

Adaptive Sports Program at Mountain Creek in Partnership with Helen Hayes Hospital



DATE ISSUED: **SUPERSEDES:** **NUMBER:**

SUBJECT: Adapted Skiing Program at Mountain Creek

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Mission: To provide an adapted skiing program. Current and former patients will have the opportunity to use adapted equipment to participate in downhill skiing.

Scope:

Through a partnership between Helen Hayes Hospital and Mountain Creek Ski Resort, the program offers adaptive ski clinics to introduce individuals with physical and/or cognitive disabilities to the sport of skiing using adapted equipment. The Adapted Sports Coordinator, staff from various therapy departments, and Mountain Creek staff coordinate several Adaptive Skiing Clinics through out the winter. The clinics provide former patients of Helen Hayes Hospital the opportunity to work with Professional Ski Instructor Association (PSIA) certified instructors to learn the proper skills and techniques to safely learn and/or return to the sport of skiing. The program is open people with all types of physical and/or cognitive disabilities. Individuals are given the confidence to learn and/or return to skiing as independently as physically possible.

This program is part of the continuum of care/services provided to patients and community participants of HHH. This program supports the recreational model of striving to educate participants, health care professionals, volunteers and community recreation providers about adaptations and resources available to help ensure inclusion of people of all abilities in community leisure activities.

Procedure:

Therapy Staff

1. Prior to participating as a volunteer skier, each therapy staff member must successfully complete a two-day orientation session with designated PSIA instructors at Mountain Creek.. The instructors train the volunteers on the proper use of the equipment, demonstrate various assistive skiing techniques, and proper ski lift loading and unloading. The adapted sports and recreation coordinator will insure safety of both staff and participants.
2. Helen Hayes Hospital therapy staff work closely with the ski instructors to train volunteers and participants on safe transfer techniques, proper seating, and general knowledge of various disabilities.
3. Prior to skiing, participants are fully evaluated in the presence of the ski instructor and a volunteer member of Helen Hayes Hospital therapy staff to determine strengths and weaknesses through various tests and specific consideration based on the individual's particular physical or cognitive disability. Based on the evaluation, the appropriate adaptive equipment is determined and fitted.
4. Volunteer therapy staff, in conjunction with PSIA instructors, insures that participants receive a full tutorial on the adaptive equipment recommendations and how it operates. The equipment is sized to individual needs and tested while indoors in the lodge to insure appropriate fit.

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5. Volunteers, PSIA Instructors and adapted sports and recreation coordinator are responsible for cleaning and returning ski equipment to designated area.
6. Volunteers will report lost or damaged equipment to the director at Mountain Creek and the adapted sports and recreation coordinator.
7. Therapists will refer current and former patients/participants interested in participating in adapted skiing sports program in the community to HHH Adapted Sports and Recreation Program Coordinator.

PSIA Instructors

1. Will assist volunteers with equipment selection and fittings.
2. Will conduct adaptive skiing lessons for community participants with physical and/or cognitive disabilities during the winter season.
3. Will keep records of all adapted equipment used as well as sizes and settings on an index card stored in the equipment shed for future lessons.
4. Will supervise volunteers trained for the adapted skiing clinics.
5. Will adhere to all instruction and safety policies and procedures of Mountain Creek Ski Resort..

HHH Patients & Participants:

1. Will utilize the adaptive equipment under the direct supervision of designated staff from Mountain Creek unless approved to use it independently.
2. All former patients will be required to schedule participation in HHH designated clinics with the Adapted Sports and Recreation Coordinator.
3. Will immediately follow all instructions and safety guidelines issued by the PSIA Instructors, volunteer staff and the Adapted Sports and Recreation Coordinator.
4. Will adhere to all rules set by Mountain Creek at all times or risk expulsion from the program.
5. Will be required to bring own appropriate clothing for skiing. Some items of clothing will be available for use at the mountain.

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Adapted Sports and Recreation Coordinator/Designee:

1. Organize ski clinics with Mountain Creek Ski Resort staff.
2. Insures internal and external marketing is prepared and disseminated to all interested parties.
3. Insures that participants pre-register and sign required release forms.
4. Ensure all required documents for volunteers are processed and that all participants are properly and oriented.
5. Keep files on all participants including release forms, orientation checklist, equipment needs and settings and attendance.
6. Ensure safety plans are implemented and adhered to.
7. Maintain a list of participants and volunteers with their addresses and phone numbers.
8. Will be responsible for maintenance, repair and replacement of the program's supplies and equipment.
9. Will maintain training records of all volunteer staff.
10. Will maintain policy and procedures and safety standards relative to the adapted skiing program.
11. Will insure smooth referral and transition process for participants from HHH program to community program when interest and skills warrant it.
12. Will promote strong interdisciplinary cooperation among all professional and non-professional team members.

Events/Injuries

Adaptive Skiing community participants will be treated in the same manner as all other skiers at Mountain Creek Ski Resort when injured. They will be considered skiers and the Ski patrol emergency procedures will be utilized for such occurrences. Upon return to Helen Hayes Hospital, the adapted sports and recreation coordinator will submit report to the Director of Recreational Therapy for follow-up.