

Shared Ski Adventures

Indoor Training
Adaptive Equipment



Training Objectives

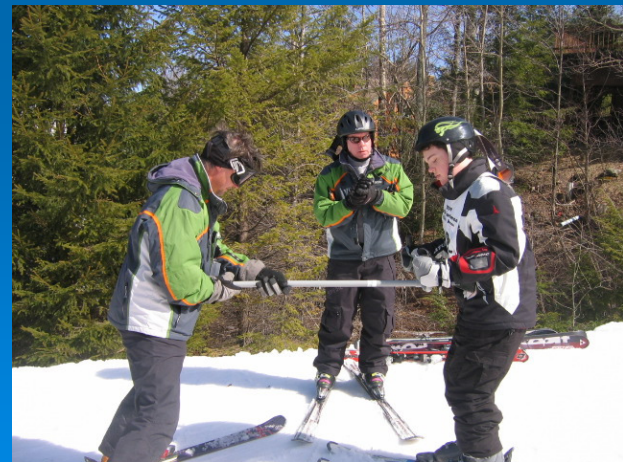
- Overview of 2012 Season
- Review adaptive equipment and its uses
 - New equipment for 2012 season
 - Current equipment
- Instructor feedback & discussion

2012 Season Overview

- Training Day at Swain:
 - Saturday, January 7th 8am-4pm...Be prepared to ski all day!
 - Catered lunch
- Lessons January 14th – March 10th, 9am-Noon
- Phoenix Adaptive “Rise to the Challenge”
 - Saturday, February 11th, 2012
 - An additional & optional event: no lessons at Swain on Feb 12th
- Instructors can register for 4,6, or 8 weeks of lessons
- PSIA certification
 - Adaptive Level 1 Exam at Bristol Mt, **January 23 & 24**
 - Registration Deadline: January 4

New Equipment – Pogo Stick

- What is it?
 - A short “pole” with a belly bar & handles for the student
 - Instructor holds one end and the student is supported at the opposite end
- Used to provide support and stability for the student
- Allows more independence for the skier
- Challenge: instructor must be comfortable skiing backward!



New Equipment – Pogo Stick

- Who might use a pogo stick? Someone who...
 - Has “outgrown” a tether but still needs physical support for assistance
 - Has limited safety awareness – not ready to ski independently yet
 - Benefits from a visual and physical prompt for guidance with turns and speed control



Equipment – Tethers

- A tether connects the instructor to the student
 - The tether must be secured so that there is always a connection between student and instructor
- A tether can connect to a student's harness or to a ski bra (on the skis)
- A tether can help with rotary movements



In this picture the tether is hooked up to the ski bra on the student's skis. Source: <http://www.adaptivesports.org/>

Equipment – Tethers



Tethers that are in a loop are no longer used and our equipment has been adjusted accordingly.

We will set aside time on Training Day in January for instructors to practice and make sure that everyone is using tethers correctly.

Equipment - Outriggers

- Ski pole with retractable tip
 - Used for bracing to provide stability to the skier
 - Sharp ends for pushing on the flats
- Outriggers are used with a sit ski, 3-track, and 4-track skiing
- Can have plastic or metal ski tips

3-track / 4-track Skiing

- For individuals who can stand/ski and use outriggers
- Athletic stance vs “paper clipping”
 - “Paper clipping” is when the skier bends forward at the waist
 - Equipment issue (short outriggers)
 - Underdeveloped B.E.R.P. movements
- Take the time to determine the correct length of the outrigger for the student

Equipment – Snow Slider

- Fully adjustable and lightweight ski walker
- Can be used for adults or youth
- Provides support to individuals who:
 - Have decreased leg or core strength
 - Need whole body stabilization
 - Have a visual impairment
 - Are learning to use outriggers



Equipment – Snow Slider

- The snow slider is always tethered
 - The skier can independently turn the snow slider OR it can be steered by the instructor
- Other supportive equipment can be used in conjunction with the snow slider
 - Ski bra increases lateral strength and keeps the skis from spreading apart

