



Special Olympics 10

Every person, in every sport, in every part of the world is a unique individual. Children with intellectual disabilities are no different. Follow these steps and include all persons in snow sports.

1.

Be patient

Persons with an intellectual disability require more time. Be patient and stay calm.

2.

Use clear communication

Use simple, concise and consistent language and avoid using complex analogies or metaphors.

3.

Listen

Communication works both ways. As well as talking, listen to a person with an intellectual disability. You will receive a lot of information.

4.

Select an appropriate slope

Safety is imperative. When skiing or snowboarding with a person with an intellectual disability select a slope and lift that is suited to their level.

5.

Modify only if needed

Plan lessons or day on the snow with the needs of a person with an intellectual disability in mind. Modifications should be made only when it will help the person learn better.

6.

Build a relationship

Take time to get to know a person with an intellectual disability. Identify their likes, dislikes and what interests them about snow sports.

7.

Respect the individual

A person with an intellectual disability is a person. Therefore, treat them as you would like to be treated.

8.

Meet their goals, not yours

Work with the person to identify their goals and then work towards those goals.

9.

Respect their autonomy

Having an intellectual disability does not mean they have no opinions or valid input. Encourage and welcome their contributions.

10.

Be creative

There are many ways to teach the same technique. Do not be afraid to use these various methods with a person with an intellectual disability.



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