





Feel the Freedom. BOUNDLESS ADAPTIVE SPORTS.



Who we are

Adaptive Sports Connection (TAASC is Adaptive Sports Connection) empowers children, adults, and veterans with disabilities through sports and wellness programs. Founded in 1992 in Columbus, Ohio, Adaptive Sports Connection helps those with disabilities and their families stay active.



Our Mission

We connect individuals with disabilities, their families, volunteers, and community organizations through a lifetime of adventure sports.

We accomplish this by providing volunteer-driven adventure opportunities, promoting teamwork, and fostering self-advocacy through coaching and mentoring.



Who We Serve

People (adults, children and their families) challenged with amputations, combat-injuries, post-traumatic stress syndrome, spinal cord injury, multiple sclerosis, cerebral palsy, autism, other neuromuscular /orthopedic conditions, downs syndrome, brain injuries, visual impairments, **and more...**



As a Adaptive Sports Connection volunteer, you are expected to be **courteous and professional** in your interactions with participants, families, community partners, medical professionals, Adaptive Sports Connection staff and other volunteers, as well as any outside sources you may contact for assistance.



- You will be asked to submit to a criminal background check every two years if you are over 18 and work with participants more than 3 times in a season. Volunteers who refuse to comply with this policy will be refused assignment.
- Volunteers must keep a current volunteer profile online, sign a release of liability at least once per year, and read and understand training materials, or attend any volunteer trainings as deemed necessary by staff and lead volunteers before volunteering



- Volunteers must not be alone with a person under the age of 18 or a vulnerable person at any time. Volunteers do not provide any kind of personal assistance to participants or minors.
- The consumption of alcohol or illegal drugs, or substances known to decrease your ability to serve in a volunteer role before the end of any Adaptive Sports Connection event is strictly prohibited.



- If you encounter defective equipment, an unsafe situation, or observe others working in an unsafe manner, resolve the situation if you're able. Please report such incidences to staff or a lead volunteer immediately.
- Return all equipment to Adaptive Sports Connection after each activity, and ensure that it is cleaned and stored in its proper place. Please make note of any concerns or equipment issues for future repair by filling out a repair ticket and following up with staff or a lead volunteer.





- Volunteers who are unable to attend a Adaptive Sports Connection program that they have previously registered for must contact the Volunteer Coordinator or email info@adaptivesportsconnection.org to communicate their absence as far in advance as possible.
- Volunteers are expected to be neat and clean when volunteering with any Adaptive Sports Connection program. Clothing may not be revealing, suggestive, or contain any lewd or profane language.





Anything that "goes wrong" at any Adaptive Sports Connection event is considered an incident, and an incident form will need filled out for every incident at a Adaptive Sports Connection program. Any volunteer who witnesses an incident must speak with staff or a lead volunteer to assist in filling out an incident report form as soon as the incident is resolved.





Adaptive Sports Connection staff and volunteers may only render medical assistance to a level that corresponds directly to their current trainings and certifications. Volunteers may not administer prescription or over the counter medications without proper trainings (i.e advanced First Aid, Wilderness First Responder). Any time First Aid is given, an incident report must be filed.



Do not attempt to counsel participants and families or act as a social worker. Refer families or individuals to the Adaptive Sports Connection office so that we may put them in touch with professional counselors or the appropriate social services.



Please ensure that participants have adequate clothing and the necessary safety equipment before they begin participation in a Adaptive Sports Connection activity. Check with a staff member or a lead volunteer if you are unsure about equipment or clothing needs for the activity.



- Volunteers witnessing or experiencing abuse of any kind must report it immediately to a Adaptive Sports Connection staff member so that they may report and follow-up on any such incidents.
- Volunteers serve Adaptive Sports Connection at the sole discretion and will of the organization; either the volunteer or Adaptive Sports Connection may end the relationship at any time.



