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## Job Description

### Junior Para Cross Country Skiing Coach

#### Session Dates/Times:

Junior Para Cross Country Skiing: Saturdays 12:00-2:00pm

Please allow 20-30 min before session starts for equipment set up and volunteer briefing and 15 min after sessions are over for cleanup and volunteer debrief.

#### Conditions:

Times *do not* include volunteer-participant pairing, planning session exercises, session report and planning potential adaptations.

All sessions are weather dependent; snow conditions + temperature

**Location:** Shaganappi Golf Course, Calgary

**Compensation:** Honorarium of \$75 / session

**Training and support:** 1h paid virtual orientation. The first sessions will be supervised by UPSA E.D. You will be provided sufficient training for equipment fitting and skiing specific instruction during these sessions. Exercises and session lay outs will be planned in collaboration with E.D.

#### Task descriptions:

- Ensure safety of all participants and volunteers
- Prepare exercises from session description, set out cones, pool noodles, etc., use volunteers to help
- Brief volunteers before participants arrive
- Provide a group briefing for all participants with a short session lay out, get them excited about their session and remind them about safety rules, use whiteboard you choose
- Supervise equipment fitting of all participants, use volunteers to help
- Supervise session; ensure all participants are active and engaged, implement exercise adaptations when needed, assist volunteers when needed, make sure session is enjoyable and fun for all involved
- Be timely: Ensure the schedule is followed, volunteers meet 20min before session starts, help volunteers change exercises at the recommended times, allow enough time for clean up
- Perform group volunteer debriefing after participants have left, 10min
- With the help of volunteers, move equipment back into storage trailer, make sure to minimize wear and tear of equipment
- Provide short session report by email or phone to E. D.

