

CADS Level 3 CC Course Conductor Booklet



**BECOME AN
AMBASSADOR**

CADS Technical Committee

11/10/2016

CADS Mission

CADS provides opportunities for people with disabilities to experience the joy of participating and competing in alpine adaptive snow sports. CADS does this by developing and promoting adaptive snow sports through partnerships, training, and instructor certification programs.

CADS Vision

CADS is recognized nationally and internationally for its leadership in alpine adaptive snow sports.

Purpose of the CADS Technical Committee

The purpose of the Technical Committee (TC) is to provide excellent technical expertise and oversight in the delivery of training programs and certification requirements for CADS Instructors thereby contributing to the growth and enjoyment of adaptive snow sports.

Introduction

The certification standards contained in this document were developed by the Technical Committee of the Canadian Association for Disabled Skiing (CADS) and approved by the CADS Board of Directors. The certification standards represent the standard for Level 3 Course Conductor. The Course Conductor course is given every year at Pre-Course.

You as a Course Conductor Candidate **MUST** be aware of all pricing and the appropriate forms that need to be filled in either by the Program Director, the Division Representative and the Course/Module Candidate. The main reason why, is that you are a CADS Ambassador and one role of an ambassador is to facilitate the process of training including but not limited to all details of time, place, participants information, paper work for assessment and so on to complete the Certification Course/Module efficiently.

CADS Certification Course and Modules Fees:

Course Fees (Any level)	\$50
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Module Fees (Any Module)¹	\$20
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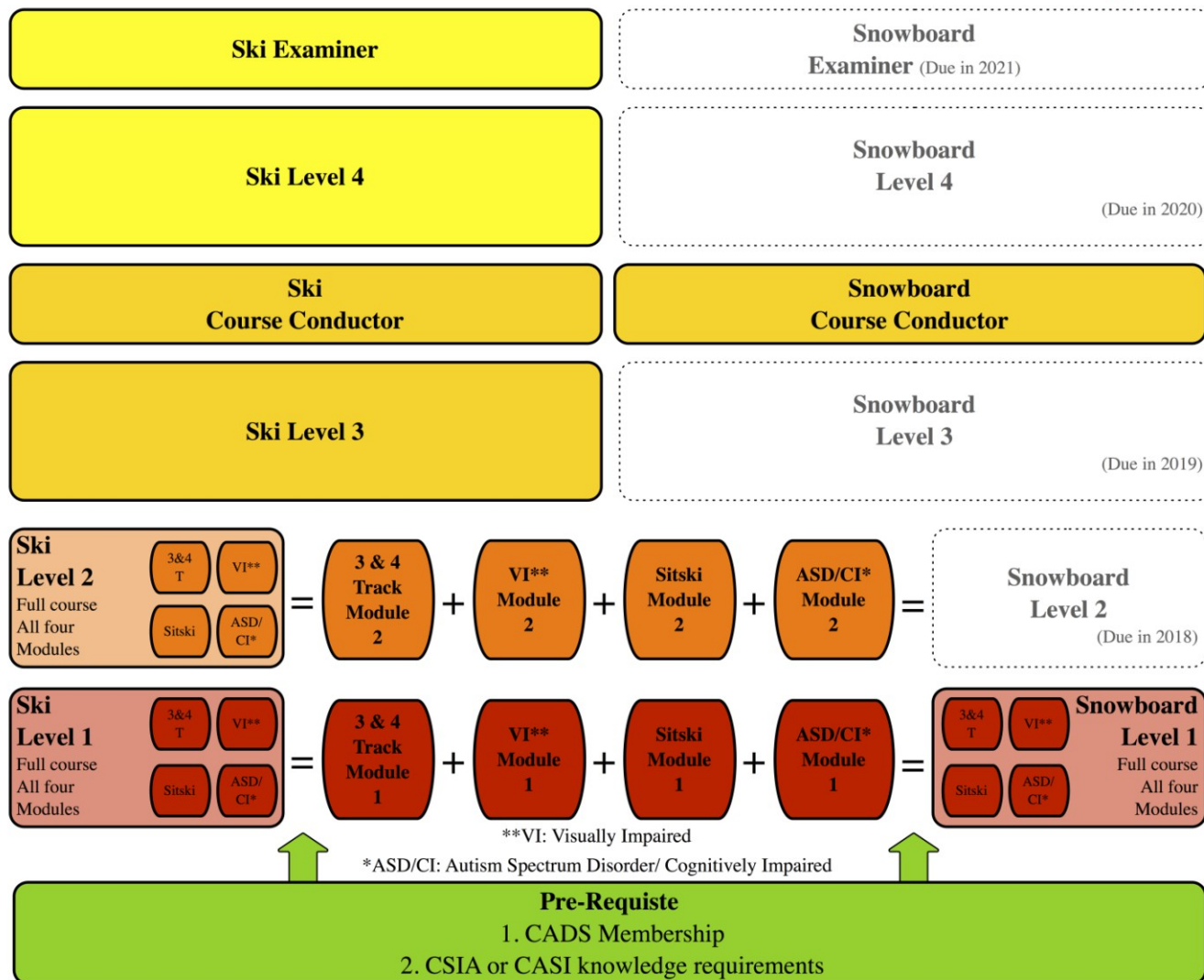
CADS Instructor Manual Fees:

