

**Primary Sit Instructor
Check-Off Criteria**

The instructor/tetherer:

1. Skis on skeletal v. muscular system and demonstrates appropriate blend of skills while skiing and appropriate flexion/extension in the tethering arms while tethering a sit ski.
2. Skis in appropriate position to assist in turning, slowing and stopping the sit ski.
3. Controls the sit ski while on tethers, and is not being pulled down the hill by the ski.
4. Exhibits emergency stops of the sit ski, while on tether, in appropriate situations or upon demand.
5. Uses the tetherer's power box (imaginary box between chest and hips, as wide as the shoulders) appropriately to support arm positions of strength.
6. Demonstrates tether management skills and angles tether lines to appropriately assist turning and stopping.
7. Uses bi-ski turn shape to control speed of the sit ski.
8. Performs appropriate tethering tactics to slow and stop the oscillation of a bi-ski.
9. Demonstrates smooth transitions from seat assists to tethering.
10. Shows appropriate skills in tethering on terrain appropriate to the assigned sit skier.
11. Can safely load and unload a sit ski on the chairlift, and understands sit-ski chairlift evacuations.
12. Demonstrates an understanding of sit ski teaching and equipment set-up.
13. Demonstrates safe and correct participant transfers.
14. Has appropriate knowledge of participant diagnoses to consider safety precautions and contraindications.
15. Complies with all Outdoors for All policies and procedures.

Outdoors for All Sit Ski Lesson Guidelines:

1. An approved sit ski tetherer (Primary Sit Instructor) must be the primary instructor on every sit ski lesson. He or she must be approved by a Lead Sit Clinician (see below).
2. An instructor may not tether for the first time in a lesson setting. His or her first experience on tether must be in a clinic or training setting.
3. It is up to the discretion of the Primary Sit Instructor assigned to the lesson if another instructor (with

Lead Sit Clinicians:

First	Last	Title
Sara	Ramsay	Program Manager
Dan	Retalliau	Program Director
Kris	Christensen	Program Coordinator
Alecia	McConnell	Program Manager
Ed	Bronsdon	Executive Director
Ted	Bashor	Clinician
Ray	Brubaker	Clinician
Nate	Confer	Clinician
Glenn	Hallberg	Clinician
Tracy	Houghton	Clinician
Mark	Illing	Clinician
Leo	Kosenkranju	Clinician
Mary	Lane	Clinician

**Primary Sit Instructor
Check-Off Criteria**

Alisa	Luber	Clinician
Lynn	Maas	TD & Clinician
Mark	O'Neill	Clinician
Neli	Stewart	Clinician
Leonard	Taylor	Clinician
Nestor	Voronka	Clinician