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## Job Description

### Para Cross Country Skiing Coach

#### Session Dates/Times:

Para Cross Country Skiing: Saturdays 2:00-4:00pm (adults)

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
- Brief volunteers before participants arrive
- 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, make sure everyone is back before 4:00pm, allow enough time for clean up
- Perform quick group volunteer debriefing after participants have left, 5-10min
- 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.

