

Snowsports for Disabled People in Scotland

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.

The Development of Snowsports for Disabled people in Scottish / UK

What is snowsports? Snowsports is a dynamic, exciting, action packed sport 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>.

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

This sport class is designed for skiers who have an impairment in arms and legs. Some of the LW9 skiers have mild coordination problems in all extremities. Others have amputations affecting at one arm and one leg. Depending on their abilities, they will ski with one or two ski poles.

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

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.

- 1) Standing – Riders with physical impairments e.g. amputation, incomplete spinal cord injury, cerebral palsy
- 2) 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 Sport UK (DSUK) – also have an extensive programme that covers a wide range of snowsport activities.

Coach Education

There are numerous options available for those with a disability considering becoming Ski or Snowboard Instructors.

Snowsport Scotland (SSS) Instructor Qualifications

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

Assistant Instructor

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.

Instructor

Course duration: 6 days
Course location: Artificial Slope, Indoor slope or Scottish Mountain Resorts
Aspirant Instructors can directly access this course without having completed the Assistant Instructor qualification.
Remit: To instruct novice and early intermediate skiers or snowboarders in confined environments within the UK as directed by an Authorising Body. A confined environment is; an artificial slope, an indoor slope, the defined beginners area at the 5 Scottish Mountain resorts.
Pre-course requirements: 16 years old, able to perform confident parallel turns and basic short turns on blue / easy red runs.

Advanced Instructor

Course duration: 6 days
Course Location: Scottish Mountain Resorts

Remit: To instruct intermediate and advanced skiers or snowboarders on all marked and patrolled slopes in the UK as directed by an Authorising body.
Pre-course requirements: 17 years old, hold SSS Instructor Award or equivalent*, 10 days snowsports experience in the Scottish Mountains, 40 hours logged and verified instructing experience. These hours are required to be verified by the Snowsports School Director and logged with the SSS office by email.

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 4 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 4 medals (3 silver and 1 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 7 top 10 finishes and 4 top 15 finishes.
- Brilliant debuts from our young athletes, laying the foundations for even greater performances in 4 years' time.

Leading Scottish Performers

Scott Meenagh



Scott served with the 2nd Battalion Parachute Regiment in Afghanistan. After losing both legs when he stepped on an IED, and

inspired by sport and staff at DMRC Headley Court and the Help for Heroes Sports Recovery programme, he learned to walk again on prosthetic legs and has subsequently participated in a host of awe inspiring challenges which led to him winning the 'Overcoming Adversity Award' at the 2012 Sun Military Awards.

Scott trained full-time with the GB Paralympic Rowing team, but narrowly missed out on selection to the Rio 2016 Summer Paralympic Games. He has now turned his attention to Nordic Skiing and competed in his first winter event towards the close of 2016.

Scott has hand cycled 350 miles across battlefields in France, won medals at the Warrior Games, climbed Ben Nevis and took part in the first ever double amputee bungee jump in Scotland.

Brett Wild

Brett has been skiing since the age of three and began racing at age seven. He ski raced for the Scottish junior development squad between the ages 15-17 and raced for the Navy and Combined Services teams



Brett started guiding Millie Knight in March 2016 and will be guiding her right through to the 2018 Paralympic Games in PyeongChang.

Competitions

At the 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.

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Key Contacts

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Key Websites

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

[Snowsport Scotland Website](#)

[Disability Snowsports UK Website](#)

[Ski2Freedom Foundation Website](#)

[Ski Club of Great Britain – Skiing with a Disability Website](#)

[Disability Snowsport Scotland \(Glenshee\)](#)

[Tudeski – A Disabled Skiing Resource](#)

[Disability Snowsports Holidays Website](#)

[Disability Snowsports Equipment](#)

[Scottish Visually Impaired Skiers Website](#)

[Para Snowsport GB Website](#)

Please note that most of these sites are external websites and information may change regularly. Snowsports Scotland cannot be held responsible for content.