

New for 2008!

Before attending training you must read the [volunteer manual](#) and the [instructor manual](#) and fill out the one page [questionnaire](#). Please bring the completed and signed questionnaire to the first day of training. This is required. You will receive two volunteer hours when you arrive at Start-Up training with the completed and signed questionnaire.

Start-Up Training Winter 2008/2009

New Instructor Training

Day 1: Policies and Procedures: Inside tour of the facility including an overview of DSES operations and policies/procedures.

ATS/Skiing and Riding Skills: On-hill session to develop required technical skills and learn principles of teaching skiing and snowboarding

Day 2: Equipment overview – inside

Disabilities overview – on-hill

Returning Instructor Training

Day 1: Policies and Procedures: Inside tour of the facility including an overview of DSES operations and policies/procedures. Includes overview of responsibilities of lead instructors.

ATS/Skiing and Riding Skills: On-Hill session to advance technical skills and continue developing principles of teaching skiing and snowboarding. Focus is on teaching beyond beginner and/or intermediate skills and how to advance students to new terrain.

Day 2: Equipment Handling : On- hill session

Adaptive teaching tactics: On-hill session to advance knowledge of disabilities and develop new tactics/techniques for adaptive teaching

The Very Minimum

One day training: Policies and Procedures: Inside tour of the facility including an overview of DSES operations and policies/procedures.

ATS/Skiing and Riding Skills: On-hill session to develop required technical skills and learn principles of teaching skiing and snowboarding

Which Training Should I Sign Up For?

New Instructor Training

You are new to DSES – Welcome!

You have fewer than 36 on-hill volunteer hours OR you are not comfortable as a lead instructor

You are an intermediate, advance or expert skier/boarder

Returning Instructor Training

You have more than 36 on hill volunteer hours AND are comfortable/experienced as a lead instructor in at least one discipline

You are a new instructor that has already completed New Instructor Training

You are an advanced or expert skier/boarder

The Bare Minimum

Your schedule is very, very tight and you still want to help us – Thanks!

You are a new or returning instructor with any number of volunteer hours and any level of experience

You are an intermediate, advanced or expert skier/boarder

Everyone is welcome to attend this training, however it really is the bare minimum and I highly recommend that you attend one of the other trainings if your schedule permits.

Still not sure which training to sign up for? Want to volunteer and can't fit any of these into your schedule? Give me a call or drop me an email (email is better)

cleonard@disabledsportseasternsierra.org

How Do I Sign Up?

Before attending training you must read the [volunteer manual](#) and the [instructor manual](#) and fill out the one page [questionnaire](#). Please bring the completed and signed questionnaire to the first day of training. This is required. You will receive two volunteer hours when you arrive at Start-Up training with the completed and signed questionnaire.

Check out our new online [calendar](#) for the available training dates.

Contact the DSES office at 760.934.0791 or email Cara cleonard@disabledsportseasternsierra.org

FAQs

After I attend the Start Up Training will I have more opportunities to train? Yes! Lots of specific training will be offered throughout the season – check out the [calendar](#). These trainings are fun and informative but not required. You will receive volunteer hours for every training session you attend.

I attended training last year; do I need to do it again? Yes! Every year there are some changes with the way we run our operation. With two levels of training, you will have an opportunity to build upon the skills you already have.

Can I do the trainings out of order? It is highly recommended that you do the two day training sessions in order. We really want to provide a comprehensive two day training session so that every instructor has the tools and knowledge to teach high quality lessons.

Can I do part of a training session? If your schedule is very tight, you may attend one of the Bare Minimum Training sessions. If you can't fit one of those into your schedule, please contact Cara.

What if I want to get certified? We will start certification training after the New Year. There will be opportunities to train for all levels of Adaptive Certification, Alpine and Snowboard.

Do I have to meet grooming standards for training? Yes! Starting with your first day of training you will be required to meet DSES and Mammoth Mountain Ski Area grooming standards. For men: short hair and no facial hair; for everyone: no visible facial piercings (although earrings are OK for men and women)

Should I bring my ski/snowboard equipment? Yes! Conditions permitting, we will be training outside for part of both days. Refer to the overview of the trainings (above)

Do I need a pass for training? No. While in training sessions you will be in DSES uniforms which will allow you on the lift.