



# SNOWSPORTS FOR PEOPLE LIVING WITH DISABILITIES IN SCOTLAND

## Snowsports are for Everyone & for Life!

This fact sheet provides an overview of snowsports for disabled people in Scotland. It also provides useful contact details to signpost you to your local club to develop your skills and start to play or coach disabled people in snowsports.



**DEVELOPMENT OF  
SNOWSPORTS FOR  
PEOPLE LIVING WITH  
DISABILITIES**

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**SNOWSPORT  
CLASSES**

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**SNOWSPORT SCOTLAND**

1 Redheughs Rigg  
Edinburgh, Scotland

[www.snowsportscotland.org](http://www.snowsportscotland.org)

0131 625 4405

## The Development of Snowsport for Disabled People

### *What are snowsports?*

Snowsports are dynamic, exciting, action packed sports that has something for everyone.

Snowsports take place on snow as well as on artificial surfaces. The sport generally includes skiing, snowboarding and Nordic skiing.

For those with additional needs, there are adaptations that can help most people with a disability to get on the snow and take part in snowsports.

For example, there are sit skis and adaptive snowboards.

Those with a visual impairment can ski with a guide or with a set of headphones to help them ski or snowboard. An example of how this works can be found in this article:

<http://attitudelive.com/blog/dan-buckingham/film-visually-impaired-snowsports>.



## The Classifications

Alpine Skiing, Biathlon and Cross Country have classifications.

To ensure competition is fair and equal, all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability, and mental focus. These are the same factors that account for success in sport for able bodied athletes.

Classification is sport-specific because an impairment affects the ability to perform in different sports to a different extent. As a consequence, an athlete may meet the criteria in one sport, but may not meet the criteria in another sport.

### Alpine Skiing Classification

<http://www.paralympic.org/alpine-skiing/classification>

#### **SPORT CLASSES LW 1-9: STANDING SKIERS**

Skiers with leg impairments: (Sport Class LW 1 to LW 4)

Skiers with arm impairments: (Sport Class LW 5 – 9)

#### **SPORT CLASSES LW 10-12: SIT-SKIERS**

All sit-skiers have an impairment affecting their legs. They are allocated different sport classes depending on their sitting balance, which is very important for acceleration and balancing during the races.

#### **SPORT CLASSES B1-3: SKIERS WITH VISUAL IMPAIRMENT**

Skiers in this sport class are either blind or have very low visual acuity.

## Nordic Skiing Classification

<http://www.paralympic.org/nordic-skiing/rules-and-regulations/classification>

Skiers in Cross-Country and [Biathlon](#) compete in several different sport classes, depending on the activity limitation that their impairment causes.

### SPORT CLASSES LW 2-9: STANDING SKIERS

Skiers with leg impairments, skiers with arm impairments, skiers with combined impairments in arms and legs.

### SPORT CLASSES LW 10-12: SIT-SKIERS

All sit-skiers have an impairment affecting their legs. They are allocated different sport classes depending on their trunk control, which is very important for acceleration and balancing during the races.

### SPORT CLASSES B1-3: SKIERS WITH VISUAL IMPAIRMENT

Skiers in this sport class are either blind or have very low visual acuity.

## Para-Snowboard Classifications

<http://www.worldsnowboardfederation.org/para-snowboard/para-snowboard-classification/>

Rider Classification is required for competition at WSF Para-Snowboard competitions to assess eligibility criteria by determining if the type and degree of impairments of a rider are relevant to WSF Para-Snowboard and the impairment is significantly severe to meet the minimal disability standards as described in the WSF Para-Snowboard Sport-Class Profiles.

Standing – Riders with physical impairments e.g. amputation, incomplete spinal cord injury, cerebral palsy

Sitting (both snowboarding and skiing) – Riders with physical impairments \*Riders with a Visual Impairment – Para-SBX for riders with a visual impairment (VI) remains in development, e.g. complete paraplegia, bilateral lower extremity amputation.

### DWARF SPORTS UK (DSUK)

DSUK also have an extensive programme that covers a wide range of snowsport activities.

## How to Get Involved

There are many ways to get involved with adaptive snowsports. To get started on how to ski or snowboard, you can visit one of the main adaptive snowsport schools in the UK:

**Cairngorm ski school and the Lecht** (winter months only) - [www.theskiskool.co.uk](http://www.theskiskool.co.uk)

**Snowfactor**, Braehead, Glasgow – <https://www.snowfactor.com/>

**Rosendale Ski School**, Lancashire - [www.rltrust.co.uk](http://www.rltrust.co.uk)

**Xscape Ski School**, Castleford - [www.xscape.co.uk](http://www.xscape.co.uk)

**Chillfactor**, Manchester - [www.chillfactore.com](http://www.chillfactore.com)

You may also want to join a club that has adaptive snowsport accessibility such as [Ski Club of Great Britain](#) and [Scottish Visually Impaired Skiers](#).

If you are looking to join another club in Scotland, please contact your local club, ski centre or Snowsport Scotland and we can point you in the right direction.

You can also become a direct member of DSUK. By becoming a member of DSUK you

are helping to support the grassroots of a charity that makes a difference to so many people's lives. They are passionate about our work and it's only by getting involved that you will begin to understand the many benefits that skiing for disabled people can offer.