PDF²	\$5
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¹ THE MODULE FEE WILL BE WAIVED for current CADS Certified Instructors who wish to complete new modules within their present level. This offer will remain in place for 2015-2016 & 2016-2017. Fees will apply after this 'grace' period.

² PURCHASE OF THE PDF FORMAT is mandatory with registration for a full course and/or for any module.

CADS Certification Pathway



CADS Level 3 Course Conductor Requirements

Prerequisites for CADS Level 3 Course Conductor:

- ✓ Have a current CADS Level 3 Certification WITH or WITHOUT a CSIA or CASI certification.
- ✓ Be a CADS member in good standing.

In the CADS Level 3 Course Conductor Booklet we will be using several terms for which a definition must be understood:

Student: Is a person living with a disability.

Volunteer: Is a person who is not CADS Certified working within an adaptive snow sports program.

Candidate Instructor: Is a person pursuing a CADS Level Certification or Module.

Instructor: Is a person with a CADS Certification Level or Module.

Candidate Course Conductor : Is a person with a CADS Level 3 Certification pursuing a CADS Course Conductor Certification.

Course Conductor: Is a person with a CADS Level 3 Certification who passed the Level 3 Course Conductor Course at Pre-Course.

Course Conductor Examiner: is a CADS Level 4 Instructor and/or a Level 4 Examiner Instructor

The requirements for the CADS Level 3 Course Conductor Certification will include 5 sections and each section will be included in the assessment:

- A- Ambassador,
- B- Teaching,
- C- Teach a Candidate Instructor how to teach,
- D- Evaluation and
- E- Administration.

The overall assessments will either be ME (meets expectations) or NI (needs improvement). To become a Course Conductor, a candidate must pass every section.

A. Ambassadorship:

Course Conductors are the Ambassadors for CADS in the industry. As such they must adhere to a higher standard and be role models for all others. To successfully become a Course Conductor the CADS Level 3 Instructor must be familiar with the following:

a. Code of Ethics:

- Respect for Peers and Participants (Candidate Instructors)
 - Act in a manner respectful to all participants.
 - Provide feedback to participants in a caring sensitive manner
 - Respect individuality and refrain from intruding in personal affairs
 - Treat all participants in an equal manner regardless of race, athletic potential, colour, religion, political beliefs, social status, sexual orientation, place of origin.
 - Empower participants to be responsible for their own behavior, performance and decisions.
 - Keep information for each participant confidential both verbally and in written form.

b. Honoring Sport:

- Promote the value of sport for all individuals and partners,
- Be a positive role model by maintaining the highest standard of: personal conduct, image, personal skiing/snowboarding and teaching skiing/snowboarding in the CADS setting,
- Promote cooperation with Snow Schools, Resort, Public and other participating groups that promote skiing/snowboarding,
- Respect the efforts of others,
- Respect the Resort and in particular do not take any privileges given as a right and do not abuse them or cause embarrassment to any instructor or Resort personnel,

c. Code of Conduct:

- Support personnel and partner organizations,
- Provide up to date CADS instruction,
- Attend CADS professional development and training sessions when available,
- Demonstrate exemplary professional behavior at all times on or off the hill,
- Be empathetic with participants and other CADS instructors,
- Be respectful when dealing with problems,
- Be responsible.

d. Professionalism:

- Provide a consistent Professional image,
- Adopt appropriate personal grooming and appearance,

- Dress appropriately adopting clothing that is clean and in good condition,
- Maintain a positive attitude,
- Be punctual at all times,
- Show respect for participants and peers,
- Maintain a knowledge of Resort policies,
- Be fully aware of the power in relationships between Course Conductor and participant – avoid sexual intimacy, sexual harassment by yourself and others.

e. Safety and Responsibility:

- Be fully versed in the Duty of Care,
- Know and utilize the Alpine Responsibility Code,
- Practice safety at all times and know the procedure for handling accidents,
- Be fully aware of liability issues.