Disability Awareness

- Remember, they are a person too use person first language (*i.e.*: an adult with Autism versus an Autistic adult.)
- Be knowledgeable about the disability your participant may have (*i.e.*: ask to see Participant Profile from staff, ask staff questions, talk with parents or caregivers or volunteers who have worked with them.)
- ✓ **Break down activities** into smaller tasks.
- ✓ **Start with small goals** to accomplish a bigger goal.
- ✓ **Building a relationship** fosters trust and is important for the individual's success.
- ✓ **Be open-minded** and non-judgmental.
- ✓ **Not every person needs assistance**, ask if you can help them and respect their choice.
- ✓ Use consistency in vocabulary, behavior support, and your feedback.
- Remember that people who use wheelchairs, walkers or canes see these devices as a part of their personal space. Avoid touching or moving these aids without permission.
- Phrase requests and language in a positive way (i.e.: "Don't touch that" can be positively rephrased as "Hands to self, please".)



Person First Language

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Old Terminology	Politically Correct Terminology
Handicapped / Disabled	Person with a disability.
Afflicted / Stricken with	Person who has
Victim	Person who has survived.
Crippled / Wheelchair bound	Person with a mobility impairment. Person who uses a wheel- chair.
Retarded / Retard	Person with a developmental/intellectual disability.
Lunatic / Nuts / Crazy	Person with a mental illness.
Deaf / Blind	Person with a hearing impairment, Person who is deaf. Person with a visual Impairment (low vision), Person with low vision, Person who is blind (no vision).
Normal	Person without a disability or able-bodied/typically developed.



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Be patient with those who have difficulty speaking. Do not finish sentences or answers for participants. When you do not understand, something said, ask them to repeat. Try repeating what you thought you heard. Do this as often and as much as you need. Ask him/ her to rephrase if you feel you cannot understand a word or sentence. If you still don't understand, ask a staff or lead volunteer to help you. It's important that the participant's needs are heard and understood.



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If your participant is non-verbal, you can still communicate and have a great experience together! Learn about your participant before meeting them. They may use assistive devices such as technology, pictures, or written word. If you feel like you are having difficulties communicating, ask your lead or staff for help and tips.



When guiding a person with a visual impairment, always ask the participant how he or she prefers to be guided. Be consistent and use clear communication. Remember, you are the person's eyes in an unknown environment.



Many people with SCI use wheelchairs for mobility. Remember that just because the person is in a wheelchair, it does not mean that there is anything wrong with the person's brain or hearing. A wheelchair provides a mechanism for moving around and becomes part of the person's personal space. Never move, lean on, or touch a person's wheelchair without permission. Always ask a person in a wheelchair how you can help before doing so.





If it comes up naturally, or you need to know something specific, feel free o ask about the participant's disability. Let the participant, or his/her significant other or caregiver guide you. Be respectful and sensitive, and focus your questions on information that is pertinent to the activity. For example, ask "Can you describe your vision to me?", rather than "How did you lose your eyesight".



Speak directly to a person with a disability, even if they have an interpreter, companion, or attendant. Explore your mutual interests and conversational topics just as you would with any new acquaintance. People with disabilities have much more to discuss than their impairments!



Appreciate what people CAN do. The difficulties a person faces often stem more from society's attitudes and barriers than from the effects of impairment. Focus on ability and use the participant's abilities to compensate or adapt. Remember that you can always ask staff questions about how to work with your participant or how to modify an activity for success.





- Everyone is required to wear an approved and properly fitted ski helmet while skiing or riding.
- Everyone must know and abide by Your Responsibility Code at all times while skiing and riding.
- Volunteers should be familiar with their student's disability and other related conditions before starting the lesson by reading their participant profile and by performing a skier's assessment.





All equipment must be checked before, during, and after each lesson. Any deficiency that affects the operational safety of the equipment must be reported to staff or a lead volunteer immediately and taken out of service until the issue is resolved. All equipment, regardless of condition, should be returned clean and free of snow to its proper place after each lesson.





- Any participant who has experienced a seizure in the last 24 months, or who you are not sure will remain safely seated on the chairlift, is required to wear a retention harness while riding the chairlift.
- Prior to using any sit ski equipment, ensure that the evacuation system is ready and accessible. All sit skis and biskis with fixed outriggers must be tethered by a volunteer at all times.



