

How to Prepare for a CADS course

It is imperative that those wishing to pursue either CADS Certification Courses or CADS Module Certification Courses prepare themselves in advance to insure success. Work and study prior to any course will increase the likelihood of Meeting Expectations (ME) when taking the course.

Following are some suggestions for Candidate Instructors to consider:

Study

- CADS has published a comprehensive Instructor Manual that covers all of the Modules of VI, 3 and 4 Track, Sitski, ASD and CI. This manual can be viewed on line or purchased for study purposes by accessing the CADS National website [online store](http://www.disabledskiing.com) at www.disabledskiing.com > Resources > CADS Merchandise.
- It is suggested that any candidate begin by reading and studying those sections of the Manual that will be pertinent to the Certification Course to be taken.
- Where possible discuss the pertinent sections of the Manual with other Instructors as to understanding and implementation.
- Once the certification level to be pursued is determined go on line to the CADS National website (www.disabledskiing.com > Resources > Forms and Documents) to review and download the applicable Certification Booklets required for the Certification Course to be pursued.
 - Study them!
 - In particular familiarize yourself with the Certification Marking grids that will be used for your course.
- Go on line to the web sites indicated for the CSIA requirements for each level of certification and study them in order to understand the Meets Expectation (ME) level for each certification course.
- For the CSIA requirements ski with a CSIA certified instructor for critique and improvement if possible.

Practice

- On snow experience is invaluable when deciding to take a Certification Course. Working with other certified CADS instructors using the equipment that is required for adaptive teaching will give the candidate increased practical knowledge.
- Working with the assistance of other trainers on ones' own skiing or snowboarding before even entering the CSIA Teaching Methodology Course will provide insight to the requirements for success. After the Teaching Methodology Course and before any Certification Course it is imperative that candidates practice what they have been taught.
- Ask CADS instructors or trainers in your program to assess and determine if you are ready from a knowledge and on snow teaching, skiing/boarding position.

Free Ski/Ride

- Once techniques have been explained and demonstrated obtain as much time as possible on snow perfecting those requirements. Ask other certified CADS instructors to observe and comment on techniques and continue to make changes to reach the technique level required.
- For the CSIA requirements ski with a CSIA certified instructor for critique and improvement if possible.

Mental Preparation

- Once the reading and studying is underway and the on snow work is being pursued think of the course to be taken.
- Assess the skills that are being attained by working with other CADS instructors and reading material and mentally prepare a positive attitude to approach the course with.

If all of the above is addressed in a positive fashion with diligence the opportunity for success is increased substantially