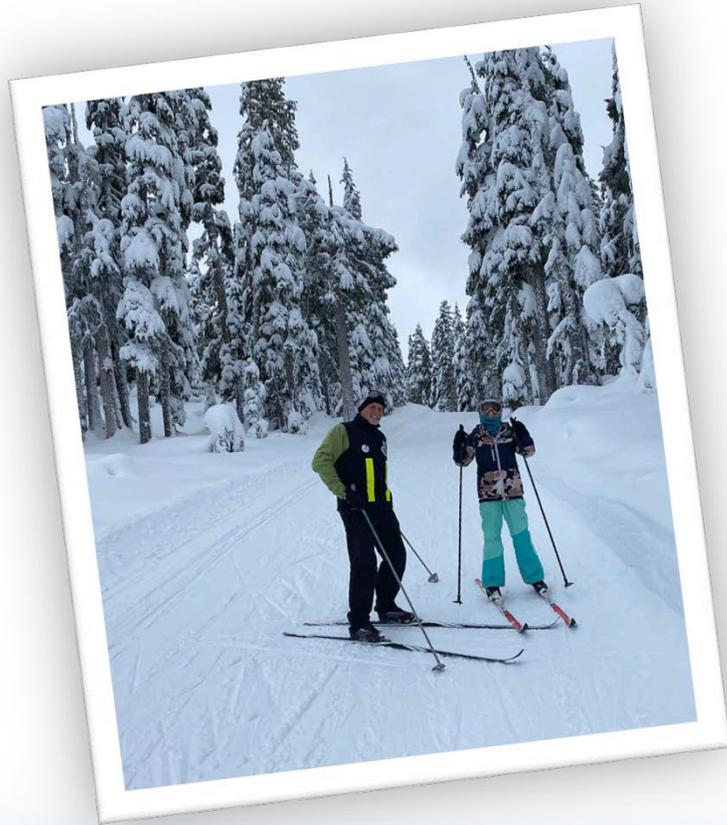
I will also need to get a trail ticket.

This is a card that goes
in my pocket in my jacket or pants.



**Before I go out skiing, I will need to put on my special snow clothes:
snow pants, snow jacket, gloves, toque, goggles or glasses,
boots, and sometimes a helmet.**





My instructors' job is to help me to learn how to ski.

They will help me to stay safe and have fun.

I will do my best to listen to the instructors.

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

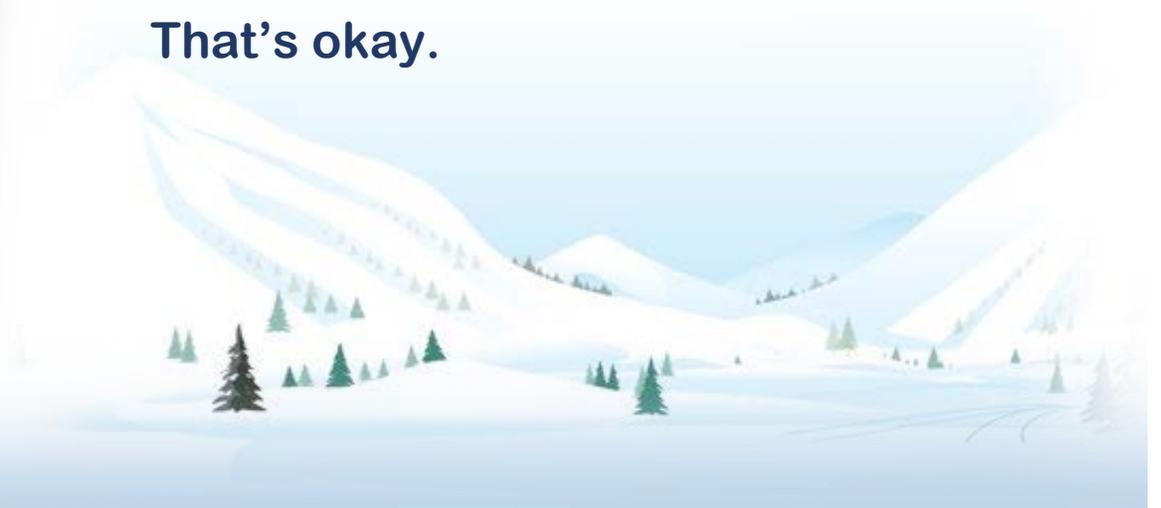




**When I have my skis on,
then I will learn how
to move around.**

**It might take a little while
to get used to wearing skis.**

That's okay.





I will have a lesson in the morning.



Then I will meet my family or caregiver on the Lodges main level and have lunch.



After lunch if I am feeling good I will have a lesson in the afternoon.