When tethering any sit or stand equipment from behind, the tether line must be attached with a girth hitch to the instructor's skin at the wrist. This is to prevent the tether line from coming loose if the instructor loses their grip on the line, or if the instructor were to fall. The tether must be attached to the equipment with a carabiner or girth hitch. If applicable, the tether line must be attached to the manufacturer's recommended attachment point.





General Essential Eligibility Criteria

Everyone must acknowledge the ability to perform the following EECs

- 1. Be able to manage personal care independently or with assistance of a companion
- 2. Be able to transfer on/off/in/out of equipment independently or with the assistance of a companion. You may need to provide a companion to assist with transfers depending on program
- 3. Be able to follow verbal or visual instructions and effectively communicate independently or with assistance of a companion
- 4. Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use/influence) to self or others, independently or with the assistance of a companion
- 5. Use equipment appropriate for personal weight without going beyond or below weight capacity of program equipment
- 6. Be able and willing to wear appropriate protective and safety equipment, such as helmets and life jackets



Skiing Essential Eligibility Criteria

Everyone must acknowledge the ability to perform the following EECs

- 1. Meet all General EECs
- 2. Be able and willing to follow Your Responsibility Code, either independently or with the assistance of a companion
- 3. Be able to (once shown) to load, safely ride, and unload the chairlift independently or with the assistance of a companion
- 4. Be able to, either independently or with the assistance of a companion, get up after a fall and continue skiing
- 5. Be able to tolerate winter temperatures while appropriately dressed for the duration of the lesson



Your Responsibility Code

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have knowledge and ability to load, ride, and unload safely.

When working with students and while skiing during personal time, instructors and volunteers should be good role models for on hill safety. Instructors should incorporate the Responsibility Code into their lessons, checking for understanding.

Ski Area personnel have the ability to revoke someone's lift ticket if they are not following the guidelines set up in the Responsibility Code.





Chairlift Procedures

General Loading Guidelines

Always explain the loading procedure to the student before loading. Use common sense and focus on safety. Allow the student to be as independent as is safely possible.

- Perform a dry run with the participant before you get in line to get on the chair lift. Make sure all straps are out of the way and that the safety straps are readily available.
- Make sure that participants keep all items that are held in their hands (outriggers) in front of their body or free from getting caught during the load.
- Use proper lifting techniques. Lift with your legs, not with your back.



Chairlift Procedures

Loading Speeds

Prior to entering the loading ramp, the instructor should notify the lift attendant if the desired speed of the chair for loading, unloading, and of any special instructions.

- It is the instructor's responsibility to make certain that the lift attendant knows the desired speed for the load and unload before entering the load area. Never assume the lift operator knows that you want a full speed load or will remember what speed you need from the last run you took. Also, do not assume a lift operator at the top of the chairlift will know that you want the chair to stop.
- It is acceptable to let empty chairs pass if either the instructor or the student is not ready to load.



Chairlift Procedures

Unloading Guidelines

- Unlock carabineer and unwrap the safety line 20-30 feet prior to the unload, or at a time determined by the instructor and communicated to the assistant instructor. Try to make the distance unlocked from the chair as short as possible.
- Explain the unloading procedure to the student prior to unloading.
- Make visual contact with the lift operator and indicate your desired speed for the unload (stop, slow, full speed).
- If the safety of the unload is in jeopardy, remain on the lift and notify the lift operator to stop the chair. Never jump from the chairlift.

Safety Harness and Straps

- All students using a mono or bi ski and all students wearing a harness must be secured to the chair by a safety strap. The safety strap should be connected as soon as possible.
- For the unload, verify that the carabineer on the safety strap or harness will unlock between the last tower and the ramp.



