



# ROCKY MOUNTAIN

Title: Snowsports after life changing events

Learning Connection Focus (circle one)

Duration: 2 days

Terrain Guidelines: Groomed Green, Blue and easy Black Runs

Participation Guidelines: Level 7 skiing or riding skills and snowsports teaching experience. Skiers and riders are welcome.

## Overview

Life can throw a curve ball like injury, cancer, neurological issues, mental health challenges, or other unexpected complexities at us or our guests. These diagnoses may cause brain and/or body changes or lead to a more sedentary lifestyle. This clinic is based upon using snowsports to enhance guests life experiences. A mix of movement and discussion will have the group considering brain and body function, logistics and timelines of engaging in snowsports as well as adaptations of the fundamental mechanics of alpine skiing or riding to a new-ish body or mind. Alternative equipment such as outriggers, Againers, Snow-Go, and ski bikes will be touched upon lightly as another option to inspire life-long snow sports participation.

## Learning Outcomes

1. Identify what Diagnosis can fall under "Life Altering Conditions".
2. Describe how getting back outside can assist in rehab and getting back to living a fulfilling life.
3. Demonstrate how the Alpine or Snowboard Fundamentals can be adapted to allow skiing / riding after a life changing event.
4. Identify alternative options of getting out on the snow (with or without additional equipment).

## Learning Experiences What/How the structured activities will guide participants to the learning outcomes.

### I. Intro to clinic

- A. Overview of Clinic
- B. Share personal experience and goals for the clinic
- C. Outline time plan including terrain use and indoor time
- D. Safety on the mountain and current snow conditions including 5TS
- DI.

### II. Warm up

Warm-up run on appropriate terrain to confirm the groups skiing / riding level.



# ROCKY MOUNTAIN

Create a comfortable group setting to encourage conversations about personal experiences

## III. Diagnoses, injuries and associated issues / concerns

- A. Physical Injuries and Issues
- B. Brain Injuries, including Stroke and TBI
- C. Different Cancer or Rare Disease Diagnosis
- D. Neurological issues, long term COVID, Auto Immune Diseases
- E. Progressive Diagnosis, such Parkinson, Dementia, Visual Impairments
- F. Stress, Mental Health, PTSD or PTS events

## IV. Information and Concepts

Many of the discussed diagnosis and events have different needs. Let's break those down into two different groups:

- A. Skiers / riders, with any level of previous experience, who have been injured or received a diagnosis that will severely limit their time on the slopes.  
Let's ask the question: What is their biggest obstacle to get back out on the mountain? Discuss different ways to address this.  
Explore ways to address adapting the skiing / riding fundamentals to the new situation with no or minimally changed / added equipment?
- B. Guests who have not experienced / participated in snow sports before.  
Can we come up with options / motivations to get them out on the mountain that are more involved than just "taking them for a ride"? For example: Explore previous experience in sports or rehab settings and start out in a one on one setting with equipment and pacing that is not intimidating to the guest.

## V. Activities

- A. Skiing / riding through the Alpine / Snowboard Fundamentals and explore options
- B. Explore lift and terrain options
- C. Address personal ski / ride equipment options
- D. Investigate different pacing options
- E. Look at the available terrain through a new lens – how can we make it less intimidating
- F. Introduce and use outriggers, Tip Clips, Againers or ski-bike if available

## VI. Discussion and Review

Share discoveries and experience from practice sessions. Positive or Negative.  
Focus on Safety of the student and instructor as well as the general public.  
Consider alternative options and don't forget to listen to the guest and their concerns!

## VII. Summary



# ROCKY MOUNTAIN

- A. Identify how skiing and riding can help someone with . . .
- B. Ask every participant what is the most important thing they learned and how they could apply this with some of their guests, friends or family
- C. Answer outstanding questions