



**ROCKY MOUNTAIN DIVISION**  
Professional Ski Instructors of America  
American Association of Snowboard Instructors

## Adaptive Alpine: Sit Down Tethering Foundations

Audience: Current PSIA-AASI-Rocky Mountain Members; Prospective Adaptive Alpine Level 1 candidates

Discipline: Adaptive Alpine

Time: 1 Day Credits: 6 CEU's.

**Course Description:** This clinic is intended for instructors who have little to no tethering experience and would like more tethering practice and receive feedback for tethering skill development. Participants will have the opportunity to get practical experience tethering both hand-held and fixed outrigger biski set-ups. This clinic will also cover tethering safety, basic terrain tactics and adjustments for varying snow conditions.

\*Attendance at this clinic is required for instructors who have no tethering experience and are planning to attend the Adaptive Level 1 Biski exam.

### Sample Activities/ Outline:

- Introduction
  - Overview
  - Goals and expectations
  - Clinic guidelines and safety procedures
- Warm-up Run without Equipment
  - Warm-up footwork
  - Biski Tethering Skills Check List
  - Tetherer positioning
- Hands-on assists
  - Chairlift loading, unloading
  - Assisting on flats
  - Assisting in emergency situations
- Tethering with hand-held out-riggers
  - Emergency stops
  - Tether management - laxity and tension
  - Tetherer positioning for specific results
  - Practice active tethering – safety; assisting with bi-skier skill development
- Tethering with fixed out-riggers
  - Emergency Stops
  - Fixed outrigger positions for various turn radii
  - Tethering linked turns of varying size
- Terrain and Conditions
  - Terrain choices for skill development

# PSIA



# AASI

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- Tethering on varying terrain – flats, corridors, double fall lines, harder green terrain
  - Tethering safely and effectively in varying conditions - soft and hard snow
- Debrief
  - Summarize salient points
  - Provide final feedback and next steps for attendee skill development