How to Register for an Event



ADAPTIVE SPORTS CONNECTION

How to Register for an Event

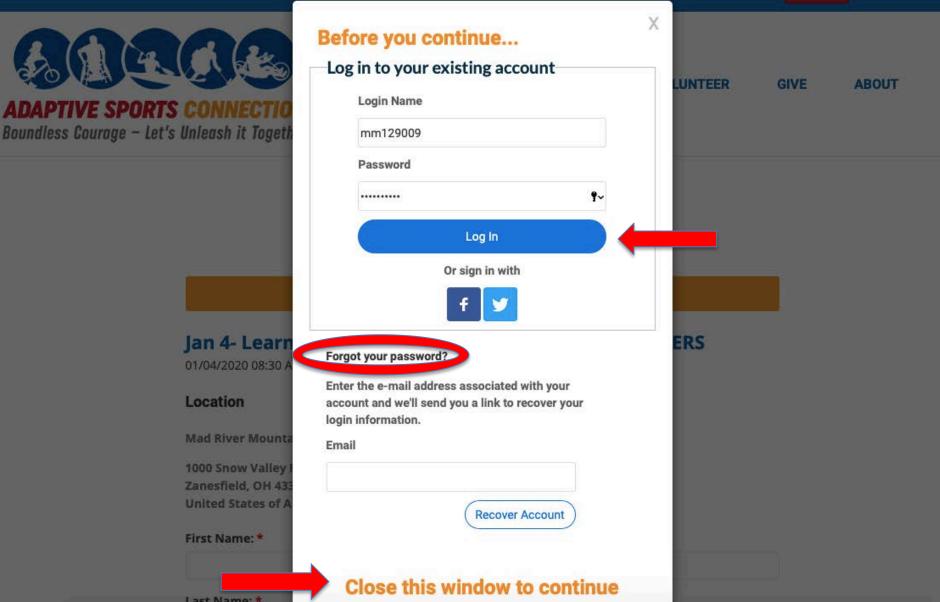
ASC Volunteer Calendar

Sun	Mon	Tue	Wed	Thu	Fri		Sat	
29	30	31	Jan 1	2		3 Mad River		
					ing Volunteers urday, Jan 4, 2020			
5	6	7	8	Description Registration is located in the Adaptive Sports Connection ski room, at the back side of the rents building.				
12	13	14	15	Tim dres Mor 9:00 Afte	Time: Volunteers should arrive early so they are dressed and ready to ski at the time of the session Morning Session: Arrive at 8:30am, ready to ski by 9:00am Afternoon Session: Arrive by 12:00pm, ready to ski by 12:30pm			
19	20	21	22		ister Here			
26	27	28	29	30		31		
				Ve	erans Ski Day @ Sno	winter Spo	rts challe	

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How to Register for an Event



Welcome Maddison Mattey (Account# 783)

You do not have an active membership. Join Now

Event Registration

Jan 4- Learn to Ski & Ride @ Mad River Mtn VOLUNTEERS

01/04/2020 08:30 AM - 04:00 PM ET

Location

1

Mad River Mountain

1000	Snow Valley Road
Zane	sfield, OH 43360
Unite	ed States of America

Number of Attendees: *

Include myself as an attendee:

Relation of Registrant to Attendees:





Participants Register for Events
Update Participant Profile
My Membership
My Registered Event History
My Donation History
Register for Volunteer Opportunities
Update Volunteer Profile
Peer-to-Peer Fundraising
Change Password
Board of Directors Portal
Login Home
Log out



Attendee 1

First Name			
Maddison			
Last Name			
Mattey			
Email			

maddisonmattey@yahoo.com

Birth Date(MM/DD/YYYY)

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1992			

Skiing Ability

evel 1 Skier		
Level 2 Skier		
Level 3 Skier		
Non- Skier		

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Select your experience level: (check one):

O New Volunteer

O Ski Lesson Helper

Assistant Instructor

O Lead Instructor

Other (registration, etc.)

Adaptive Discipline (check all that apply based on your experience level above):

🗆 Bi-Ski

Blind

🗆 Mono-Ski

Snow Board

2-Track

🗆 3 or 4-Track

New Volunteer/Unsure

Do you need ski or snowboard rentals? * Yes No

Comments

Event Admission *

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OVunteer

Event Session

Morning Session 9am-12pm

Afternoon Session 12:30pm-3:30pm



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Event Registration Summary

Please review your registration information before proceeding to the payment page.

Event: Jan 4- Learn to Ski & Ride @ Mad River Mtn VOLUNTEERS

01/04/2020 08:30 AM - 04:00 PM ET

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Attendee	Admission	Amoun
Attendee 1: Maddison Mattey	Ticket: Volunteer	Free
	Session: Morning Session 9am-12pm (01/04/2020 09:00 AM - 12:00 PM)	Free
	Skiing Ability: Ski Vol Experience Level: Assistant Instructor Adaptive Ski Discipline: Bi-Ski Rental needs: No Comments:	
This registration is free.		

