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2018 2019 VOLUNTEER INFORMATION & SCHEDULE:

- **STEP 1: Purchase CADS Membership** <http://cadsalberta.goalline.ca/event-search.php?type=49>
- **STEP 2: Register online prior to attending** <http://www.cadsedmonton.ca/volunteers/become-a-volunteer/>
- Registration Evening- Monday, November 5th, 2018 drop in between 6:00pm - 8:00pm @ **Snow Valley**.
- Introductory Training Weekend: Saturday, Dec 8th & Sunday, Dec 9th @ **Rabbit Hill** from 9:00am - 4:00pm. **All new volunteer instructors to attend.**
- Instructor Training Weekend: Sat. Jan.12th or Sun. Jan.13th, 2018 9:00am – 4:00pm @ Rabbit Hill. All instructors will be divided into two groups to attend on **either** Saturday or Sunday.
- **Monday 8 Week Program-** Monday, January 14th until Sunday, March 9th, 2019 7:00pm – 9:00pm @ Rabbit Hill.
- **Saturday 6 Week Program-** Saturday, January 19th until Sunday, March 9th, 2019 9:30am – 11:30am @ Rabbit Hill.
- Note: The final lesson is on Sunday, March 9th, it is a Family Fun Day & BBQ from 10:00am – 3:00pm
- **No lessons on Saturday, February 16th & Monday, February 18th & Saturday, February 23rd**

REGISTRATION

The following information is intended to introduce our programs to new volunteers, and to serve as a reminder to returning participants in the program. If you have any questions, please call (780) 669-3856.

- New Volunteers & Volunteers requiring a police check are encouraged to register @ Snow Valley in Edmonton on Monday, November 5th, 2018 between 6:00 pm - 8:00 pm.
- All new volunteers residing in Edmonton & Areas (Beaumont, Sherwood Park, St.Albert, Morinville, Fort. Sask, Leduc, Spruce Grove & Stony Plain) need to complete an EPS police information check. Please bring two pieces of government issued ID including a photocopy of your ID with you to registration (Driver's License, Passport, Birth Certificate, Alberta Health Care, etc.) **(Student ID will not be accepted)**. All other residents will be required to obtain a police check at their local police detachment. Please contact Sharon Veeneman; coordinator@cadsedmonton.ca to obtain details. CADS Edmonton will provide the police check at no cost to volunteers. CADS Edmonton reserves the right to refuse memberships based on the outcome of this screening. CADS Edmonton members must disclose any information about themselves that may affect their involvement in the program.

PLEASE REGISTER ON-LINE EARLY TO ASSIST OUR SEASON PLANNING

CADS VOLUNTEER MEMBERSHIP FEE

All volunteers (and students) with CADS Edmonton are required to hold a current membership with CADS National. The membership provides 2 types of insurance coverage for the season through CADS National (sports injury and third party liability) and offers member benefits (such as discounts for skiing/snowboarding and sporting equipment - details are listed on the website <https://cadsalberta.ca/ticket-discounts/>). The cost is \$45 per year available through Goalline. CADS Edmonton has previously subsidized this amount, but for financial considerations is asking volunteers to support the program through this contribution. We do not want the cost to be a barrier to people volunteering, so if financial assistance is required please feel free to contact the program coordinator (Sharon Veeneman). We appreciate volunteers supporting CADS Edmonton through this financial contribution to offset costs for the program.

WEATHER

If the ambient temperature **AT THE EDMONTON INTERNATIONAL AIRPORT** is -20C or lower (or extreme conditions exist) at 4:00pm on a Monday lesson night or at 5:30pm on Friday for a Saturday lesson, the lesson will be cancelled. **DO NOT call Rabbit Hill. Please call our Info Line (780-577-1442)** if you are uncertain if the lesson is cancelled. Info Line

is updated at 4:30pm on Mondays and 6:00pm on Fridays.

CADS EDMONTON PROGRAM

LEARN TO SKI/SNOWBOARD or SKI/SNOWBOARD IMPROVEMENT

The program is held at Rabbit Hill Snow Resort, and runs on Monday nights, 7:00pm - 9:00pm & Saturday mornings 9:30am – 11:30am beginning in January. Volunteers provide one-on-one ski/snowboard instruction for students at all levels, from beginner to advanced.

LEARN TO TRAIN – ATHLETE DEVELOPMENT

This program provides the more advanced student with an opportunity to further their skiing or snowboarding abilities. This program has been designed to provide advanced students with a chance to develop higher-level techniques, on varied terrain and snow conditions to help progress them to independent skiing or snowboarding.

Training objectives include:

- refining basic skiing/snowboarding skills & safety/awareness
- technical free skiing/snowboarding
- introduction to new varied terrain/conditions in the mountains
- introduction to safely loading/unloading new lifts
- learn to train, train to train & train to compete

Participants at entry level should:

- have developed basic skiing/snowboarding skills
- be able to ski/snowboard top to bottom easily on moderate terrain
- be capable of loading and unloading from all ski lifts without assistance, as appropriate
- be capable of putting on and taking off ski/snowboard equipment without assistance.

WHAT TO DO ON THE FIRST NIGHT (SKI, SNOWBOARDING and ATHLETE DEVELOPMENT)

Arrive at the CADS Edmonton Clubhouse ½ hour before lessons to get ready. CADS volunteers will be handing out lift tickets and taking attendance, **please check in every night**. Make arrangements to meet with your student in the same area each week. Sit ski students and instructors will check in at the equipment room in the CADS clubhouse.

VOLUNTEERS ARE NEEDED

We always need more volunteers on lesson nights, and to enhance our programs throughout the year.

- **Instructors:** On the hill, skiers/snowboarders are needed as instructors, teaching assistants and guides. CADS Edmonton will provide volunteer instructors on hill training in instruction techniques for the various disciplines of disabled skiing/snowboarding. This occurs primarily at the introductory training session in December and at the January training weekend prior to the season, thus it is very important to attend the required training. In addition to local training, CADS Edmonton encourages instructors to pursue CADS certification through courses offered either locally or in other zones (financial assistance toward attending such courses may be offered upon approval by the CADS Edmonton Board).
- Non-skiing volunteers in snow boots can assist instructors and supervisors on the bunny slopes. Volunteers are indispensable when assisting in the lodge and helping organize fun events at the hill.
- **BOARD OF DIRECTORS:** You can assist with program planning and administration by participating as a member of the CADS-Edmonton Board of Directors.