➤ View video for example

<http://www.youtube.com/watch?v=A2ZTzsYwsJs&feature=related>

Equipment – Dual Skis



- SSA offers Dual Skis for its sit-down skiers
 - Dual Skis have 2 skis and a molded bucket seat
 - They can be used independently by the skier or steered by an instructor
 - Bi-skis are most often used by individuals who need trunk support while skiing

Equipment – Dual Ski

- The skier can independently get onto the lift or can be assisted by instructors
- Limited lifting required by the instructor



Equipment – Mono ski

- By definition, a mono ski only has one ski
- Mono skis are used by sit-down skiers who have core strength
- Mono skis are controlled by the individual
- The skier uses outriggers with the mono ski for balance



Guiding

- An instructor may act as a guide for an individual who has a visual impairment
 - Your voice is considered a tool to teach the individual to turn and control speed
- The student is using his/her sensors (auditory, tactile, kinesthetic) to process information

Guiding

- Before you get out on the snow, discuss:
 - The student's visual abilities
 - The reason for his/her impairment
 - Any medication or medical precautions
 - Any other sensory impairments
 - Guiding preference
- Teaching tips:
 - Agree upon a command for imminent danger – encourage student input!
 - When this command is given the student will immediately fall down and protect him/herself as best he/she can
 - Give verbal and kinesthetic directions

Guiding

➤ More Teaching tips:

- If working with another instructor, designate the person to be the voice giving directions
- Maintain a safe distance between your group and other skiers on the slopes
- Make note of the terrain as a sudden change of texture may startle your student
 - Icy patches (skis speed up and ice is noisy)
 - Powder (slows the student down)
 - Bumps

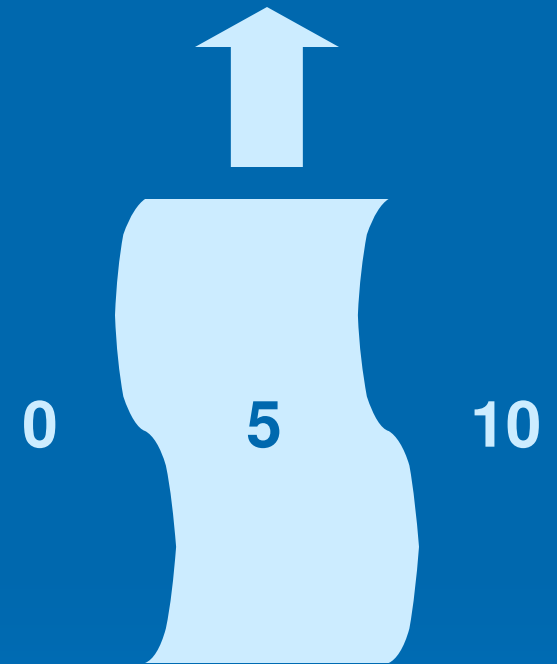
Guiding Methods

- Simple/directional guiding:
 - Used with beginning skiers
 - Commands: Right, Left, Turning, Hold, Stop
 - Your voice is the tempo for the skier
- Clock System
 - The student is always facing 12 o'clock
 - Useful in intermediate skiing & racing
 - Turn to the left = turn to 10 o'clock
 - Turn to the right = turn to 2 o'clock
 - When the student completes the turn, he/she is again facing 12 o'clock



Guiding Methods

- The grid/graph system
 - Use with intermediate to advanced skiers
 - Use along with simple-directional commands
 - One side of the trail is “0”, center is “5”, other side is “10”
 - Student knows their location on the trail
 - Never use this with the clock system!



Contact Information

Instructors: if you are running late, can't make a lesson, or have any other questions throughout the week, please contact us!

Nicole Fulle
585-749-9333
nfulle@cprochester.org

Sean Ossont
585-704-5740
Sean_ossont@hotmail.com