



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

Adaptive Alpine: Sit Down Tethering Foundations Clinic Describer

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

Discipline: Adaptive Alpine

Time: 1 Day **Credits:** 6 CEU's

Setting: This session will take place on groomed and ungroomed green and blue runs

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.

Prerequisite skills:

Level 7 or higher skiing: Participants can ski groomed and ungroomed green and blue terrain

Overall Objectives:

- Perform lift loading/unloading of biskis
- Identify tetherers' foot and hand positioning for effective control of a biski
- Practice biski tether management
- Cite safety considerations in tethering biskis

Sample Activities

- Tethering footwork
- Biski Tethering Skills Check List
- Tetherer positioning
- Hands-on assists
- Tethering with hand-held outriggers
- Tethering with fixed outriggers
- Exploration of terrain, conditions, and safety applications in tethering
- Receive feedback and next steps for tethering skill development

Materials Needed:



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- Ski or snowboard gear
- Helmets recommended but required at VR sites