



Para Skiing Helper



Couple years ago, the WNC got 2 sit skis. Anyone with or without disability can access them anytime free of charge.

Para skiing can feel intimidating at first especially when coming alone. That's why we created a volunteer position as Para skiing helper.

The idea, after training, is to support skiers by accompanying them on the trails. The sit skis are built to be able to be pulled or slowed down with a harness and rope system. We are hoping to pair anyone interested in sit skiing with a volunteer and make use of this equipment as well as giving the opportunity to anyone to get some fresh air. These volunteers could also provide support to a visually impaired skiers or standing para skier.

TIME COMMITMENT

We will be pairing volunteers with skiers. Time commitment will be discussed within the team and everyone's availability. If a skiers want to enjoy the trail a lot, we could also have a few volunteer helping the same person and split the shifts.

ABILITIES

- Having good ski abilities- intermediate level (pulling or slowing down a sit ski can be challenging)
- Having the ability to interact with people

TRAINING

Training will take place during our para skiing introduction events for the general public where volunteer helper will meet participants

DUTIES AND RESPONSIBILITIES

Support para skier in their adventure on the trail

- Pick up/drop off the sit ski at the ski chalet
- Meet with the skier in the ski stadium
- Support the skier along the trail

WHY VOLUNTEERING?

- Share your passion for Cross-Country skiing
- Connect with other people

READY TO JOIN US?

[Click here to volunteer as a Para Nordic Helper](#)

CONTACT

Manager

Ben Poudou

info@whitehorsesnordic.ca

