

Functional Tasks for Stand-up Physical Disabilities

PSIA-RM-AASI Adaptive Snowboard 2010-11

All Tasks need to be ridden 50% dominant stance and 50% switch.

Bump Run: (Only one of the following will be examined) Blue slopes (green for switch)

Fall-Line Bump run

- Rhythmical, linked, parallel, short to medium radius turns (no traversing)
- Consistent speed maintained through turn shape.
- An appropriate blend of skills.
- Tactical choices appropriate to terrain and snow conditions.

Medium to Large Radius Turns in the Bumps with...

- Linked turns showing a balanced and centered stance.
- Maintenance of board-snow contact through absorption.
- Consistent speed maintained through turn shape.
- Tactical choices appropriate to terrain and snow conditions.

This task will show the ability to read the terrain and adapt to that terrain by making the necessary adjustments.

Often students with Physical Disabilities who are able to ride standing up are very athletic and the instructor needs to be able to confidently introduce them to a variety of snow and terrain conditions.

Pivot Slips:

Groomed blue terrain

- Stand on your heel edge, looking down the hill in a sideslip position
- Start a sideslip, staying within a 1-1/2 board wide corridor
- Flex down then extend, using up-unweighting to pivot the board 180 degrees (On flat terrain this change will happen when the board is slightly off the snow, like a small hop turn)
- Flex down to control pressure and keep the board in the corridor
- Now you are on the toe edge and you have to use upper / lower body separation to keep looking down the hill, while your shoulders are staying parallel to the fall line.
- Maintain focus point down-hill throughout the entire maneuver
- Repeat 2x each direction.

Mastering this maneuver will help you in any hands-on assists, or whenever you need to stay in close contact with your student, without interrupting his / her movements.

This task will show the ability to pivot from center of board while up-unweight in a hop turn like maneuver. It also demonstrates an understanding and controlling of upper/lower body separation movements while staying within a corridor using pressure control movements.

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One Footed riding:

Easy green terrain, beginner hill

- Front foot strapped, clicked in
- Back or rear foot out of binding
- Confidence and balance on board
- Minimizing movement of upper body to stay in control of board
- Understanding counter rotation movements to make linked turns

This is an important skill to be developed on your own, since you will find yourself riding like this in the beginning stages of many of your adaptive and non-adaptive lessons.