

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.