



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

Upward Mobility Clinic Describer **On-snow**

Audience: Current PSIA-AASI-Rocky Mountain Members with deeper experience working with adaptive alpine guests

Discipline: Adaptive Alpine

Time: 1 Day Credits: 6 CEU's.

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

Course Description: Adaptive skiers often choose to split their time between sit and stand skiing. Join this interactive session with veteran instructors to gain a deeper understanding about physical assessment of prospective stand up skiers and tools, techniques and strategies that support stance, strength, grip, and success using various and unique adapted stand skiing equipment.

Prerequisite skills:

Level 7 or higher skiing: Participants can ski groomed and ungroomed green and blue terrain and easy black runs.

Overall Objectives:

1. Perform an advanced assessment process to gain information pertinent to the guests' diagnosis and physical needs.
2. Identify body support equipment appropriate to the guests' diagnosis and physical needs to stand up ski.
3. Select adapted alpine ski equipment appropriate to the physical needs of the guest and his or her diagnosis.

Sample Activities:

- Advanced assessment processes for use in determining guests' physical attributes and needs
- Introduction of body support appliances such as Againer system, grip assists, CADS, balance tools; fitting overview
- Technical application and use of adapted alpine stand ski equipment and appliances; on-snow practice
- Safety for guests and instructors regarding use of appliances and equipment



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

Materials Needed:

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