

Project Template

European Rotaract Information Center

Name of the project: Adaptive Ski Adventures: Empowering Children with Disabilities on the Slopes

Organizing club: Rotaract Club Pinzgau

Contact person: Selina Kollmaier

Email address: racpinzgau@rotaract.at

I. ANALYSIS, OPPORTUNITIES AND MAIN IDEA FOR THE PROJECT.

1. ANALYSIS OF THE PROBLEM WE WANT TO SOLVE

The main problem we aim to address is the limited accessibility of skiing for children with disabilities. Often, these children lack specialized equipment and appropriate guidance to experience the joy of skiing. This results in a lack of inclusive opportunities for them to engage in outdoor activities and develop their skills and confidence. Through the Adaptive Ski Adventures project, we seek to overcome this barrier by providing specialized ski equipment and offering individualized instruction and support to ensure that children with disabilities have the same opportunities as their peers to enjoy the pleasures of skiing and feel empowered in the process.

2. OPPORTUNITIES

By addressing the accessibility barriers in skiing for children with disabilities, we have the opportunity to promote inclusivity and diversity within the skiing community. Additionally, this project opens doors for collaboration with local ski resorts, adaptive sports programs, and community organizations, fostering partnerships that can further enhance the accessibility of outdoor activities for individuals with disabilities. Furthermore, the success of this project can serve as a model for similar initiatives in other regions, spreading the benefits of adaptive skiing to a wider audience. Finally, by showcasing the achievements and capabilities of children with disabilities in skiing, we have the opportunity to challenge stereotypes and perceptions, promoting a more inclusive society.

II. HOW TO EXECUTE THE PROJECT

1. ACTION GROUP

Project Coordinator: Leads and oversees the planning, implementation, and coordination of all project activities.

Equipment Manager: Responsible for sourcing, maintaining, and managing the specialized ski equipment required for the project.

Volunteer Coordinator: Recruits, trains, and organizes volunteers for various project tasks, including instruction, supervision, and assistance on ski days.

Participant Liaison: Acts as the main point of contact for participating children and their families, addressing any concerns, providing support, and ensuring a positive experience throughout the project.

Training and Instruction Lead: Coordinates ski training sessions and provides specialized instruction to children with disabilities, ensuring their safety and skill development on

the slopes.

Documentation and Media Manager: Captures and documents the project's progress and achievements through photos, videos, and written materials, and coordinates media coverage to raise awareness and support for the cause.

2. DESCRIPTION OF THE PROJECT

Our project, Adaptive Ski Adventures, aims to provide children with disabilities the opportunity to experience the joy of skiing while strengthening their skills and confidence. By providing specialized ski equipment and individualized instruction, we enable these children to have a safe and supported skiing experience on the slopes. Our dedicated team of volunteers works closely with the children and their families to ensure they feel supported and empowered throughout the project. Adaptive Ski Adventures not only promotes physical activity and well-being for children with disabilities but also contributes to fostering inclusion, acceptance, and equal opportunities in society. By creating unforgettable experiences and overcoming obstacles on the slopes, our project inspires children with disabilities to pursue their dreams and fulfill their full potential.

3. GOALS OF THE PROJECT

Provide Access: Ensure children with disabilities have access to skiing activities and the necessary support to participate fully.

Skill Development: Help participants develop skiing skills and confidence on the slopes.

Inclusion: Foster a sense of inclusion and belonging for children with disabilities within the skiing community.

Empowerment: Empower participants to overcome challenges, build self-esteem, and pursue their interests.

Community Engagement: Engage the local community in supporting and promoting inclusive recreational opportunities.

Awareness: Raise awareness about the importance of inclusive recreation and disability inclusion.

4. TARGET AUDIENCE

Children with Disabilities: These are the primary beneficiaries of the project. They will benefit by having access to specialized ski equipment and tailored instruction, enabling them to experience the joy of skiing and build confidence and skills on the slopes.

Families of Children with Disabilities: The project aims to provide support and resources to families, allowing them to participate in inclusive outdoor activities together and fostering a sense of belonging and community.

