



Winter Internship Description

(November 1st- April 30th)

During the winter, Interns are trained to be adaptive snow sport instructors. Interns will be expected to learn and teach adaptive skiing and/or snowboarding techniques to people with a variety of disabilities. Lessons range from leading a beginner lesson for a child on a magic carpet for a half day to supporting an adult sit-ski skier who is experienced from 9 to 3:30. Interns will become familiar with different types of adaptations including mono-skis, bi-skis, outriggers, ski bras, tethers, ski-legs and more.

Participants of the Ski and Ride Program include people of all ages and abilities. BOEC serves children with sensory processing disorders, youth or adults with visual impairments, historically disadvantaged youth, adults with traumatic brain injuries, children with hemophilia, people with spinal cord injuries, adults with multiple sclerosis, and many others within the full spectrum of disability and diagnosis.

Interns will develop the knowledge and skills to conduct an assessment and recognize the needs/strengths of the student and implement the Ski or Ride lesson accordingly. Before and after each lesson, interns will review the goals, progress notes, medical information, personal history, needs/strengths and fill out and update reports pertaining to their students' lesson, performance, and needs. Interns will become the primary instructor on lessons by mid-season.

Lastly, the interns play a pivotal role in creating a positive experience for all individuals who assist in the BOEC enacting its mission. Therefore, interns will help to support, empower, and engage with BOEC staff, volunteers, participants, and other interns.

REQUIREMENTS:

All interns must be twenty-one years of age, have current First Aid and CPR certifications, health insurance coverage, and the ability to commit to the entire season. Ideal candidate is self-motivated, takes initiative, some experience in our programming areas, and some experience working with people with disabilities and special needs. All interns must have a strong sense of hard work, flexibility, a love of the outdoors, an open mind, and a love for working with people.

WINTER INTERNSHIP DUTIES:

- Be a dependable and responsible team member
- Assessing strengths and needs of participants
- Determine participant goals/objectives and strive to create opportunities to achieve them
- Plan/facilitate ski lessons
- Shoveling around Intern Cabin
- Safely drive in a variety of conditions and terrain with passengers
- Clean up facilities and equipment
- Teach up to their abilities
- Continually strive to improve ski/snowboard knowledge/skill sets
- Understand methods of effective facilitation of experience
- Support in the management of risk throughout ski lessons
- Logistical support and duties as warranted or upon request
- Administrative tasks and duties as warranted or upon request

KAC Interns:

In addition to the 12 internship opportunities in Breck, we offer 3 positions with our Keystone Adaptive Center. These three interns live in single rooms at our staff housing complex in Breckenridge and will primarily be stationed

at Keystone. These interns are typically expected to have a higher baseline skills due to Keystone's terrain and may be provided with slightly different opportunities than the Breckenridge Office Interns. During the application process, interns may state a preference for one location over another, but the final decision will be made on their placement by the Intern Coordinator and Ski Program Director. The KAC interns receive a higher monthly stipend (\$500) as they do not receive the weekly food stipend or access to the food room staples during their internship. KAC interns will receive a BOEC vehicle to travel to/from Keystone. Outside of housing, stipend and food the other perks are the same.

BOEC INTERNSHIP PERKS:

- \$200 Monthly Stipend
- Housing Provided
- Weekly food stipend, access to BOEC food staples, and all meals while working are provided
- All Winter Equipment Provided (**Except a helmet)
- Epic Local Ski Pass (Keystone and Breckenridge) and opportunities to ski at Copper and A Basin
- Access to 12 Mental Health Therapy Sessions

ATTENDING TO THE COMMUNITY:

Interns live in dormitory style quarters on the program campus. Communal living requires a level of commitment to community expectations including but not limited to: Shoveling snow, group cleans, regular group meetings, conflict resolution, etc. The emotional health of the community also needs to be attended to. BOEC expects interns to be inclusive of all the internship members, being willing to share all the tasks, and generally being there for each other to talk and listen.

INTERNSHIP TIMELINE:

Weeks 1-4: Intern arrival, introduction to BOEC (philosophy, mission, goals, history, and structure), mock course (6-9 days of intensive training), site orientation, move into Intern Cabin, BOEC vehicle training, administration orientation, logistics, emergency procedures, intro to programming for people with disabilities (assessments, planning, implementation, evaluation, and risk management issues), Therapeutic Recreation intern presentations, ski office orientation, dry land ski training, introductions to ski areas (Breck and Keystone primarily), intro to American Teaching System, skier improvement clinics, introduction to adaptive techniques through clinics (tethering, bi-ski, mono-ski, 3T, 4T, etc), and goal setting for the season.

Weeks 5-9: Interns begin assisting with lessons at Ski Spectacular (week-long event), interns continue to shadow lessons, interns begin taking lead role on lessons their skill-sets match, continue adaptive clinics and continuing educational clinics, introduction to adaptive Nordic skiing, begin co-facilitation of Wilderness courses, begin formulating special projects and begin maintenance and logistic duties.

Weeks 10-15: Continue to implement ski/snowboard lessons, continue clinics, begin PSIA Level 1 exam process, begin attending Off-Site opportunities, mid-season check-ins, continued Wilderness course facilitation, and maintenance/administrative duties.

Weeks 16-27: Continuation of weeks 10-15, begin pursuit of additional certifications, finish special projects/special events, increase in administrative and logistic duties, prepare the intern cabin for departure, and end-of-season check-ins. Additionally, we often have an end of season celebration, to appreciate the staff and intern's hard work throughout the season.

SCHEDULING:

Intensive scheduled training will be 4-5 weeks with no exceptions for time off. Following training, work weeks range from 3-7 days a week based on program needs. Often weekends, overnights, and holidays are expected to be worked. Interns are allowed a small amount of time-off requests and are subject to rejection based on program needs. Personal and family emergencies are given special consideration. Scheduling is designed to give interns the opportunity to be exposed to diverse programming and various populations of people. Work schedules for interns

are sent a week in advance and include the next two weeks. All schedules are subject to change based on a variety of factors (i.e. illness, injury, program cancellation, etc.).

COMPLETION OF ASSIGNED CURRICULUM/SPECIAL PROJECTS:

It is the intern's responsibility to notify the Internship Coordinator of any curriculum or projects required by their university. Interns are expected to complete required projects and assignments in a professional manner and meet the designated due date.