## Coach Education

There are numerous options available for those with a disability considering to become ski or snowboard Instructors.

### Snowsport Scotland (SSS) Instructor Qualifications

These qualifications are being written at the time of writing this leaflet. Please contact the office to check website for updates. There are to be 3 levels within this scheme:

#### SSS ASSISTANT INSTRUCTOR COURSE

**Course duration:** 3 days

**Course location:** Artificial Slope, Indoor Slope

**Remit:** To instruct novice skiers or snowboarders at UK artificial and indoor slopes with indirect, on site supervision as part of a snowsports school or club.

**Pre-course requirements:** 14 years old, able to perform linked, rounded arc parallel turns on

an artificial/ indoor slope or easy blue runs. It is intended that those with a disability should be able to attend this course.

## British Association of Snowsports Instructors

Adaptive skiing and snowboarding Instructing courses and qualifications are arranged by the British Association of Snowsports Instructors (BASI). It is recommended that volunteering and supporting Disability.

Snowsports UK activities is undertaken to help with achieving these qualifications. There are four levels of qualifications:

#### BASI ADAPTIVE LEVEL 1

This qualification is for those wishing to find employment in a non-mountain environment, for example an artificial slope or an indoor snow slope.

#### BASI ADAPTIVE LEVEL 2

This course is open to those who already hold a ski qualification, BASI (Adaptive Level 1 or Alpine Level 2), and who have 35 hours of Adaptive Ski School experience.

If you pass the 10-day course, which takes place in Europe, you will be able to teach in a mountain environment.

#### BASI ADAPTIVE LEVEL 3

To undertake the Adaptive Level 3, you need to have successfully completed the Adaptive Level 2 Instructor Qualification, be able to ski and demonstrate all adaptive equipment, be 18 years of age or older, and have completed 200 hours of teaching experience.

#### BASI ADAPTIVE LEVEL 1 – SNOWBOARDING

To undertake this course you must be a BASI Snowboard Level 2 instructor. If you pass the

Adaptive Snowboard Level 1 you will be able to work in indoor snow centres with novice to early intermediate adaptive snowboarders.

These are the main courses available in Scotland for the delivery of snowsports courses.



## Facts & Figures

In 2014, British Para Snowsports had their best games ever!

The most successful Winter Games ever for ParalympicsGB with a total of six medals.

The first ever gold medal on snow for a British athlete (Kelly Gallagher and her guide Charlotte Evans) at either the Olympics or Paralympics.

Jade Etherington and her guide Caroline Powell won four medals (three silver and one bronze), making them the most successful ever British female winter Paralympians and the first winter ParalympicsGB athletes to win four medals at one Games.

Strong performances from across the whole team with seven top-10 finishes and four top-15 finishes.

Brilliant debuts from our young athletes, laying the foundations for even greater performances in four years' time.

## Leading Performers in Disability Snowsports

Paralympians can be found on

<https://m.facebook.com/profile.php?id=31233064147> or on

<http://www.disabilitysnowsport.org.uk/What-We-Do/British-Disabled-Ski-Team/Who-s-Who.aspx>.

## Competitions

At present, there are no specific competitions arranged in Scotland for disabled athletes

However, all events are open to anyone with a disability who wants to take part –prior notice of any wish to participate in the competitions would be gratefully received.



## Main Contact

Louise Kochalski –

[Louise@snowsportscotland.org](mailto:Louise@snowsportscotland.org) / 07584 654396

Snowsport Scotland office – 0131 625 4405 or [info@snowsportscotland.org](mailto:info@snowsportscotland.org)

## Key Websites

There are a number of websites where you can find out more about Disability Snowsports:

### Snowsport Scotland

<http://www.snowsportscotland.org/disciplines/show/3>

### Disability Snowsports UK

<http://www.disabilitysnowsport.org.uk/home.aspx>

### Ski2Freedom Foundation

<http://www.ski2freedom.com/en/disabled-skiing-europe/united-kingdom>

### Ski Club of Great Britain – Skiing with a Disability

<http://www.skiclub.co.uk/skiclub/infoandadvice/category.aspx?categoryID=8#.VsXqyfmLTIU>

### Disability Snowsport Scotland (Glenshee)

[http://www.ski-glenshee.co.uk/Disability-Snowsport-Scotland-\(Glenshee\)](http://www.ski-glenshee.co.uk/Disability-Snowsport-Scotland-(Glenshee))

### Tudeski – A Disabled Skiing Resource

<http://www.tudeski.com/index>

### Disability Snowsports Holidays

<http://www.crystalski.co.uk/about-crystal/dsuk/>

### Disability Snowsports Equipment

<http://www.disabilitysnowsport.org.uk/What-We-Do/Equipment.aspx>

### Scottish Visually Impaired Skiers

<http://www.svis.org.uk/About.htm>

### Para Snowsport GB

<https://m.facebook.com/profile.php?id=31233064147>

FIND US ON FACEBOOK & TWITTER  
@SNOWSPORTSCOTLAND  
#SNOWSPORTABILITY

*Please note that information on websites changes regularly, and Snowsport Scotland cannot be held responsible for changes made*