Volunteers and Instructors: Volunteers and instructors involved in the project also benefit by gaining a sense of fulfillment and purpose through supporting children with disabilities and contributing to their positive experiences.

Local Community: The broader community benefits from increased awareness and acceptance of individuals with disabilities, as well as from the promotion of inclusive recreational opportunities. This fosters a more inclusive and supportive community environment for all members.

Overall, the target audience will benefit from increased access to outdoor recreation, improved physical and mental well-being, enhanced social integration, and greater opportunities for personal growth and development.

5. ACTION PLAN & TIME FRAME

Planning and Preparation (2 months)

Identify project goals, objectives, and target audience.

Recruit project team members and assign roles and responsibilities.

Develop a budget and secure funding or sponsorships.

Research and select appropriate ski equipment and facilities.

Establish partnerships with local ski resorts, adaptive sports programs, and community organizations.

Participant Recruitment and Registration (1 month)

Reach out to families of children with disabilities through schools, disability organizations, and community networks.

Provide information sessions or promotional materials to generate interest and encourage participation.

Collect participant information and waivers.

Training and Preparation (1 month)

Train volunteers and instructors on working with children with disabilities, adaptive skiing techniques, and safety protocols.

Organize practice sessions to familiarize volunteers with specialized equipment and instructional methods.

Conduct equipment inspections and ensure everything is in working order.

Brief description of each step

Planning and Preparation:

Description: This step involves defining project goals, assembling a team, securing funding, researching equipment, and establishing partnerships.

Challenges: Securing funding may be challenging, especially if relying on donations or grants. Finding the right ski equipment tailored to the needs of children with disabilities can also be time-consuming.

Participant Recruitment and Registration:

Description: Engage families of children with disabilities, provide information about the project, and collect participant information and waivers.

Challenges: Convincing families to participate may require building trust and addressing concerns about safety and accessibility. Ensuring all necessary paperwork is completed accurately and promptly can be challenging.

Training and Preparation:

Description: Train volunteers and instructors on working with children with disabilities, adaptive skiing techniques, and safety protocols. Organize equipment checks and practice sessions.

Challenges: Ensuring volunteers and instructors are adequately trained to provide appropriate support and instruction can be challenging. Coordinating schedules for training sessions may also be difficult.

6. RESOURCES

Funding (S): Secure financial support to cover expenses such as equipment purchase, transportation, venue rental, and administrative costs.

Specialized Ski Equipment (S): Acquire adaptive ski equipment tailored to the needs of children with disabilities, including sit-skis, outriggers, and adaptive ski harnesses.

Volunteers: Recruit a team of dedicated volunteers, including ski instructors, assistants, and support staff, to provide instruction, supervision, and assistance during project activities.

Instructors (S): Train instructors in adaptive skiing techniques, disability awareness, safety protocols, and effective communication with participants.

Facilities (S): Partner with local ski resorts or facilities to access suitable slopes, ski lifts, and amenities for adaptive skiing sessions.

Transportation (S): Arrange transportation for participants and volunteers to and from the ski venue, ensuring accessibility and safety.

Safety Equipment: Provide safety equipment such as helmets, goggles, and protective gear for participants and volunteers.

7. BUDGET

Instructors: 600€

Ski Equipment: 100€/child

Ski pass: 40€/child

Specialized Ski Equipment: 4600€

8. ORGANIZERS OF THE PROJECT

RAC Pinzgau

racpinzgau@rotaract.at

Selina Kollmaier

9. PARTICIPANTS

Mountain rescue service

10. SPONSORSHIP

Mountain rescue service: skiing with the children

11. MEDIA COVERAGE

https://www.instagram.com/p/CmboeGjDZF2/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==

III. RESULTS

1. RESULTS AND OVERVIEW

Results and Impact:

Increased Participation: The project successfully increased the participation of children with disabilities in skiing activities, providing them with access to a previously inaccessible recreational opportunity.

Skill Development: Participants demonstrated significant improvements in skiing skills, including balance, control, and technique, enhancing their overall enjoyment and proficiency on the slopes.

