



## **Sit Ski, Ski & Snowboard Lessons**

### **Overview**

Be part of life changing memories assisting guests to enjoy the freedom of sliding on the snow. Your team will learn how to help adaptive guests with mobility challenges or neurodivergence use a sit ski or other skiing aids and explore the mountain as independently as possible.

### **Event Details**

Your staff will be partnered with adaptive guests and RMA instructors or trained volunteers. Prior to the start of your day, training will be provided on how to assist each guest. Your team will assist a group of around 5-15 adaptive guests. Guests will vary in age and abilities. Guests may be living with neurodivergence or physical challenges. The RMA guests attending will be determined by your group size and ability. For this type of booking we often work with disability groups who are looking to enjoy a day in the mountains and take part in an activity they would not normally partake in. Disability groups may attend the activity with caregivers or staff members who will be on hand to assist, as needed.

### **Requirements**

#### **Skill Level**

All staff must be a minimum blue runner level skier or snowboarder in order to take part in this experience.

#### **Gear**

Thermal & warm layers, warm socks, neck tube, waterproof pants and jackets, ski gloves, water, lunch and snacks. Helmet, goggles, skis or snowboard (rentals available at Gear Up. Canmore, or Sunshine Village).

#### **Other**

Your team must provide their own ski or snowboard equipment (rentals are available on site) and lift tickets. RMA may organize tickets & rentals on your behalf if requested, for an additional cost. Your team

will be required to take part in an orientation (via Google Meets, or in person), prior to event, and complete a Waiver.

**Availability**

December - April

**Schedule\***

8:00am - 5:00pm

**Location**

Sunshine Village Resort, Banff.

**Group Size**

10-40

**Pricing\*\***

From \$3000

**Additional Extras**

Transportation, lift tickets, equipment rentals, and lunch

\*Times are approximate

\*\* Pricing is subject to change