

The Mini Handbook

for

Thriving with Minis

Patrol (604) 935-5555

Kids Emergency Line (604) 905-2234



NE

Goals

- Meet, Greet, & Move
- **Comfort** and **mobility** on the Snow
- Equipment Check & Understanding
- Correct **Body Position**

Skills

- **Balance** in Boots & Skis
- Cleaning Snow Off Boots
- Clipping in & out of Skis
- **Moving** around flat area on skis
- Carrying skis

Games

- Duck - Duck - Goose
- Tag
- Green Light Red Light
- Simon Says

Tips

- Mobility: Start with no skis, then one, then two
- Mobility: "Waddle like a penguin" (reverse Pizza)
- Bindings: nose then tail, magic button, avoid fingers

Problems

- **Scared:** Build trust, distract them with questions about themselves, stay close to them and offer support (*See Page on Communicating with Children*)

Level 1♥

Goals

- Side Stepping
- Gliding Unaided
- Gentle Stopping Unaided
- Introducing Turning

Skills

- Plough (Pizza)

Games

- Red Light, Green Light
- Holding Imaginary Ball between Legs
- Follow the Leader
- Driving a car (equipment in Flaik room, please return)

Tips

- Side Stepping: Give a point in distance to point skis at
- Side Stepping: Assign phrase to each ski and alternate
- Flatten skis to prevent edges locking in
- Pizza Master (The rest of the group call "pizza" to one child whose turn it is to glide, keeping everyone engaged)

Problems

- **Ski Slipping whilst sidestepping:** Roll ankle and knee uphill
- **Poor balance:** Hold them for first few runs reducing dependence
- **Troubles making pizza:** Practice without skis. Building up muscles
- **Splits:** Turn feet rather than push legs out
- **Knees too wide, pizza not working:** Squeeze knees together

Checkpoint to 1*

- Stopping by themselves
 - o Any time of day
 - o Any conditions
 - o No edgy wedgy!

Level 1*

Goals

- Turning **both** ways
- Stopping **100%** of the time

Skills

- Turning: Good turn shape
- Following Instructor

Games

- Red light, Green light to ensure they're still in control
- Shuffle Feet / 1000 steps
- Minis & Giants (Small as a mouse, tall as a house)
- Hopping
- Slow races (last one wins)
- Train tracks

Tips

- Get kids to **race** to put their skis on
- Take kids down **1 by 1**
- Get them to engage (jump etc.) between turns

Problems

- Kids don't know Right & Left: Give **visual pointers** instead
- Split: Get others to lead whilst you **focus on weakest**
- Only turn one way: **Return** to teaching **straight stops** but using **both legs** (very common problem)
- Stopping by pointing uphill too far: Check their skis for wax, Draw out racetrack to keep their turn shape
- Crashing into next child: Leave an "elephant" sized gap or get them to ski down side by side whilst controlling speed

Checkpoint to 2♥

- Can stop and turn both ways
- Consistent and comfortable speed turning down **Magic Carpet**
- **No crashing** into others

Level 2♥

Goals

- Can follow behind instructor in Learning Area
- Can stop **Behind & Below**
- **Safety Rules**

Skills

- **Behind and Below:** Every time they stop
- **Standing up** by themselves
- **Wipeout** (Calling out fallen friends)

Games

- Park your Car
- High 5s as they go behind and below
- Climb the ladder (follow instructor sidestep)
- Skating Race
- Frog (hopping & bouncing)

Tips

- Keep **order rotating** so everyone gets to go everywhere
- Try a **different** standing technique if struggling
- Chat to **other instructors** for different techniques
- Try and do your first Magic Chair run near another instructor
- Pick the right **time of day** for first Magic Chair run (end of the day is usually busier. Be mindful of snow conditions e.g. icy mornings, slushy afternoons etc.)
- Keep it fun, **you're going on an adventure!**

Problems

- Can't follow the group: They are **NOT** ready for Magic Chair
- Child wants to be picked up: Try a few techniques for standing and once you've found one **DO NOT** pick them up again!

