

## Weekly Sports Program Support

For individuals interested in engaging with our programs on a weekly basis, this is a great way to learn and teach adapted sport with many coaching courses and opportunities available.

### Qualifications:

- Be over 16 years of age
- Complete a satisfactory Criminal Record Check
- Communication skills
- Enthusiastic, respectful and friendly attitude

### Roles and Responsibilities:

- Assist coaches in organizing and running the program
- Assist with the set up and take down of sports and/or athlete's equipment
- Operate stop watches and/or scorekeeping software
- Provide support and encouragement to para athletes during training sessions
- Attend weekly sessions for the season

### Volunteer Benefits:

- Become educated about adaptive sports
- A fun and engaging way to stay involved with sport
- Experience working with individuals with disability
- Opportunity to develop communication, leadership and sport-specific skills
- Record of volunteer hours and reference letter upon request after X hours.

### How to Apply:

1. Create a RAMP account:  
<https://www.rampregistrations.com/createaccount?v3=5b0f803e>
2. Register as a SportAbility Member: <https://sportabilitybc.ca/membership/>
3. After becoming a member, complete the Volunteer Application Form on the RAMP website.
4. A member of the SportAbility team will contact you with next steps.

## Sport Descriptions

### Boccia

Boccia is the Paralympic version of Bocce. This game can be played individually, in pairs, or in teams of three. Players score points by tossing or rolling their coloured ball closest to the target white ball called the jack. This game is typically played in a gymnasium or multi-purpose area. Equipment such as head pointers and ramps are available for those who may have difficulty rolling or throwing using their hands. The balls are made of leather material, are filled with granular beans and can be soft or hard.

### Para Hockey

Para Ice Hockey (formerly known as Sledge Hockey) is an adapted version of stand up ice hockey. Participation in BC is open to both people with physical disabilities and people who are able bodied. Instead of skates, players sit in specially designed sleds. Players move around on the ice using two sticks, which have a spike-end for pushing and a blade-end for shooting.

### CP / Para Soccer

CP/Para Soccer is a stand up, adapted version of mainstream soccer. CP/Para Soccer is a scaled down version of the traditional game. The fields are shorter, the nets are smaller, and there are no off-sides. This sport is inclusive for all ages and is a great option for people with cerebral palsy, head injury, or other related physical disabilities to be active in sport.

### Power Soccer

Power Soccer is a fast-paced, competitive sport for people with disabilities using power chairs. It is a modified version of able-bodied soccer, where special foot guards attached to the power chairs are used to hit an oversized soccer ball. The ball is maneuvered around the gym with the objective to score between two goal posts. Power soccer is played in teams with three players and a goalie on the floor for each team at a time.