Edit

Register for another Event Previ

A Day on the Hill

Volunteer arrival 8:30am, ready to ski/morning meeting 9:00am

When you arrive, you will sign in, get your lift ticket and rental coupon, and get dressed/prepped for the ski day





Mad River Mountain



Snow Trails







ALAN S-05 - RICK L-CHOE-DAUPPHillep CONNOR POST HEATHER-GAR - 18AAC. NOAW DAMON-JESSICA- ERIC STEVE W. 255 MARSHAL - SAM M-NOAH, WILL (KEITH) CHRIS 27 SHAWN-ISAIAH VI CLINIC SCOTT-KEITH-KAREN CHLOES-MISSY-TODD BETH, IMARIA, ELLIE, ST CLINE, Tom HANK-LAURA-KAYLA-WES-MARRY



Personal Skiing

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Level 1	Level 2	Level 3
Ski conservatively	Ski moderately	Ski aggressively
Prefer slower speeds	Prefer a variety of speeds	Normally ski at high speeds
Prefer easy or moderate	Ski on varied terrain,	
slopes	including some difficult terrain.	Prefer steeper or more challenging
	Note: All skiers who do not meet	terrain
	all qualifications of a level 1 or level 3 skier are classified as a level 2 skier	
	Ski conservatively Prefer slower speeds Prefer easy or moderate	Ski conservativelySki moderatelyPrefer slower speedsPrefer a variety of speedsPrefer easy or moderate slopesSki on varied terrain, including some difficult terrain.Note: All skiers who do not meet all qualifications of a level 1 or level 3 skier are



Personal Skiing

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Level 1 Tasks	Level 2 Tasks	Level 3 Tasks
 Wedge Turn Wedge Christie Hockey Stop Basic Parallel 	 Basic Short Radius Turn Carved Uphill Arc Intermediate 1 Ski Activities 	 L3 Medium Radius Carved Turns Pivot Slips Dynamic Leapers

http://www.psia-c.org/alpine-tasks/



- Every Saturday from January Mid March at Mad River Mountain and Snow Trails Resort
- Morning session and afternoon session
- \$45/member, \$100/non-member. Every attendee may purchase 1 buddy ticket (\$25) to ski with them. The participant and buddy each receive a lift ticket, equipment rental, and lesson



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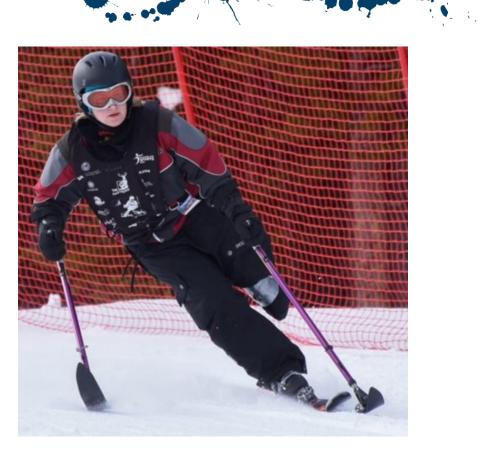






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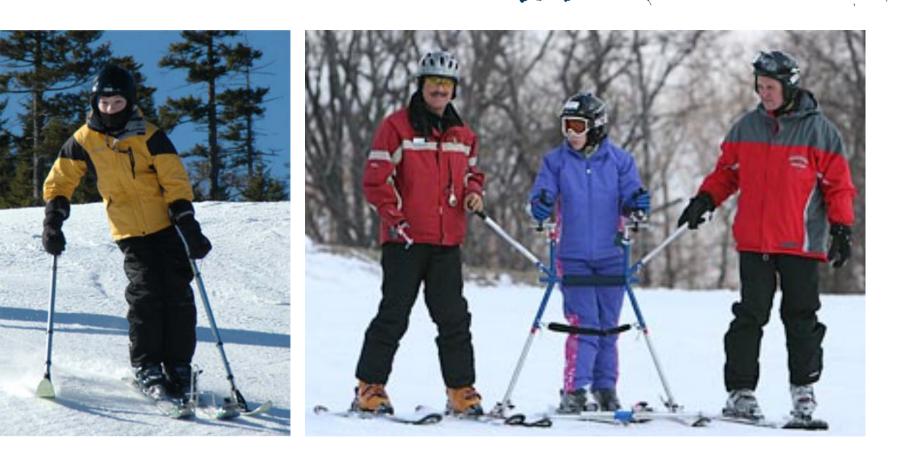








