

Throughout this outline, there are **electronic links to additional information**. Many of these documents are also posted to Outdoors for All's website: Get Involved → Training → Winter [Training Materials](#).

**Clinic Schedule:** AM, 9-11:30am // Lunch, 11:30am-12:30pm // PM, 12:30-3pm

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### Assistant Instructor Clinic

Instructors will learn how to support a variety of lessons, sit or stand, as an assistant.

- A. Introduction and warm-up run to gauge skiing ability/knowledge of the group. Discuss clinic safety and expectations.
- B. Mountain-Specific Considerations
  - Where to meet? Where to check-in?
  - Discuss roles of Instructors, Assistant Instructors, Volunteer Leads, Equipment Managers and Outdoors for All staff.
  - Where are Progress Reports and PIFs? Review a sample – what information can you gather from this paperwork?
  - Where is participant equipment?
- C. Review Outdoors for All's [Equipment Guidelines \(pages 9-10\)](#) with all Instructors:
  - Helmets – All participants and instructors must wear snow sports helmets during downhill snow sports lessons.
  - Rental Equipment – Anyone working with Outdoors for All's rental ski bindings (Equipment Managers & Staff) must be Marker Binding Certified for the current season. **Instructors may not make adjustments to a participant's ski bindings**, regardless of whether or not they are rental gear. Please refer any equipment issues to your Equipment Manager or Program Manager.
  - Seizure Belts – Required if grand mal within 24 months, recommended for any other type within 24 months.
  - Tethers – The tether line (for sit or stand equipment) must be attached with a girth hitch to the instructor's skin at the wrist.
  - Sit Instruction:
    - 1. An "approved" sit ski tetherer must be the primary on every sit ski lesson. He or she must be approved by a Lead Sit Clinician.
    - 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 some previous training experience) may tether during that lesson.
  - 'Safety Bar' down on all lessons, when the bar is available.
  - Bi-skis with fixed outriggers must be tethered at all times.
- D. Effective Skiing: Instructors should be confident to manage their skis/board without adversely affecting the participant's skiing – while also setting a good visual example of "proper" technique.
  - Practice skiing alongside someone, while holding the same ski pole – like a hula hoop or bamboo pole assist.

- Practice skiing backwards – choose moderate terrain, and be safe!
- E. Stand Lessons: Discuss, demonstrate and practice ...
- How to help a participant carry his/her equipment, to promote independence
  - How to help a student into the boots and skis or board, to promote independence
  - How to use a retention strap for a participant with seizures
    - Correct set-up, when/how to attach and remove from seat back
  - How to carry a Slider on/off the chairlift, how to support a Slider lesson
- F. Sit Lessons
- Quick Overview of Equipment
    - Must have a **locking carabiner** for the evac system, and a **non-locking carabiner** for the retention strap. When loading, attach the retention strap as soon as possible. The timing for an unload is different for each chair. Please work with your Instructors to set appropriate guidelines for the chairs that they'll be using.
  - Lifting and Loading
    - Discuss safe lifting techniques to protect your back! Both for **Transfer Etiquette** and **Lifting on Lift**.
    - STOPP: **S**eat Strap (Retention Strap), **T**ether, **O**utriggers, **P**in/Load Mechanism, **P**ractise Lift/Pull
    - Practice “dry lift” (no chairlift) with a human in, to start understanding personal weight limits.
    - Practice ghost loading onto the chairlift in teams, with Clinician supervision.
    - Address what to do in the event of a mis-load. Almost always, its best to stop/bail as soon as possible, instead of getting into trouble further and further off of the ground.
  - Skiing with Sit Equipment
    - Assistant Instructor creates a buffer for the student and tetherer, making the lesson more visible on the hill.
    - Ski directly above the lesson in the fall line. Practice synchronized skiing.
    - Position self on uphill side of any merging trails.
    - When a skier comes to a stop, ski downhill and support the ski from below. This minimizes the potential for a skier to fall down the hill.
    - How to help a student up after a fall:
      - Safety for lifter (take off skis or board)
      - Safety for participant (don't pull on student)
      - Safety for equipment (don't step on skis)
      - Be ready to stabilize ski once upright, so doesn't start sliding
- G. Overview of Equipment Clean-Up, Paperwork