



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

Upward Mobility Clinic Outline

Describer:

Adaptive skiers often choose to split their time between sit and stand skiing. Join this interactive session to learn about physical assessment of prospective stand up skiers and tools, techniques and strategies that support stance, strength, grip and success using various adapted stand skiing equipment.

Outcomes:

1. Perform an 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.
3. Select adapted alpine ski equipment appropriate to the physical needs of the guest and his or her diagnosis.

- I Intro to clinic; today's learning outcomes; safety today and in lessons
- II Quick discussion to determine knowledge/understanding/experience and expectations; set today's plan
- III Assessment processes for use in determining guests' physical attributes and needs
- IV Introduction of body support appliances; fitting overview
- V Introduction of adapted alpine ski appliances and equipment appropriate to guest diagnoses; fitting and set-up relative to guest diagnoses
- VI Technical application and use of adapted alpine stand ski equipment; on-snow practice
- VIII Safety for guests and instructors regarding use of appliances and equipment
- IX Summary of clinic content, learning outcomes and application and future learning opportunities

Equipment or support materials needed:

1. CADS
2. Againer system
3. Grip assists
4. Sliders
5. Stand outriggers
6. Ski tip and tail appliances