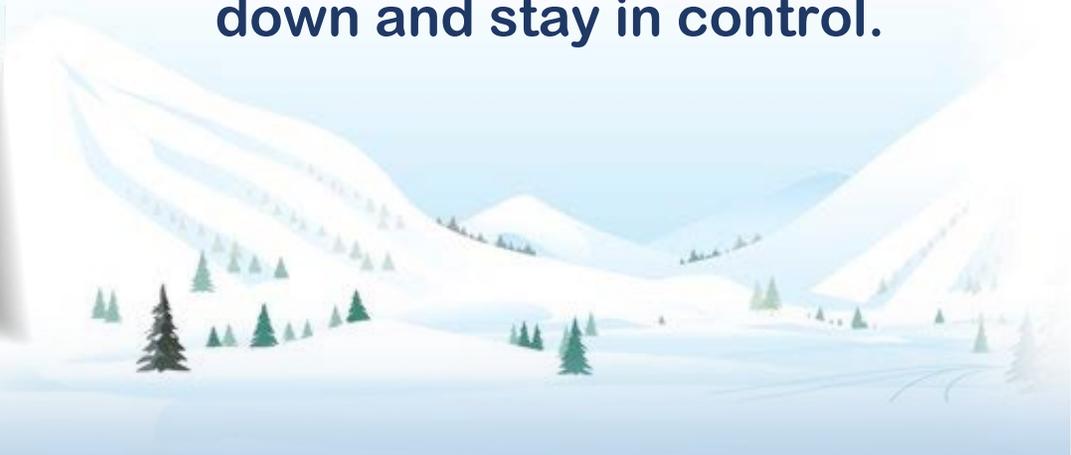
**I will be taught
how to ski in tracks,
do a wedge
(pizza with my ski tips),
to go downhill,
and how to go uphill too.**





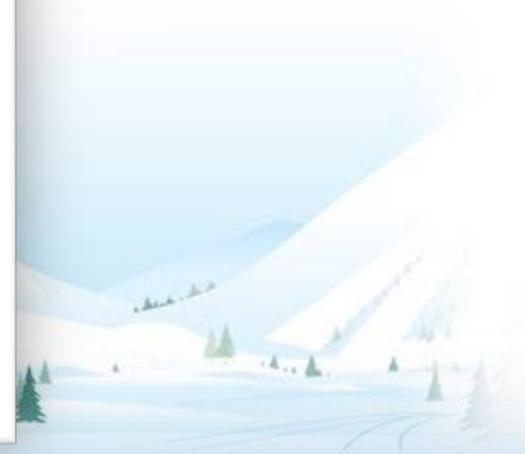
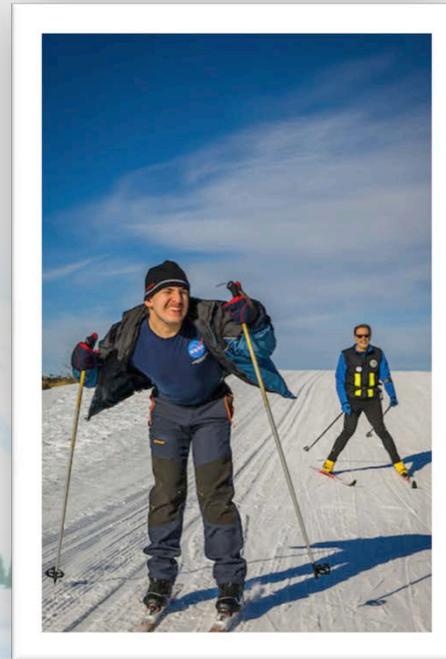
**I might learn
how to make a wedge.**

**This helps me to slow
down and stay in control.**





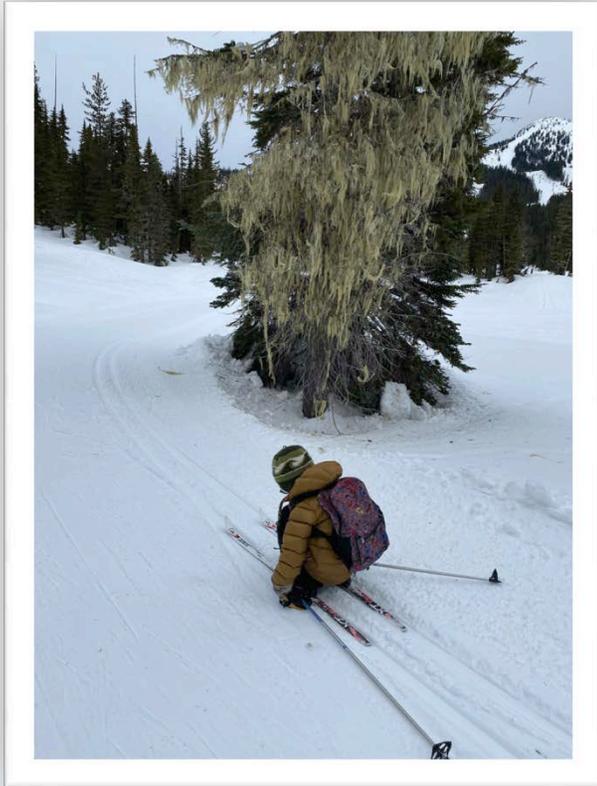
I might learn how to ski in the tracks.