Progression to 2*

- Skiing down **Magic Chair** (doesn't matter how long it takes)

Level 2*

Goals

- Use **Turn Shape** to **control speed** instead of Plough
- Introducing **parallel** between turns (matching skis)
- Introducing **small bumps**
- Comfortable/safe on Magic Chair

Skills

- **Standing** after falling on all terrain
- Putting on skis on a hill (downhill ski first)
- Correct stance to absorb to **small bumps**
- **J turns**

Games

- **Popcorn**: Fallen kids 'pops' up like popcorn
- **Rainbows**: Push up and walk hands from body to ski tip
- **Eagle**: Lie on belly in backwards pizza, push up and walk hands back
- **Crab**: Sitting pizza, throw body forwards and pull up on knees
- **Head to tips**: Touch tips of skis with head

Tips

- Run through **Alpine Responsibility Code** in preparation for Gondola

Problems

- Not listening: **Not allowed** up the mountain if they're **not safe**

Progression to 3♥

- Can ski Magic Chair run in <10m
- Snowplough Parallel
- All can stand up on their own

Level 3♥

Goals

- Better control of **turn shape**
- **Linking turns** on *Green Runs*
- Wide parallel stance
- Skiing from **Gondola**

Skills

- **Turtle Race**: Who can go slowest without stopping
- **Peanut Butter**: Spread it! (Side Slipping)
- **Mine Field**: Ski around mines (vary turn shape)
- **Invisible Poles**: Hands out, planting

Run Progression

- Lower mountain: *Green line*
- Upper mountain: Easy out

Tips

- New group: **Start on Magic Chair** to check before Upload
- Sometimes the Upper Mountain has better conditions
- Teach: Focus/look further ahead to **plan turns**

Problems

- Inconsistent Parallel: Remain on **Green Runs**, back to basics

Progression to 3*

- Wide parallel stance
- **Parallel turns** on all turns on **Green Runs**
- Ability to **Skate**
- Ability to **Sideslip**

Level 3*

Goals

- Improving stance
- Introducing **Blue Runs**
- Parallel between all turns, and during some
- Ability to adjust to **changing conditions**

Skills

- **Hockey Stops** (both sides)
- **Skating**
- Falling Leaf: Directional **Sideslipping**
- Rainbows: **J-turn**
- **Merging** safely
- Following **Alpine Responsibility Code**
- Understanding **Tree Wells**

Run Progression

- Blue: Big Easy, Countdown, Grub Stake, once parallel move to other Blue Runs
- Black: **SUPERVISOR PERMISSION REQUIRED**

Problems

- Misbehaving: Bring back to **Magic Carpet** until they understand that they will not proceed until they can **ski safely**

Extra Tips

Talking to Parents

- Speak in terms of what **you saw** "that day" rather than saying that the child is badly behaved
- Focus on what the child achieved, games played, food, and fun
- Talk about what they'll learn next time
- Give the parent a few exercises to practice with them
- Don't be afraid to teach them how to put equipment on properly
- Set expectations at the start of the day/week

Bathroom

- Some kids will need assistance/reminders
- Not all kids know how to wipe their bums... Sorry! (use gloves)
- **"Need to go"** means **NOW**, nature pees at the side of slopes may be needed
- Code Yellow: Speak to support staff for help/pointers where clothes and machines are. Inform parents at the end of day. Ask to return any borrowed clothes the following day
- Code Brown: Let the kids know it's ok and accidents happen (see above)

Tear & Fears

- Sad: Kids are easily distracted with things like toys or snacks
- Explaining when they'll see their parents can help
- Explaining what you're doing for the day can distract
- Spanish: Use cheat sheet
- Keep asking questions (family, holidays, school, favourite [x])
- Talk about yourself or narrate what you're doing
- Kids sometimes don't know what they're feeling
- Kids sometimes don't know what words to use (cold, tired, etc.)

Extras

- Stickers
- Snacks
- Songs
- Stories

Teaching Tips

- Conserve their energy for skiing
- Teach in short sequences
- Nothing new after 2(pm)
- Overexaggerate your skiing
- Gage attentions and pivot if kids are bored
- One task at a time
- Show/help whilst in your skis
- Demo exercises and get them to copy
- Never leave kids alone (Duty of Care)
- Do not catch kids. Gently push over any out of control skiers
- Make wipe-outs fun: act impressed and celebrate
- High 5 after every run where there are no wipe outs

Equipment Checklist

- Thermals (not in boots)
- Waterproof Gloves
- Appropriate Clothing (for temperature)
- Boots done up
- Helmets, Goggles, Skis, and Boots
- Skis at appropriate height (between shoulders and nose ideally)

Communicating with Children

First thing to help soothe a distressed child:

- ***Acknowledge their feelings***
- Repeat what they are saying "you miss your mom? I can hear you. It's ok."
- Ignoring them or changing subject is the best way to make them even more distressed and cry harder. They need to feel heard.

