



Strathcona Nordic Ski Club & Vancouver Island Adaptive Snowsports

# Skiing is Believing!

## Cross-country skiing for people with disabilities

Mountain Washington Nordic Centre, Vancouver Island

Saturday, December 15, 2018 12:00 pm to 3:00 pm



Looking for a new challenge out on the ski trails?  
Try cross country skiing from BC Para-Nordic Coaches.  
If you've skied before and want to come back to the sport, this invite is for you too!

Cross-country skiing is a great way to get out and enjoy the outdoors in winter. It can be done either standing or in a sit-ski, and can be enjoyed by people with many different disabilities, including paraplegia, amputations, visual impairments, MS, brain injuries, and more...

Is this suitable for you? (These are our minimum mobility requirements:)

- Sit-skiers must have reasonable upper body strength to be able to push yourself along in a sit-ski - there are no lifts! You should be able to transfer with minimum assistance. This clinic is not suitable for people who are reliant on a power chair or someone to push them.
- Standing skiers must have reasonable balance and be able to be on their feet for up to an hour. Non wheelchair users who have poor balance and mobility, but good upper body strength may like to try sit-skiing.

This clinic is for all levels - from complete beginner to advanced skiers who want to improve their technique. Ages 10 years and up are welcome.

Cost is \$15 and includes trail pass, equipment, and instruction.  
You may also bring one support person.

For more information and to register, contact: Sarah Henckel  
email: [henckel@shaw.ca](mailto:henckel@shaw.ca) or phone: 250-871-6767.  
Registration deadline is December 10th, 2018.