

3.3.2 CC AWAD Module Outline with Timelines

January, 2013

Classroom Session

1. Introduction	60 min
1.1 Setting the Scene	5 min
▪ CCC Paralympic Skiing Preview (video)	
1.2 Stages of LTAD for Athletes with a Disability	10 min
▪ Refer to pages 461-469	
▪ Active Start/Awareness; FUNdamentals/First Contact; Learning to Train	
1.3 Factors Influencing the Development Process	10 min
▪ Refer to pages 453-460	
1.4 Considerations for Working with Athletes with a Disability	10 min
▪ Refer to pages 470-478	
1.5 Plan an activity/practice for athletes with a disability	15 min
1.6 Prepare a Facility Safety Checklist for athletes with a disability	10 min
 2. Establishing a Program for Athletes with a Disability	 60 min
▪ Refer to "Para-Nordic First Contact Coaching Manual"	
2.1 How to Get Funding	10 min
2.2 How to Get Equipment	10 min
2.3 How to Start a First Contact Program	40 min

On-Snow Session

3. Observation / Explanation in a Camp Environment	90 min
3.1 Hands on experience for coaches before engaging with the camp:	
▪ coaches try sit skiing	
▪ coaches try guiding and being blind	
 4. Practical Experience - Assisting Camp Coaches	 90 min
4.1 Coordinate the following with camp athletes, including sit-skiers:	
▪ The coach leads athletes with a disability in appropriate activities	
▪ The coach introduces basic ski skills to athletes with a disability	

Total course time is approximately 5 hours.