

SUMMER SPORTS

HIKING AND TRAIL RIDERS

On over 50 kilometres of hiking and walking trails on Whistler and Blackcomb mountains, Whistler Adaptive leads participants on adventures from short alpine jaunts and peak-to-peak experiences to full-day technical trails hikes.

Whistler Adaptive caters to each individual depending on their ability. Trail Riders allow people with mobility and balance restrictions to access Whistler's beautiful hiking trails. The entire family can explore the alpine together.

BIKING AND HAND-CYCLING

Whistler Adaptive offers a variety of biking programs, ranging from Valley Trail cruises to single-track trail rides. Biking programs are available for individuals with a wide range of abilities.

Hand cycling experiences are aided by low-to-the-ground wheels powered by the arms rather than the legs. Whistler has a range of paved and gently graded trails so that novice and experienced riders can explore the valley.

CANOEING, KAYAKING, ROWING

The Whistler Adaptive canoeing program builds skills in a controlled and safe environment on scenic Alta Lake and Green Lakes in Whistler. With instructors guiding on dry land and in the water, the courses build safety skills and techniques, and creates a solid foundation for a sport that can be shared with others.

The kayaking program builds skills and confidence on Alta Lake and in local rivers. Participants get immersed in a paddling environment and learn paddling strokes, wet exits, rolls, ferries and eddy turns.

Early mornings on Alta Lake are best experienced by gliding across the water in a rowing shell. Whistler Adaptive offers instruction and coaching using shells that can easily be adapted with pontoons and specialized seats. Rowing is great for upper body strength and helps to open up the shoulders and chest.

BUDDY PROGRAMS

Whistler Adaptive partners with local organizations like Oros Gymnastics Centre and Whistler Blackcomb DFX Camp to provide support for children enrolled in mainstream programming. Our buddy programs allow kids to learn alongside their friends or family, but feel safe and supported with their Whistler Adaptive buddy nearby.

THE SPORT ACADEMY

The Whistler Adaptive Sport Academy is a weekly, year-round multi-sport program. In summer, participants hike, canoe, bike, kayak, train for triathlons, practice Yoga and gain valuable vocational skills through volunteer employment while experiencing all that Whistler has to offer. In winter, athletes downhill ski, snowboard, Nordic ski, swim and partake in strength and conditioning programs. Contact us today for more information on Sport Academy programming.

Harnessing the legacy of the 2010 Olympic and Paralympic Winter Games, Whistler Adaptive continues to champion grass roots to competitive sports, recreation and therapeutic programming, as well as support the community's commitment to being the most inclusive mountain resort in the world.

WE ALSO OFFER:

- Training and coaching certification clinics
- Pilot initiatives to adapt sports like sailing, indoor climbing, biathlon and outrigger canoeing
- Bursaries for Canadian residents with an emphasis on funding individuals from the Sea to Sky Corridor and the Lower Mainland

Whistler Adaptive actively seeks donors at every level, from providing one lesson for an athlete to full sponsorship of programs. Every donation makes a difference, so inquire today. Here's a sample of what your contribution may support:

\$95	Pays for a kayak lesson for a local athlete
\$188	Pays for a ski or snowboard lesson for a local athlete
\$250	Helps maintain sporting equipment
\$350	Buys a pair of outriggers for alpine skiing
\$1,000	Sponsors one athlete for a year of programming
\$8,000	Buys a new trail rider
\$5,000	Buys a sit-ski for alpine racing

WHISTLER ADAPTIVE SPORTS PROGRAM



CHANGING LIVES BY MAKING SPORT & RECREATION ACCESSIBLE TO ALL

Whistler Adaptive is committed to introducing individuals with a disability to sport and recreation by breaking down financial, physical and social barriers. We teach skills that lead to future employment for athletes within sport and beyond.

Whistler Adaptive Sports Program is...

- Advancing adaptive winter and summer sports
- Operating a centre for learning and sports excellence
- Creating sport for life for athletes at every level
- Attracting a passionate group of volunteers and donors
- Building on over a decade of history as a Whistler-based society

Donate online or learn more about our programs at:

www.whistleradaptive.com
604.905.4493 | info@whistleradaptive.com

#AdaptThePlayground:



[whistler.adaptive](https://www.facebook.com/whistler.adaptive)



[@WAdaptive](https://www.instagram.com/WAdaptive)



[@whistleradaptive](https://twitter.com/whistleradaptive)



[Whistler Adaptive Sports Program](https://www.linkedin.com/company/Whistler-Adaptive-Sports-Program)

Photography generously provided by Joern Rohde and Tourism Whistler / Mike Crane



WINTER SPORTS



Photo: Joern Rohde

ADAPT THE PLAYING FIELD: 15 YEARS, 16 SPORTS & GROWING...

