

## WP4 – Winter sport (Nordic skiing)

The aim of Work Package 4 “Exchanging best practices and piloting interventions in focus sports” is to develop a comprehensive understanding of how successful strategies have been developed, by drawing on the experiences of some of Europe’s most successful ID-sport initiatives.

Development of Nordic Ski as an IDEAL activity to participate on all levels for people with ID, from **grassroots** (initiation) to **elite** competition.

## Nordic skiing planned and completed activities

- Alla på snö – All on snow. During an All on snow day, the children get access to equipment, snow facility and guidance for exploring ski enjoyment. And with the support of leaders trained in leading and coaching on snow. (Children 10-12 years old)
- Winter activity during the season in upper secondary school (Adolescents 16-20 years old)
- Winter day (Östersund 4 /4) Organized together with Parasport Sweden in Jämtland
- Training camp on snow Idrefjäll. The camp is for IPC, INAS and Special Olympics skiers but also focus on recruitment. Organized together with Parasport Sweden Ski Team.
- Nordic skiing sport events (jan.- mar. 2020) maybe in Östersund/Falun  
(**WP6: Evaluation – expert meeting**)



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## **Alla på snö – All on snow**

### **Kungsberget (27-31 jan)**

Run together with Swedish Ski Association and local ski clubs with leaders from local clubs and local schools

1 day of leader education packet (26 st)

Five days with over 300 participants from different schools participates in Kungsberget

Two classes from two schools (28 st from special school in Sandviken and 18 st. from a school in Järbo) 30 jan.

Half day with Alpine skiing and half day with Nordic skiing