

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

On-Mt Clinic #3 – Sit Ski (Ski or SB Instructor)

Instructors will receive basic overview of bi-ski equipment, and will practice selecting and fitting a sit ski. Instructors will also practice assisting a sit-skier and lifting/loading sit equipment.

Throughout the day, please introduce and reinforce [Outdoors for All guidelines \(pages 8-13\)](#). As a reminder, Instructors must follow these policies during clinics.

- A. Introduction and/or warm-up run to gauge skiing ability/knowledge of the group. Discuss clinic safety and expectations. **Please let Instructors know that they will be spending at least one hour inside during the first portion of this clinic, so that they can plan and prep accordingly.**

- A. Mountain-Specific Considerations
 - Where to meet? Where to check-in?
 - Where are Progress Reports and PIFs? Review a sample – what information can you gather from this paperwork?
 - Where is participant equipment?
 - Discuss roles of Volunteer Leads, Equipment Managers and Outdoors for All staff.

- B. Common Diagnoses and Considerations
 - Spinal Cord Injury, Brain Injury, Cerebral Palsy, Multiple Sclerosis, Muscular Dystrophy
 - Autonomic Dysreflexia, Spasticity, Pressure Sores

- C. Equipment Overview
 - Difference between Mt Man and Bi-Unique
 - Parts of a bi-ski
 - Difference between fixed and hand-held outriggers
 - Quick time to sit in equipment, practice using hand-held riggers

- D. Participant Evaluation
 - What equipment do we need? Why?

- E. Equipment Fitting
 - Functional, comfortable position
 - “Bucket” is the “ski boot”
 - How to adjust ski, if applicable
 - Where to find padding, how to fit padding
 - Transfer etiquette, safe lifting for all
 - Retention strap, evacuation straps/carabiner, strapping
 - Have instructors practice fittings on one another
 - Dowel test

F. Chairlifts

- Discuss, describe and practice how you would teach someone to ride a chairlift for the first time.
- STOPP: Seat Strap (Retention Strap), Tether, Outriggers, Pin/Load Mechanism, Practice Lift/Pull
- Must have 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.
- Always remove tethers from Instructor's wrist(s) before riding the chairlift. If a student needs a seizure belt, ensure they wear one and that it's attached correctly.
- Communication with Lift Operator – no pull-back without a second Liftie!
- 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.
- Practice with empty bucket, then sandbag, then human.
- Discuss tips for unload – wiggle sit ski to “unstuck” from chairlift seat, skier moves body forward, practice getting behind sit ski to stabilize and ski away efficiently
- Line-Cutting Policy

G. Physical Assists

- Seat Assist/Bucketing – “Tipping” articulation (edged), flat turns
- Side Assist – Support tetherer and student on double fall-lines
- How to help/teach a skier to get-up after a fall – Instructor role, student role

H. Mileage! Allow instructors ample time to rotate through, practicing loading/unloading the chairlift and practicing physical assists. **Focus practice with empty bucket or sandbag, for safety and faster repetition.**

I. Teaching Strategies

- How can we modify our “typical” ski progression?
- Tips, Tricks, Games and Exercises

J. Paperwork Practice

- Complete a sample Progress Report, individually or as a group.

K. Chairlift Discussions:

- What are potential hazards associated with the use of this equipment?
- How can you make an “exit plan” for your participant's equipment adaptations? It's always good to have a plan in place to move towards the ‘least restrictive environment’.

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On-Mt Clinic #4 – Sit Ski (Ski or SB Instructor)

Instructors will be introduced to the bi-ski teaching progression, then will spend the bulk of the clinic with hands-on tethering practice. **If this is the 1st time instructors are in this clinic, focus on fixed outriggers. If this is the 2nd+ time an instructor is in this clinic, focus on hand-held outrigger, or specific teaching issues they've had during lessons.**

Throughout the day, please introduce and reinforce [Outdoors for All guidelines \(pages 8-13\)](#). As a reminder, Instructors must follow these policies during clinics.

- A. Introduction and warm-up run to gauge skiing ability/knowledge of the group. Discuss clinic safety and expectations.
- B. 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.
- C. Review Common Diagnoses and Considerations
 - Spinal Cord Injury, Brain Injury, Cerebral Palsy, Multiple Sclerosis, Muscular Dystrophy
 - Autonomic Dysreflexia, Spasticity, Pressure Sores
- D. Quick Review of Participant Evaluation, Equipment Choice and Equipment Fitting