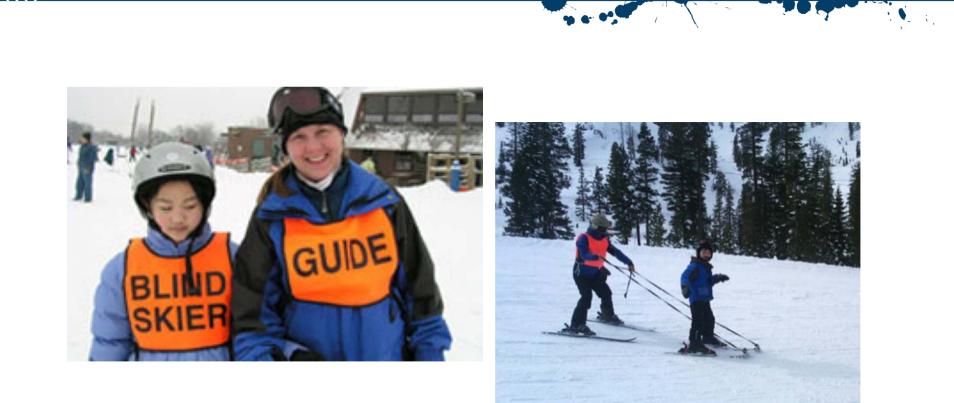
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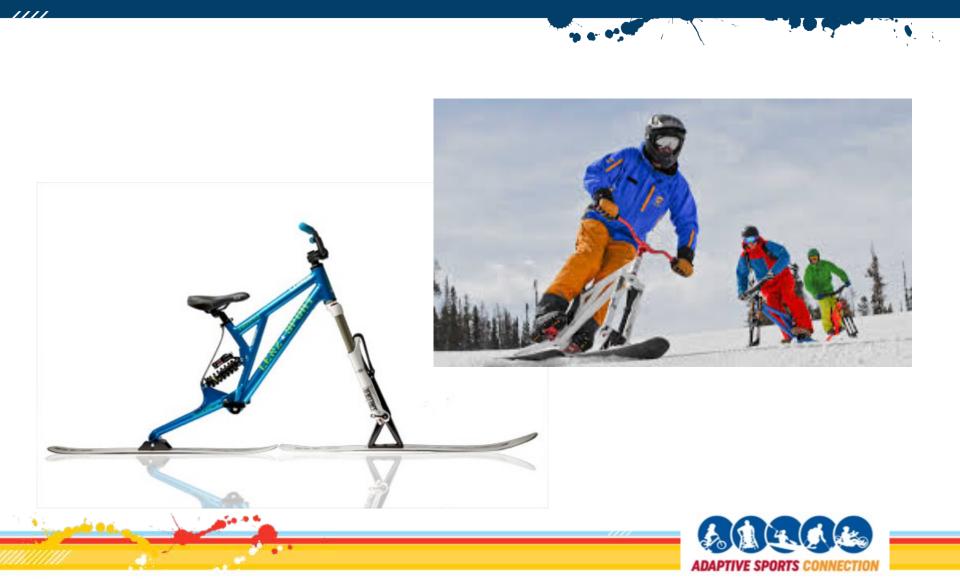


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Purpose: To help you as the instructor gain a complete picture of the student's goals and abilities to help create a realistic lesson plan. The assessment must consider:

- The cognitive, affective, and physical aspects of disability (See CAP sheet)
- The student's stance, gait, balance, strength, and mobility
- Medications the student is taking and any side effects