B. Teaching:

a. Responsibility:

- Perform safely with the best interest of all participants in mind,
- Be responsible to achieve a high level of professional competence through training,
- Keep up to date with relevant information,
- Be aware of your personal attitudes, beliefs, values and how they may affect your actions as a CADS Instructor and as a CADS Course Conductor,
- Do not assume responsibilities outside of your scope of training,
- Apply every reasonable effort to help the participant achieve success,
- Be fully aware of the power of the teaching relationships between you, the Candidate Instructor and Students,
- Avoid sexual intimacy with participants (Zero tolerance),
- Abstain and hold intolerable all forms of harassment, coercion to engage in sexual activity, or sexually oriented comments, gestures or touching that are unwelcome, offensive, intimidating and harmful.

b. Integrity:

- Be honest, sincere and honourable in relationships with others
- Accurately represent your teaching qualifications, competencies and affiliations
- Declare conflicts of interest
- Avoid discrediting specific ski/snowboard equipment manufacturers, CADS equipment manufacturers, sponsors, suppliers or industry partners, other CADS divisions, programs or members

c. Effectiveness:

- Fully understand your role,
- Utilize effective communication – verbal and non-verbal,

- Understand the four learning styles – watcher, thinker, feeler, doer,
- Understand Motor Learning and the teaching implications,
- Set attainable goals and objectives,
- Fully utilize AOT for development,
- Utilize terrain and tactics for development,
- Utilize mileage for improvement,
- Provide constant positive feedback,
- Utilize techniques such as Whole/Part/Whole and Guided Discovery for success.

C. Teach a Candidate Instructor how to teach:

This section highlights what is to be taught during the Course Conductor Certification Course. Evaluation will be based on teaching ability, managing and adapting the various learning styles.

Below is an example of the marking grid for AOT for CADS Level 1. This is what must be evaluated as the Candidate Instructor performs at Level 1.

Ability to complete and use the Student Medical Sheet.
Ability to ask the appropriate questions: Look for the what, why, where, when, how when applicable in each step.
Ability to use and refer to tables for the Student Assessment found in the AOT section of the CADS Instructor Manual.
Ability to continue the use of AOT while on snow during the lesson.

During Pre-Course, the CADS Level 4 Examiner will evaluate the ability of the Course Conductor Candidate to :

Teach other Candidate Course Conductors how to complete and use the Student Medical Sheet. Why it is important and what is gained by doing so. (Safety, risk management, etc.)
Teach other Candidate Course Conductors how to use and refer to tables for the Student Assessment found in the AOT section of the CADS Instructor Manual. Reasons to use it, (consistency, safety, risk management, etc.). Promote the CADS Instructor Manual as a reference guide.
Teach other Candidate Course Conductors how to continue the use of AOT while on snow during the lesson.
Promote and guide other Candidate Course Conductors how to ask the appropriate questions: Look for the what, why, where, when, and how when applicable in each Teaching Step.

Use both CADS Level 1 & 2 marking grids to identify what is needed to teach both, Level 1 and Level 2 Certification as well as any Modules.

Candidate Course Conductors will also be evaluated on their ability to :

- a. provide applicable demonstrations and / or provide applicable explanation for a demonstration.
- b. asses demonstrations and provide tactics for development.
- c. elaborate on teaching technique.

D. Evaluation:

- a. This section will determine if the Candidate Course Conductor is able to mark correctly the Acquisition level for CADS Level 1 and Consolidation level for CADS Level 2.
- b. Ability to evaluate another Candidate Course Conductor using the following sections of the appropriate Marking grid (Level 1 or 2 for a particular discipline).
 - ✓ Assessment ability (AOT)
 - ✓ Teaching aids
 - ✓ Teaching Techniques
 - ✓ Tethering Techniques
 - ✓ Lift procedures
 - ✓ Safety

E. Administration:

This section will determine if the Candidate Course Conductor is able to use the appropriate forms for the course level involved. Moreover, the Candidate Course Conductor will also be tested on the knowledge, timeline, readability, correctness of all information transmitted to the CADS National office.

