



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

Assessment and Application of Equipment for Adaptation of Snowsports Lessons

Discipline: Alpine and Snowboard
Time & CEUs: 1 Day, 6 CEUs
Setting: Outdoor On-Snow

Course Description: Come get your hands on alternative equipment to support ski and snowboard lessons, no adaptive experience necessary! Learn different equipment options for use in standard lessons with guests who may have different physical needs and may benefit from additional equipment, hands on assist, and stance adjustments. Practice implementing different equipment in diverse situations and gain insight into how the skiing and snowboarding fundamentals can be applied to each tool.

Recommended Prerequisites: Level 1 in any discipline.

Prerequisite Skills & Knowledge: Teaching experience and at least basic understanding of the alpine and snowboarding fundamentals.

Learning Outcomes:

1. Recognize how equipment and stance modifications can influence guest performance of the skiing and snowboarding fundamentals.
2. Identify different easily accessible adaptive equipment options for stand-up adaptive guests.
3. Apply information about the skiing and snowboarding fundamentals to various guests using stand-up adaptive equipment.

Learning Activities:

1. Warm up activities to get an idea of skill/knowledge in the group, Icebreaker activity and introductions Name, resort, background, first concert or favorite teaching moment.
2. Equipment and Stance Options for Guests with Physical Challenges:
 - a. Observation of stance and gait, muscle strength, and experiences.
 - b. Why do you choose this stance or equipment?
 - c. How does your stance affect the Fundamentals?
 - d. How can stance and equipment adjustments be adapted to our guests to optimize their abilities?
 - e. Biomechanics and stance.
 - f. Creative binding set ups and options.
 - g. Playing with different stance options and abilities. (Rotation from hips vs. knees, ankles, etc.)

3. Explore & Play with Equipment: Pros and cons of each, practice in pairs with various tools.
 - a. Hands on assists (ski & snowboard)
 - b. Hula hoops, bamboo poles, ski pals, I Teach bars, snow wing, etc.
 - c. Outriggers
 - d. Tethers
 - e. Prothesis
4. Summary & Wrap Up:
 - a. Recap of content and learning outcomes.
 - b. Answer remaining questions.
 - c. Offer suggestions for future learnings and clinics.