

















ASB Level 2 - Functional Riding Tasks For VI/COG, Stand Up, and Sit Down Disciplines

Revision 7/17/19

Riding Task	VI/COG	Stand Up	Sit Down
Accelerated Falling Leaf			
Synchronized Riding			
Switch Riding on Green and Blue Terrain			
Pivot Slips			
Fall Line Bump Run Medium to Large Radius			
One-Footed Riding			
End Around			
Turn to a Stop (Emergency Stop)			



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Task Descriptions

All Tasks need to be ridden 50% dominant stance and 50% switch

Accelerated Falling Leaf (fall line pivot movements):

Groomed blue slopes

- Start down the hill in the fall line of your dominant stance.
- Go into a heel turn, letting the nose of your board drift down the hill, while continuing to look down the hill as if watching a student
- You will then do a switch heel turn, bringing the nose of your board back up the hill to your original position facing down the fall line.
- You can practice with keeping arms pointed down the fall line, as if holding tethers while completing the accelerated falling leaf.

This task will highlight upper/lower body separation, pressure control, breaking vs. gliding, down and/or across the fall line as well as lower body steering movements, both dominant footed and switch.

Once you understand the basic movements involved, you can now adjust edging and pressure to control breaking and gliding. Mastering this move will be very helpful when establishing auditory guiding techniques with VI students and managing tethers with stand up and sit down students.

Synchronized Riding with at least one other candidate

Easy to harder blue slopes

- Dynamic skidded turns while showing the ability to adapt to the riding style of another rider and demonstrating:
- The ability to pace as the leader and adapt as the follower
- Turns that occur at the same time rather than in each other's tracks
- A coordinated finish with a balanced stop.

This style of riding is frequently used while guiding a VI student or teaching a cognitively challenged student. This task shows riding versatility and the ability to adapt one's personal riding style to constant changes in line choice and terrain, it is also a good technique to prepare for tethering stand up and sit-down students.

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End Around

Green to Easy Blue Terrain

- Equivalent maneuver to 'seat tethering'
- Start with a traverse, (maintain the speed vs picking up speed while in the fall line) with moving into a turn.
- If one is starting on your heel side, you are up hill from the student.
- Going into the fall line, one walks their hands around the back of the seat, turning the 'sit equipment' and ending up on your toe side.
- Must show speed control.
- Must show strong equipment handling
- Making four (4) to (6) linked turns while demonstrating the 'End Around'

This maneuver often happens when the instructor needs to assist the student by 'seat tethering'. The instructor needs to move their hands and position themselves from one side of the seat to the other, going from regular to switch and back. Some mono-skis and dual-skis stick out much further in the back of the seat than a bi-ski or certain mono-boards, making this maneuver quite difficult if not impossible.

Turn to a Stop

Steeper Green or Blue Terrain

- Starting down the hill, come up to speed, then initiate a quick turn.
- Come to a full, balanced stop, showing absolutely no forward momentum.
- Repeat in the other direction, then switch (4 different stops total)
- Throughout the whole maneuver the upper body should remain quiet, as if you are holding on to a Bi-Ski or tethers.

Instructors need to be confident executing an "Emergency Stop" while tethering a Bi-ski or Rider Bar. No rebound should be seen in the instructor's movement. Being able to quickly come to a complete, safe stop while demonstrating a seat assist is essential for instructors teaching any kind of sit-down equipment.



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Bump Run (Only one of the following will be examined)

Blue slopes (green for switch)

Fall-Line Bump run:

- Rhythmical, linked, parallel, short to medium radius turns (no traversing)
- Consistent speed maintained through turn shape.
- An appropriate blend of skills.
- Tactical choices appropriate to terrain and snow conditions.

Medium to Large Radius Turns in the Bumps with:

- Linked turns showing a balanced and centered stance.
- Maintenance of board-snow contact through absorption.
- Consistent speed maintained through turn shape.
- Tactical choices appropriate to terrain and snow conditions.

This task will show the ability to read the terrain and adapt to that terrain by making the necessary adjustments. Often students with Physical Disabilities who can ride standing up are very athletic and the instructor needs to be able to confidently introduce them to a variety of snow and terrain conditions.

Pivot Slips

Groomed blue terrain

- Stand on your heel edge, looking down the hill in a sideslip position
- Start a sideslip, staying within a 1-1/2 board wide corridor
- Flex down then extend, using up-unweighting to pivot the board 180 degrees (On flat terrain this change will happen when the board is slightly off the snow, like a small hop turn)
- Flex down to control pressure and keep the board in the corridor
- Now you are on the toe edge and you must use upper / lower body separation to keep looking down the hill, while your shoulders are staying parallel to the fall line.
- Maintain focus point down-hill throughout the entire maneuver
- Repeat 2x each direction.

Mastering this maneuver will help you in any hands-on assists, or whenever you need to stay in close contact with your student, without interrupting his / her movements. It also demonstrates an understanding and controlling of upper/lower body separation movements while staying within a corridor using pressure control movements.

One Footed Riding

Easy green terrain, beginner hill

- Front foot strapped, clicked in
- Back or rear foot out of binding
- Confidence and balance on board
- Minimizing movement of upper body to stay in control of board
- Understanding counter rotation movements to make linked turns

This is an important skill to be developed on your own, since you will find yourself riding like this in the beginning stages of many of your adaptive and non-adaptive lessons.

Switch Riding

Green and Blue Terrain

- Medium radius turns demonstrating control, rhythm and flow
- Ability to guide while “doing the dance” using switch turns, keeping the student’s turn shape consistent
- Ability to use switch turns through seat assisting the bi-ski and mono ski without compromising safety

Switch riding is a key skill in adaptive snowboarding. Often, we are required to ride switch through specific maneuvers while using assistive tools, equipment and techniques. Being confident in your switch riding while working with your student is very important for their own safety and demonstrative purposes