



PSIA-Rocky Mountain-AASI



Adaptive Alpine: Sit Down Tethering Tune-Up

Audience: Current PSIA-AASI-Rocky Mountain Members; Adaptive Alpine Level 1 and above

Discipline: Adaptive Alpine

Time: 1 Days **Credits:** 6 CEU's.

Course Description: This clinic is intended for instructors who have already tethered sit-down equipment and would like more practice and tune-up tethering skills. Get hands-on practice with the latest sit-down equipment and refine your skills with both hand-held and fixed outrigger tethering. This clinic will also cover common terrain tactics and adjustments for varying snow conditions.

Recommended Prerequisite Course: Adaptive Alpine Level 1

Sample Activities/ Outline:

- I. Introduction
 - A. Overview
 - B. Goals and expectations
 - C. Clinic guidelines and safety procedures
- II. Warm-up Run without Equipment
 - A. Review & practice stance and tethering positioning
 - B. Warm-up footwork
 - C. Review and explore tethering variations
- III. Tethering with hand-held out-riggers
 - A. Start with straight run – focused on distance from student & tightness of tether
 - B. Practice passive tethering focused on tetherer's position & management of tethers.
 - C. Practice stops & emergency hockey stops
 - D. Practice active tethering
 1. Straight run – focused on maintaining student balance
 2. Initiating direction changes
 3. Stops – more hockey stops
 4. Resisting tail wash-out & protecting downhill edge
- IV. Tethering with fixed out-riggers
 - A. Straight runs and balance
 - B. Emergency Stops
 - C. Direction changes and 'J' turns
 - D. Full turns and linked turns
- V. Terrain and Conditions
 - A. Terrain choices for skill development
 - B. Varied conditions
 1. Powder
 2. Slush
 3. Bumps
- VI. Practice, Practice, Practice