Positive Attention:

1. Be **aware** of how you express yourself, **children are very perceptive**
2. Keep **smiling**, stay friendly
3. **Hug** them when they're upset
4. **Encourage** good behaviour (high-fives, fist-bumps, cool handshakes)
5. **Don't yell** - If a child misbehaves **be honest and direct**, but **not angry**
6. **Explain** to them what is happening. Even though they are young, explaining to them the situation helps them accept and understand

Create A Safe Space:

1. **Talk slowly**
2. Use **clear hand gestures**
3. A safe space can be **indoors** or **outdoors** - make sure its **calm**
4. **Read** to them
5. Ask them **questions** (siblings, favorite TV show/colours etc.)
6. Make sure the child feels **understood** and **heard** - validate their feelings
7. Have 'feelings check-ins' - sit in a circle and get all the kids to tell you **how they're feeling** on scale of 1-10
8. **Teach** the kids how to **calm themselves** down; take **deep, slow breaths**
9. Get them to **verbalise why they're upset**
10. 'Belly Buddies' - sit a stuffed animal on their tummy and have them watch it rise and fall on each breath

Language Barriers:

1. Use **visual learning** - hand gestures, pictures
2. Practice **demonstrating** rather than explaining (show don't tell)
3. Use **sounds** (for example clicking on skis)
4. Pretend you're playing **charades**

Spanish Cheat Sheet

GREETING AND BASIC		
Hello/Hi	Hola	OH lah
My name is...	Mi nombre es	Mee NOMBreh ehs
Whats your Name	Como te llamas?	KOH-moh say YAHmah
Yes	Si	SEE
No	No	NOH
Please	Por favor	Pore fah-VORE
Thank you	Gracias	GRAH-see-ahs
You're Welcome	De nada	De-NAW-da
Sorry	Lo siento	Loh see-EHN-toh
I don't understand.	No comprendo.	Noh kohm-PREHN-dho
Please speak slowly.	Hable despacio por favor.	HAHbleh dhehs-PAH-see-oh, pohr fahBOHR
Are you hungry	Tienes Hambre	Tee-EHN-ehs Ham-breh
Are you thirsty	Tienes Sed	Tee-EHN-ehs sehd
Are you Tired	Estas Cansado/a	Ehs-Tahs Can-sah-Do
Are you ok	estas bien	Ehs-Tahs Bee-ehh
Does it hurt	Te duele	Teh Dueh-Leh?
Where does it hurt	Donde te duele	Dohn-Deh the Dueh-leh
Do you need the bathroom	Necesitas al Baño?	Neh-SE-sit-ahs EI BAH-ny-oh?
Lets go	Vamos	VAH-Mohs
Very good	Muy bien	Mooei Bee-ehh
A little more	Un poco mas	Oon POH-ko mahs
Can I help you	Can I help you	PWEH-dho ah-yoo-dh-AHR-teh
BODY PARTS + ACTIONS		
Foot	pie	pee-EH
Ankle	Tobillo	Tob-EE-io
Knee	Rodilla	Ro-Dee-ia
Hips	Cadera	Cah-DEH-Rah
Leg	Pierna	PeeER-nah
Showlder	Hombro	Ohm-BRO
Hand	Mano	Mah-no
Bend	Felxiona	Flex-ioh-na
Extend	Extiende	Ext-Hien-Deh
Turn	Gira	Hee-Rah
Separate	separa	Se-PAH-rah
Join	junta	HUN-tah
Copy me	Copíame	Co-Pee-ah-meh
follow me	Sígueme	Sig-EH-me
Wait	Espera	Esp-Eh-Ra
Look	Mira	Mih-RA
Hurry up	Apurate	ApUH-ra-the
Listen	Escucha	Ehs-coo-chah
Pay attention	Presta atencion	Prehs-TA Aten-see-ohn
SKI-SNOW SPECIFIC		
Edge	Canto	cahn-to
Tip	Punta	puhn-ta
Tail	Cola	COH-la
Binding	Fijacion	Fee-ha-See-Ohn
Poles	Bastones	bahstON-es
slow down	Mas despacio	mahs dhehs-PAH-see-oh
stop	Frena	Freh-nah
Stop	Para	PAH- rah
faster	Mas Rapido	Mas ra-pee doh
This way	Para aqui	Pah- rah Aquee
That way	Para alli	Pah-ra Ah-ee
Side slip	derrapar	Deh-RAP-ahr
Slide	Desliza	Dehs-lee-zahar
Uphill	Monte	Mohn-Te
Down hill	Valle	Vah-yeh
Inside	Dentro	DeHn-tro
Outside	Fuera	FuEh-rah
Up	Arriba	Ah-RIB-ah
Down	Abajo	Ab-AHO