

## SKIING IS FOR EVERYONE!

With the help of volunteer guides, visually impaired and blind children and adults alike can enjoy the fun and challenges of downhill skiing and snowboarding.

Ski Hawks Ottawa is an alpine ski and snowboard program in the National Capital Region for skiers and snowboarders, from the ages of 8 to 88, in all ability levels.

For over 30 years, the group of approximately 75 members has been skiing at Camp Fortune on Wednesday evenings and on occasional weekends, from early January to mid-March.

Trained volunteers expertly guide skiers and snowboarders down the slopes, calling out the direction of turns and warning of obstacles ahead. Certified ski instructors for disabled skiers train volunteer guides. Over 40% of our guides are certified ski instructors with the Canadian Association for Disabled Skiing (CADS), the Canadian Ski Instructor Alliance (CSIA) or the Canadian Association of Snowboard Instructors (CASI).

Over the years, some of our skiers and guides have been on the Canadian Para-Alpine Ski Team and the Ski Quebec Alpine Para Team. Some of these skiers have even achieved a world ranking.

## VOLUNTEERING IS AT THE HEART OF THE PROGRAM

Thanks to numerous dedicated volunteers – many whom return year after year – visually impaired and blind children and adults alike are given a chance to discover and practice alpine skiing and snowboarding – two of Canada's great winter sports.

## HOW YOU CAN HELP

- Become a guide
- Donate funds to help ensure the program's operations
- Donate prizes for fundraising events
- Help out at special events.

Ski Hawks Ottawa is a program within the Canadian Association of Disabled Skiing - National Capital Division (CADS-NCD). Ski Hawks Ottawa is a registered charity (#89968 0961 RR0001).

For further information about Ski Hawks Ottawa, visit our Web site at [www.skihawksottawa.ca](http://www.skihawksottawa.ca) or contact Carolyn Mitrow, President, at (819) 827-6492 or via email at [cmitrow@gmail.com](mailto:cmitrow@gmail.com)

**NEW MEMBERS ARE ALWAYS WELCOME!**



**An Alpine Skiing and Snowboarding Program for the Visually Impaired and the Blind**



## SAFETY FIRST

Keeping skiers and guides safe is the top priority of the program. Both skiers and guides are highly visible on the slopes. Skiers wear orange reflective bibs and helmets, while guides wear yellow reflective bibs. Signs are placed at the bottom of the lift area indicating that visually impaired skiers are on the hill. Mandatory guide training occurs at the beginning of every season.



## BENEFITS FOR VISUALLY IMPAIRED AND BLIND SKIERS

### A SENSE OF INDEPENDENCE

Although experienced guides are always right there, skiers are in control of their own turns and stops. Through their guide's instructions and coaching, skiers can develop and improve their techniques.

### INCREASED CONFIDENCE

in seeking adventure and performing physically demanding winter sports.

### FUN

The fresh air, the wind on one's face, the speed and rush of skiing down the hill – indescribable moments of pleasure.

### SOCIAL INTERACTION

Members are welcome to get together socially even off the hill. Several events are organized throughout the year.

[www.skihawksoftawa.ca](http://www.skihawksoftawa.ca)