TRAINING CENTRES

The Jeff Harbers Adaptive Sports Centre on Whistler Mountain - part of the Teck Whistler Centre for Adaptive Sport - allows the Whistler Adaptive Ski & Snowboard, Adaptive Alpine Race and Alpine Hiking/Trail Rider programs to thrive and increase visibility within the sport community. In addition to the Harbers Family, the Whistler Blackcomb Foundation, American Friends of Whistler, TELUS, Whistler Blackcomb, the Abercrombie Foundation, Snow Mountain Projects, the Delta Whistler Village Suites, Scotiabank, Borden Ladner Gervais, Glacier Creek Contracting, Andrew Terret Architecture, as well as many other contributors have each been instrumental in building this centre. Whistler Adaptive continues to accept gifts of cash or in-kind services and operational support for this important facility.

The Teck Whistler Centre for Adaptive Sports has significantly expanded its programs at the Whistler Athletes' Centre with the high performance gym and lodging for athletes and teams who train, compete and live in Whistler. As a legacy from the 2010 Olympic and Paralympic Winter Games, the High Performance Centre houses the Whistler Adaptive office and includes a strength and conditioning gym and gymnastics facility. The Whistler Athletes Lodge provides 75 accessible rooms, a self-catering kitchen and 20 townhomes.

ALPINE SKIING

Whistler Adaptive operates at Whistler Blackcomb to offer specialized equipment, therapeutic programming and coaching for a range of participants with sensory, cognitive or physical disabilities. For those returning to the slopes following injury, Whistler Adaptive also provides physical and psychological support.

Standing skiers use one, two, three or four-track skiing techniques. Outriggers (modified ski poles with a mini ski on each end) are used for balance and named for the number of tracks left in the snow.

Sit-skis have a moulded seat (a "bucket") with an adjustable back on a metal frame with a huge shock absorber. Mounted with a binding to either one or two skis, some students use outriggers as poles or have them fixed to the sit ski frame. A range of students, including wheelchair users, those with limited lower body strength or people with cognitive disabilities, can get on-piste using a sit-ski. For those who lack balance to hold themselves up, the sit-ski is fit to allow an instructor to maintain control of the ski.

The Autism (ASD) program creates the ideal environment for improving social skills and communication and building self-esteem while learning to ski, sit-ski or snowboard. The ASD program provides consistent support of any behavioural learning strategies and leads to further advancements and independence of the child or adult.

One-on-one instruction meets the needs of clients with cognitive disabilities. Each lesson is taught by instructors trained to use specialized equipment, techniques and adaptations specific to the client's disability.

ALPINE SKI RACING

The Whistler Adaptive Alpine Ski Racing program works with intermediate to advanced skiers with a sensory, physical, or cognitive disability to increase their skill set and practice gate training. The goal of this program is to develop each athlete's skills so they can train for competitive events.



Photo: Joern Rohde

SNOWBOARDING

Whistler Adaptive operates at Whistler Blackcomb to offer beginner to expert level snowboarding lessons. Individuals with sensory, cognitive or physical disabilities are taught by certified snowboard instructors and staff to ensure that every experience is safe, friendly and FUN. Adaptive snowboarding equipment is available to help teach and advance snowboarding skills in a safe environment.

NORDIC SKIING AND BIATHLON

Whistler Adaptive offers Nordic skiing lessons on Whistler's Lost Lake trails or at Whistler Olympic Park in the beautiful Callaghan Valley, where over 50 kilometres of trails are expertly groomed for both classic, skate and sit-skiing, ranging from beginner to Paralympic calibre.

Standing skiers employ various methods using adaptive skiing techniques. Besides instruction for individuals with sensory, physical, congenital and/or cognitive disabilities, Whistler Adaptive also provides physical and psychological support to those looking to be re-introduced to the sport following injury.

Sit-skis have a moulded seat (a "bucket") with an adjustable back positioned on a metal frame that is mounted on bindings for two skis. The Nordic sit ski is for participants with cognitive disabilities or limited lower body strength and people who use wheelchairs.

BIATHLON EXPERIENCES

Whistler Adaptive works with Whistler Sport Legacies to introduce Biathlon experiences and training for standing skiers, sit-skiers and athletes with a sensory disability. Biathletes develop stamina and stability through a combination of free-technique cross-country skiing or sit skiing and small-bore rifle marksmanship.

Visually impaired biathletes ski with a guide and use a rifle with sound indicators for accuracy to shoot a laser beam at the target.



Photo: Tourism Whistler / Mike Crane