Confidence Building: Through personalized instruction and support, children with disabilities gained confidence and self-esteem, empowering them to overcome challenges and push their boundaries.

Inclusion and Accessibility: The project promoted inclusivity and accessibility in outdoor recreation, fostering a sense of belonging and community among participants and their families.

Community Engagement: The local community rallied behind the project, offering support through volunteerism, sponsorships, and partnerships, demonstrating the power of collaboration and collective action.

Long-term Impact: The project's positive impact extended beyond the duration of the program, inspiring participants to continue exploring adaptive sports and outdoor activities, contributing to their ongoing physical, social, and emotional well-being.

Difficulties Faced:

Funding Challenges: Securing adequate funding to cover expenses such as equipment purchase, facility rental, and transportation proved to be a significant challenge, requiring creative fundraising efforts and resource allocation.

Logistical Complexities: Coordinating logistics for ski days, including transportation, equipment setup, and safety protocols, presented logistical complexities that required careful planning and coordination to ensure smooth execution.

Participant Recruitment: Engaging families of children with disabilities and overcoming barriers to participation, such as transportation issues or financial constraints, posed challenges that required targeted outreach and support strategies.

Training Needs: Providing comprehensive training for volunteers and instructors in adaptive skiing techniques and disability awareness proved essential but resource-intensive, requiring dedicated time and resources.

Successes Achieved:

Collaborative Partnerships: Building strong partnerships with local ski resorts, community organizations, and sponsors facilitated project success, enabling access to resources and expertise.

Participant Empowerment: Witnessing the growth and development of participants, both in terms of skiing skills and personal confidence, highlighted the transformative power of adaptive sports and outdoor recreation.

Community Support: The overwhelming support from volunteers, donors, and stakeholders underscored the value and importance of the project within the community, demonstrating a shared commitment to inclusivity and support for individuals with disabilities.

Documentation and Communication: Effective documentation and communication strategies, including social media updates, newsletters, and project reports, helped raise awareness, engage stakeholders, and celebrate successes throughout the project.

2. ADVICES

Participant Safety: Ensuring the safety of participants is paramount. This includes implementing rigorous safety protocols, providing appropriate safety equipment, and conducting thorough risk assessments of the ski venue and activities.

Accessibility: Making the project accessible to children with disabilities is essential. This involves providing accommodations such as wheelchair-accessible transportation, adaptive ski equipment, and trained instructors experienced in working with diverse needs.

Volunteer Training: Properly training volunteers and instructors is critical to providing effective support and instruction to participants. Training should cover topics such as disability awareness, adaptive skiing techniques, communication strategies, and emergency procedures.

Inclusive Instruction: Tailoring instruction to meet the individual needs of each participant is essential for success. This may require adapting teaching methods, providing one-on-one support, and being sensitive to the unique challenges and abilities of each child.

Community Engagement: Engaging the local community is key to garnering support and resources for the project. Building partnerships with schools, disability organizations, businesses, and community groups can help raise awareness, recruit participants, and

secure funding and donations.

Evaluation and Feedback: Collecting feedback from participants, families, volunteers, and stakeholders is vital for assessing the effectiveness of the project and identifying areas for improvement. Regular evaluation allows for adjustments to be made to better meet the needs of participants and enhance project outcomes.

Sustainability: Developing strategies for long-term sustainability ensures that the project can continue to thrive beyond its initial implementation. This may involve establishing funding sources, building capacity within the community, and fostering leadership succession plans.

3. SUSTAINABILITY

Financial Sustainability: Securing continued funding or establishing sustainable revenue streams will be crucial for the project's long-term viability. This may involve diversifying funding sources, pursuing grants or sponsorships, and exploring fee-based models or partnerships with local businesses.

Community Engagement: Maintaining strong relationships with the local community is essential for sustainability. Continued engagement with volunteers, donors, and stakeholders will be necessary to sustain support and enthusiasm for the project over time.

Organizational Capacity: Building organizational capacity, including volunteer recruitment and training, project management, and administrative support, will contribute to the project's sustainability. Developing robust systems and procedures ensures smooth operation and continuity, even as personnel change over time.