

Try it Days for Participants with a Disability

Cross Country Ski Ontario will provide participants with a disability opportunities to **'try' cross country skiing in a supported and safe environment**. Clubs will be provided with resources through the sharing of a **tool kit and the equipment** required. Some of the equipment to run this program was purchased through the successful grant application from **Canadian Tire Jumpstart Grant**. The equipment is key to delivery of services to the sitting/kneeling participant group.

Cross Country Ski Ontario has purchased 20 sit skis, both sitting and kneeling for use on snow and dryland. The target audience will include individuals with visual and/or physical impairments.

Cross Country Ski Ontario will organize and/or support member clubs/partner organizations in offering **inclusive and engaging Try It Days** for participants with a disability.

- Identify the goals and objectives of the Try It day
- Establish the target partner/venue based on the objectives
- Determine equipment needs based on participant needs
- Identify team members and establish roles and responsibilities
- Identify activities most appropriate for the target audiences (visual and/or physical impairment - sit/stand)
- Develop a registration process which will collect the relevant information
- Develop a communication plan to ensure target audience is invited and informed through promotion via social media, website
- Collaborate with venue staff
- Support clubs/partner organizations to recruit volunteers to assist in the delivery of the program
- Arrange the schedule of the day with a rotation that allows participants to experience multiple activities throughout the day.
- Communicate the day's plan to registered participants
- Promote the event as needed
- Develop a post event feedback survey and adapt as needed

Incorporated into this initiative will be the **development and documentation of a club tool kit for Try It Days**. This will include:

- Providing an overview of the tool kit and its purpose
- Develop a step by step guide for planning including a check list of key tasks
- Compile a list of participant activities as per target audiences
- Identify volunteer requirements
- Share the registration template & feedback template
- Identify potential partner organizations in communities
- Compile a list of useful resources

For more information or to organize a Para Nordic Try It Day contact XCSO's Para Nordic Lead Jen Nieson at para@xcskiontario.ca.