

CARVING THE FUTURE

Becoming Para Ready







Becoming Para Ready


Becoming Para Ready Resource

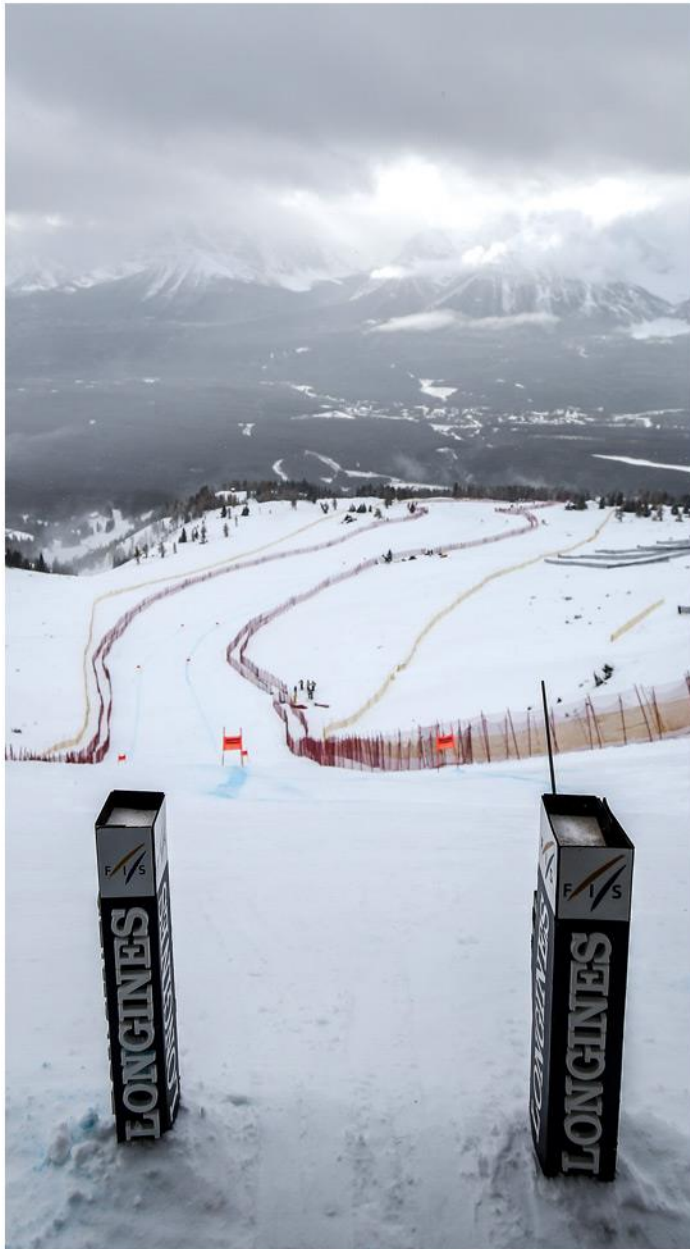
Guide to Inclusion and integration in ski racing

- Integration in Ski Racing is the process of bringing para-athletes into established race clubs and programs.



4 Parts

- Para Proficiency
- Becoming Para Ready
- Para Alpine in Canada
- Carving the Future





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**PARA PROFICEINCY**

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Integration and Inclusion Models

5 models of Integration and Inclusion

Integrated (Open): *Training/Programming takes place within a ski club without modification or Para-specific coaching*

Included (Modified): *Training/Programming takes place within a ski club with modifications and coaching specific to your needs*



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Integration and Inclusion Models

Parallel: *Training/Programming takes place alongside the ski club (same time and place), but with modification and a dedicated Para Coach*

Separate: *Training takes place and is supported by the ski club but is Para focused and takes place at a different time and place*

Disability Sport: *Training/Programming is supported entirely by a Disability Sport Organization*





Becoming Para Ready

Principles & Framework



Becoming Para Ready

The 5 BPR principles were created to support all stakeholders in the sport ecosystem (sport leaders, clubs, coaches, parents, athletes) to think about how they can collectively provide quality and safe experiences for all athletes with a disability. The principles are high level common threads that should be (re)considered when you are working through the entire BPR framework.



5 BPR Principles

1. Be proactive
2. Include the voices and choices of people experiencing disability
3. Be reflective and purposeful in your actions
4. Disability is one facet of identity
5. Disability is a social construct and impairment is experienced on a continuum
 - People experience impairments, that may seem similar, differently.
 - Disability has been created through social understandings and it may vary by social, cultural, and individual interpretations.





BPR FRAMEWORK 2.0

The BPR framework (2.0) was created to simplify the P's into a more workable format. The hope is that the three main categories will make it easier to use across sports and all levels of stakeholders.



PARA ALPINE IN CANADA

Para-Alpine in Canada

- Under ACA Banner since 2002 in lead up to Vancouver Games
- Most Successful Canadian winter Paralympic Sport



- Compete in all Disciplines
 - DH
 - SG
 - SL
 - GS
- 3 Categories
 - Visually impaired
 - Standing
 - Sitting

THE PARA PATHWAY

- Awareness
- Involvement
- Independence
- Integration
- Prospect
- NextGen
- World Cup



AWARENESS

Athlete learns that skiing is available for people with disabilities, they find a club and also learn about the Paralympics.

INVOLVEMENT

Athlete gets involved with skiing. Depending on their situation this could be with an adaptive club, ski school, family or local race club.



INDEPENDENCE

Once an athlete is an independent skier, they may be ready for integration into a race program or carving the future event.

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Carving the future events are an introduction to racing. For independent skiers, athletes may attend as many "CTF" events as they wish. The primary goal of these camps is to help athletes integrate into either an adaptive program or a local ski club.

INTEGRATION

Participants join others of the same skill level and proceed through the "LTAD" within that program.



PROSPECT

Athletes attend ACA training camps throughout the season. ACA takes on the role of program advisor and assists with coach education, integration support and long-term planning.



NEXT-GEN

Next-Gen athletes are dedicated to ski races, have demonstrated sufficient ability and a desire to race at a high level. Programming is provided by ACA with the goals of Qualifying athletes to the we and Paralympic Games.

WORLD CUP

There is full time summer and winter programming provided by ACA. The goal for athletes at this level is to medal in World Cups, World Champions and the Paralympic Games.





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Carving the future

The Carving the Future program is a multidimensional approach to athlete development and focuses on three main pillars:

1. **Equity, Diversity, Inclusion and Integration:**

Carving the Future provides opportunities for Canadians with a disability to try ski racing with a national team coach and helps the facilitation of athlete development at all levels. It aims to break down barriers of participation for all levels of sport, from grassroots to High Performance.

2. **Alignment of the Para Alpine system:**

Carving the Future aims to bring together ski hills, ski clubs and adaptive ski programs from Coast to Coast to Coast with Alpine Canada, to introduce racing to athletes, coaches, volunteers, and families.

3. **Athlete Identification:**

Carving the Future works closely with Para Alpine stakeholders across Canada to identify potential next generation Paralympic Winter Games Athletes, and to provide support to those athletes in their development.



CARVING THE FUTURE



➤ Events

- CTF Try-it
- All Mountain Camps
- CADS
- Coach Interface

➤ Resources

- Para Alpine LTAD
- Para eModule
- Becoming Para Ready Resource





CONTACT

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