The first step is a **Visual Assessment**. This begins as the student walks in the door with general observations, and then more specific questions to the skier. Things to consider in visual assessment are:

- What assistive devices is the student using? The student's mobility and need for assistive devices will help you understand which adaptive ski equipment they may need.
- Did the student need help opening the door? This will give you a clue to their grip strength and coordination, as well as their degree of independence.
- If the student is using a wheelchair, what type is it? This can give you insight to the student's coordination and balance, as well as to their functional muscle groups.
- Is the student outgoing or withdrawn? Are they excited or fearful about their lesson? This will help you to determine an appropriate teaching style for the student.
- Is the student dressed appropriately? Lack of appropriate attire probably indicates a student who has never skied before.



Next, you should perform a **Physical Assessment**. This allows you to gather specific information about the student's disability and physical condition. Some questions to get you started are:

- Does the student have any related or unrelated secondary disabilities such as vision or hearing loss?
- How long has the disability been present? People with a recent injury may be weak or unaccustomed to their current situation.
- Has the student undergone major surgery in the last year? This could require a different setup or teaching method.
- Is the student taking any medication and, if so, what are the side effects?



As you gather more information, you may need to do some simple exercises to help you evaluate:

- Functional Musculature: Determine which muscle groups the student can or cannot use
- Strength: Evaluate the primary muscle groups needed for a specific discipline of adaptive skiing
- **Balance:** Have the student lean to one side and return to upright. Try again with their eyes closed
- **Coordination:** Have the student perform physical tasks, looking for fluidity and efficiency of motion Flexibility and Range of Motion: Students with disabilities often have restricted range of movement due to join fusion, muscle rigidity, or muscle atrophy
- Motor and Sensory Deficits: Use questions and simple tests to determine what parts of the body the student can feel and control
- Vision and Hearing: Some students may forget to mention secondary visual or auditory impairments that are less obvious than the primary impairment. Vision should be tested inside and outside to assess the effects of bright light and shadow. If the student has a hearing impairment, find out how severe it is. Does the student wear a hearing aid or rely on sign language? Do they hear better out of one ear than the other?





In addition to these questions, also ask about the student's prior experience with skiing and other sports. By the time the assessment is complete, you should have lots of important insights into the student's needs, abilities, and goals for the lesson, helping you to tailor the equipment, teaching style, and lesson area to help the student be as successful as they can be!









in volunteer hours over the past two years



volunteer visits







Service to



Dublin, Upper Arlington, New Albany, Marysville, Wellington, Columbus Academy, Worthington, Hilliard, Olentangy, Ohio State School for the Blind, West Central School, Bridgeway Academy

Service to



Ohio Health, Nationwide Children's Hospital, The Ohio State University Wexner Medical Center, Marysville Memorial Hospital, Ohio Health Rehab Hospital

Service and partnerships with



Ohio Veterans Association: Columbus, Cleveland, Dayton, Chillicothe, Cincinnati, Wounded Warrior Project, VFW, Warfighter Sports, Ohio Honor Project, Overwatch, Resurrecting Lives, and the National Veterans Memorial and Museum

Service and partnerships with



ADD - Association for Developmentally Disabled Amps 4 Ohio Ampuski Audobon Society Autism Society of Central Ohio CAST ministries City of Dublin City of Westerville Cleveland Metro Parks Cleveland Water Ski Club Columbus Apartment Association Columbus Metro Parks Columbus Parks and Rec Columbus Sled Hockey Columbus State University Concord Township Fire Dept Delaware County board of DD Disabled Sports USA Down syndrome Association of Central Ohio





American Electric Power, Anthem, Cardinal Health, Americas Home Place, Home Depot, Nationwide Insurance, DSW, Thrivent, Grange Insurance



How We Make An Impact

Research has confirmed that an active lifestyle for people confronted disabilities makes them more likely to:

- Be employed (52% vs. 33%)
- Be more physically active (64% vs. 30%)
- Lead a healthy lifestyle (52% vs. 25%)
- Lead a fulfilling life (72% vs. 46%)
- Enjoy socializing more (80% vs. 70%)
- Look forward to the rest of their life (81% vs. 61%)



Some of our Partners...



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THE CITY OF COLUMBUS