CADS Level 3 Candidate Course Conductor – CSIA Requirements

A CADS Level 3 Candidate Course Conductor should be able to detect either the presence of the Acquisition level for a CADS Level 1 or the Consolidation level for a CADS Level 2 while the Candidate Course Conductor is demonstrating the required Level 1 or Level 2 CADS teaching Step. Should a Candidate Course Conductor be unable to demonstrate the appropriate level of skiing for the applicable CADS Level, an NI as a final Score will result.

Details are explained in the Level 1 and 2 Booklets. Here is a summary.

	CADS Level 1	CADS Level 2
	Acquisition level (green/blue slope)	Consolidation level (blue slope)
Level of skiing by the Candidate Instructor	<ul style="list-style-type: none">• The skier coordinates and executes the key components of the movement in the correct order;• Execution is inconsistent and lacks precision;• Cautious execution by skier;• Rough form, lacks synchronization, rhythm and flow.	<ul style="list-style-type: none">• Coordination of movements appear.• Controlled and rhythmical execution of task under stable conditions.• Some performance elements are maintained, but are inconsistent when skier is under pressure, conditions change or demands increase.• Pole-plant – when, where and how.

To assess the Level of skiing, the Candidate Course Conductor could at any time during the Course look at : technique, demonstration, gliding, direction change, mobility and speed management.

Technique	<ul style="list-style-type: none"> • Lead the turning effort with the lower body • Manage separation for angulation to provide skidded grip • Use all joints to maintain a centered stance • Coordinate movement patterns for efficient turn linking 	<ul style="list-style-type: none"> • Lead the turning effort with the lower body • Manage separation for angulation to provide consistent edge grip • Use all joints to maintain a centered stance • Coordinate movement patterns for efficient turn linking and flow
Demonstrations	<ul style="list-style-type: none"> • Show a centered stance and mobility in joints while pushing with poles • Balance laterally from foot to foot while skating • Show edge grip through climbing or side stepping 	<ul style="list-style-type: none"> • Show a centered stance and mobility in joints while using more speed • Balance laterally from foot to foot while skating • Show stance and edge grip
Gliding	<ul style="list-style-type: none"> • Choose terrain to demonstrate gliding without braking • Adjust edge grip to show side slipping/skidded arcs • Show balanced sliding in the middle of the ski 	<ul style="list-style-type: none"> • Choose terrain suitable for gliding to a stop with or without braking • Adjust edging of the skis to illustrate side slipping or an edged arc • Demonstrate balance sliding while centered in the middle of the ski
Direction Change	<ul style="list-style-type: none"> • Choose appropriate turn shape for student • Show turn linking 	<ul style="list-style-type: none"> • Tailor turn shape to student ability • Demonstrate turn linking without flat spot between turns • Demonstrate some rhythm and flow to the turn sequence
Mobility	<ul style="list-style-type: none"> • Maintain some rhythm 	<ul style="list-style-type: none"> • Illustrate a centered stance and mobility in the joints • Skate on skis and demonstrate and ability to balance • Demonstrate edge grip
Speed Management	<ul style="list-style-type: none"> • Choose and demonstrate a Wedge or Snowplow stance when appropriate • Show the ability to stop in a parallel stance • Modify turn shape relative to snow conditions and steepness of terrain 	<ul style="list-style-type: none"> • Demonstrate Wedge or Snowplow stance • Demonstrate ability to stop in a parallel stance (hockey stop) • Changes turn shape to terrain for speed management

At this stage, the Candidate Course Conductor will be evaluated by a CADS Level 4 or 4examiner on their ability to detect appropriate level of skiing and knowledge of the terminology

CADS LEVEL 3 Candidate Course Conductor Course Preparation Agenda

Contents	Delivering on snow	Delivering indoors
• AOT	X	X
• Visually Impaired	X	X
• 3 Track and 4 Track	X	X
• Sitski and Tethering principles	X	X
• Teaching Techniques & Teaching Aids	X	X
• ASD/CI Level 1 (PowerPoint)		X
• ASD/CI Level 1-2 (new – On snow exercise)	X	
• CSIA session (optional)	X	
• Learning style session	X	X
• Administration session		X
• Marking grid session	X	X