

# Adaptive Snowboard Level 2 Mono Ski Assessment

**Duration:** 1 Day (6 CEUs)

**Learning Connection Focus:** Technical Performance Skills

## Course Description:

This is an on-snow assessment for level 1 Certified Adaptive Snowboard instructors who are pursuing their Adaptive Snowboard Level 2 Certification. It's designed to evaluate your teaching, people, and technical skills related to bi ski instruction. We will apply the snowboarding fundamentals to personal riding and apply both the alpine and snowboarding fundamentals to adaptive equipment. Expect to ride primarily on groomed blue terrain suitable to the Level 2 tasks and adaptive equipment. Depending on conditions and learning experiences, the clinic may venture onto ungroomed terrain.

## Recommended Preparatory Learning or Prerequisites:

- Prerequisite: Level 2 Snowboard Certification or Level 2 Snowboard Movement Analysis and Riding passes, Adaptive Snowboard Level 1 Certification

## Prerequisites Skills:

- Safely ride green, blue, and black diamond trails. Ability to load and unload chairlift independently while using adaptive equipment.
- Recommended Equipment Considerations
  - Program approved mono ski that you are comfortable using.
  - Personal snowboard equipment properly functioning and tuned.

## Learning Outcomes:

By the end of this assessment, successful participants will be able to:

- Demonstrate appropriate use of adaptive equipment for adaptive snowboarders in the intermediate zone.
- Receive personal feedback on teaching scenarios, riding tasks, and adaptive equipment use in relation to their level 2 assessment.

## Learning Experiences:

- Fully assisting a mono-ski loading and unloading the chairlift with a minimum of 50 pounds of mass in the sit-ski.

- Seat assisting a sit-ski with a minimum of 50 pounds of mass in the sit-ski through a variety of intermediate zone terrain and traffic for the purposes of safety.
- Personal performance sit-skiing.
  - Will be factored into candidates' assessment.
  - To be submitted by video prior to the on-snow assessment.
  - Demonstration must be done in a mono-ski.
  - Candidates must ski independently. (No tethers or seat assist.)
  - Must ski a run with a minimum of six refined linked turns using a blend of at least two of the Alpine Skiing Fundamentals with varied turn shape to a controlled stop on more advanced green terrain.
- Collaborate with peers for teaching scenarios and activities.
- Use adaptive equipment as necessary in the intermediate zone.
- Fit adaptive equipment to students as necessary.
- Perform movement analysis on mono skiers within the intermediate zone.
- Teach adaptive snowboard mono ski scenarios in the intermediate zone..

### **Materials/Equipment Needed:**

- [Adaptive Snowboard National Standards](#)
- [ASB Exam Supplement](#)
- [Adaptive Exam Guide for Mono Skiing](#)
- AASI Snowboard Technical Manual
- PSIA-AASI Adaptive Alpine Technical Manual