- E. Adapted Progression for Bi-Skis: Fixed and/or Hand-Held Outriggers
 - Review skills and movements for “standard” Ski Progression, and translate to sit ski
 - Discuss, demonstrate and practice the steps of the progression
 - Introduce games and exercises for various parts of the progression
 - How does the progression (or movement patterns) change with fixed vs hand-held outriggers?
- F. Basic Bi-Ski Movement Analysis
 - What is the ski doing? What is the body doing?
 - Experiment with how the ski moves when the skier’s movement comes from different parts of the body. For example, movement from the hip vs movement from the head
- G. Review and Practice Safe Chairlift Loads/Unloads
- H. Tethering – Spend most of the day with tether practice! Choose fixed or hand-held outriggers, based on the group’s experience and goals for the day.
 - Tether Set-Up: Attached to bi-ski at tie-in points with girth hitch or carabiner, girth hitched to skin at wrist. Discuss differences between long single tether and two individual tethers. Please teach individual tethers, if possible!
 - Practice Tether-Management w/o Bi-Ski: Practice wrapping in/out, maintaining tetherer’s “power box”, staying within tetherer’s triangle (uphill and to inside). Use tethers skier-to-skier, with one skier holding tethers at hip to simulate bi-ski.
 - Communication: Who is calling turns – the tetherer or student? If student, what visual cues indicate a turn? If tetherer, use of “aaaand” in between turns, to indicate change and come center – no tick-tock.
 - Footwork: Practice in-between rotations on tether, and explain how these skills relate to strong/efficient tethering.
 - Side Slip to Hockey Stop
 - Falling Leaf
 - Stem-Step Turns, Wedge Christies
 - Synchro Skiing
 - Traverse – Diagonal Side Slip – Traverse
 - Practice with sandbags until Instructor has demonstrated safe tethering for humans!
- I. Discuss Terrain Selection
 - What is appropriate for tetherer’s ability? How does that compare to skier’s ability?
- J. Paperwork Practice
 - Complete a sample Progress Report, individually or as a group.
- K. Practice Scenarios:
 - An 18-year-old participant with cerebral palsy is non-verbal and uses a power wheelchair. She has limited ROM in her right hand, and very little use of her left hand. >> Describe your equipment choice and fit-up, and how you might teach this student to ski the ski, and have as much independence as possible.
 - A 27-year-old man with C-6 spinal cord injury was an active skier and mountain biker before injury. He wants to get back into skiing as independently as possible, but has limited grip and arm strength. >> Consider using rigger mitts for help with grip, and a Bi-Unique to afford as much independence as possible – can still reach seat jack.

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On-Mt Clinic #5 – Sit Ski (Ski or SB Instructor)

Instructors will learn to teach for independence (off tether) for a bi-ski or mono-ski participant.

- A. Introduction and warm-up run to gauge skiing ability/knowledge of the group. Discuss clinic safety and expectations.
- B. Tethering for Independence (**Bi-Ski Only**)
 - Use tethering to assist in ski development, not to replace ski development
 - Practice keeping more slack in the tether, so the student can “ski the ski”
- C. Mono-Ski and Dual-Ski Equipment Introduction or Review
 - Difference between various buckets, frames and skis
 - Parts of a mono-ski
 - Quick time to sit in equipment, practice using hand-held riggers
- D. Participant Evaluation
 - What equipment do we need? Why?
 - When do we choose a mono-ski, instead of a dual-ski or bi-ski?
- E. Equipment Fitting
 - Functional, comfortable position
 - “Bucket” is the “ski boot”
 - How to adjust ski, if applicable; dowel test
 - Where to find padding, how to fit padding
 - Transfer etiquette, safe lifting for all
 - Retention strap, evacuation straps/carabiner, strapping
 - Discuss and demonstrate how to do a dowel test
- F. Group Lesson
 - Have each Instructor choose and fit a piece of equipment – mono-ski, dual-ski or bi-ski
 - Encourage all Instructors to participate as a “student”, if the equipment is available
 - If there is not enough equipment, or someone is uncomfortable skiing the sit ski, group Instructors of similar size in 2's or 3's
 - Review skills and movements for “standard” Ski Progression, and translate to sit ski – use [“Functional Mechanics of Alpine Skiing Across Adaptive Disciplines”](#) as reference!
 - Discuss, demonstrate and practice the steps of the progression – starting from flat-land drills
 - Give Instructors the opportunity to feel and learn from the student's perspective, watch demos, and practice giving instruction
 - Introduce games and exercises for various parts of the progression
 - Demonstrate effective teaching tactics, such as teaching from 3-T, which is similar both visually and mechanically

- Do not increase in terrain until the Instructors have the skill to go elsewhere on the mountain – use this as a “real life” opportunity/demonstration to avoid over-terraining
- G. Basic Mono-Ski (or Independent Bi-Ski) Movement Analysis
- What is the ski doing? What is the body doing?
 - Highlight the importance of a rotary-based progression for beginning mono-ski or bi-ski students seeking independence
 - Experiment with how the ski moves, when the skier’s movement comes from different parts of the body. For example, movement from the hip vs movement from the head, tipping vs twisting
- H. Teach Chairlift Independence
- New skiers, or skiers striving for independence, should start working to self-load ASAP
 - How to get through lift line
 - Where is load mechanism, if applicable
 - Lift with two riggers vs one rigger and a hand on the “arm rest” of the chairlift
 - Assistance from Instructor or Liftie – pull-back from rear or side
 - In all lessons, Instructor, Assistant or participant to attach/remove retention strap
- I. Discuss Terrain Selection
- What terrain (mountain specific) works especially well for sit skiers seeking independence? What is particularly difficult (double fall line)?
- J. Paperwork Practice
- Complete a sample Progress Report, individually or as a group.
- K. Practice Scenarios:
- A 45-year-old woman has been skiing the Bi-Unique for two seasons. You are her new instructor for her third season of skiing, and learn that her goal is to ski independently this season – she started to get off tether last season. After your first morning of lessons, you realize that she only knows how to carve the ski, and cannot control her turn shape with skidding. What is your next step as an instructor? >> Bring the lesson back to easy beginner terrain, and work on a skidded turn/rotary progression. Emphasize the importance of this skill (varied turn size/shape, hockey stops) for independent skiing.
 - Take a never-ever mono-skier from flat land drills through their first turns, including a discussion/lesson about how to load/ride the chairlift.