Or I might learn
how to skate ski
- like on ice,
except it's on snow



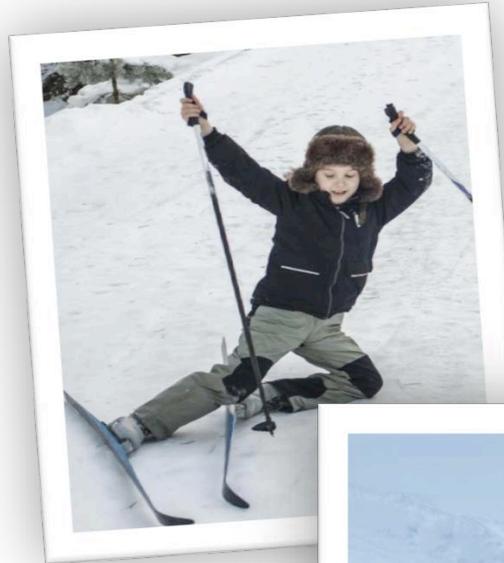


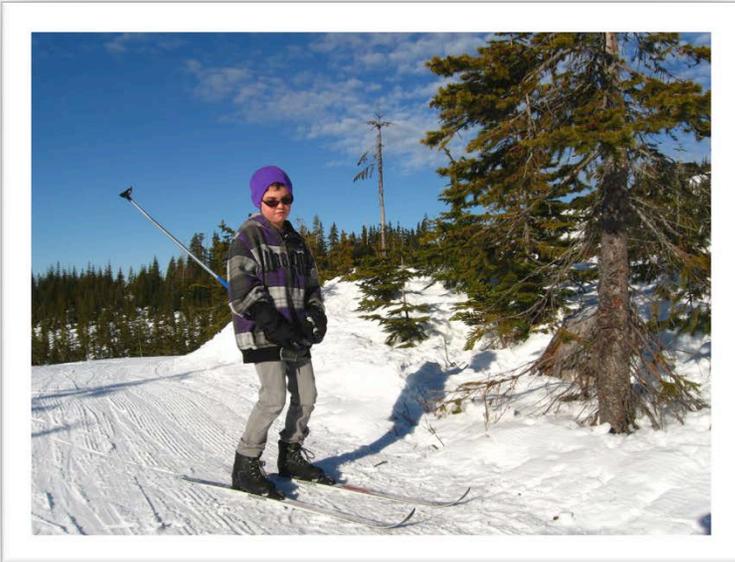
**If I ever feel cold or tired
or need some help,
I can just ask my instructors,
and they will help me.**

**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.**





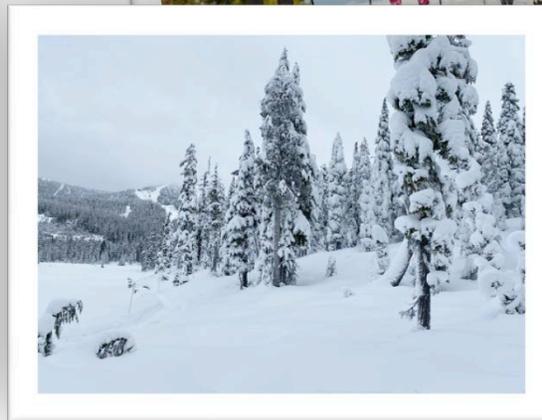
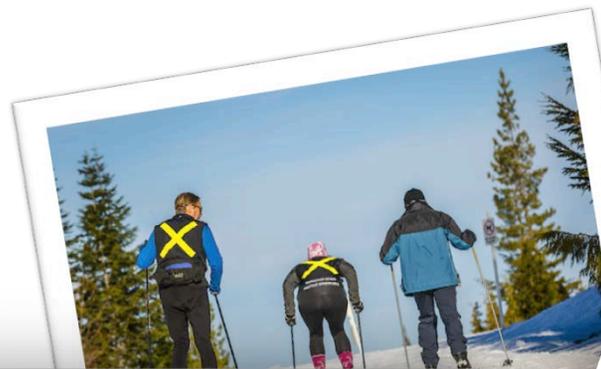
**I can ask for a break
at any time.**

**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 cross-country
ski lesson with VISAS
is going to be so much fun!**



I will be outside, in the mountains, having fun in the snow, seeing neat trees, and so much more...