

Sensory-Friendly Tips

Cold hands, loud lodges, scratchy tags inside a jacket — the small stuff can derail a whole day. Here's what we've learned helps.

Gear comfort

- Remove tags, or turn clothing inside out if a tag can't be cut out safely.
- Try gear on at home first, on a normal day, so boots, helmet, and gloves are familiar before they're also cold and new.
- Compression layers (like a snug base layer) can feel calming for kids who like deep pressure.
- If mittens are tolerated better than gloves, use mittens — fine finger movement isn't required to ski.

Noise and the lodge

- Noise-reducing headphones or earplugs are welcome under a helmet.
- We can plan arrival and break times around quieter windows in the lodge, away from the busiest rush.
- If a fire alarm test, PA announcement, or crowd noise is likely to be disruptive, let your instructor know in advance so they can plan around it.

Temperature and the body

- Hand and toe warmers (the small adhesive kind) can make a big difference on cold days.
- We build in breaks before a child is fully cold, not after — discomfort is easier to prevent than to reverse.
- Some kids regulate better with fewer, thicker layers; others do better with more, thinner ones. There's no single right answer — we'll figure out what works together.

Before you arrive

- Tell us what usually helps your child transition into a new activity, and what usually doesn't.
- A visual schedule, social story, or simple photo of the hill can lower first-day anxiety.
- It's okay to end a session early. A short, good day beats a long, hard one.

Every child's sensory profile is different — these are starting points, not rules. Tell your instructor what works for your child and the lesson will adjust around it.

Sunnypath — free adaptive ski lessons for autistic and neurodivergent children. Questions? sunnypathca@gmail.com · sunnypath.ca