

# Functional Tasks for Sit-Down Physical Disabilities

## PSIA-RM-AASI Adaptive Snowboard

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

### End Around:

Green to Easy Blue Terrain

- ⑩ Equivalent maneuver to 'seat tethering'
- ⑩ Start with a traverse, (maintain the speed vs picking up speed while in the fall line) with moving into a turn.
- ⑩ If one is starting on your heel side, you are up hill from the student.
- ⑩ 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.
- ⑩ Must show speed control.
- ⑩ Must show strong equipment handling
- ⑩ 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 switch his/her needs to walk their hands, thus their body around the back of the seat from one side to the other. The instructor will be riding switch during part of this maneuver. 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.

### Hop Turns:

Groomed terrain, harder Blue to Easy Black

- ⑩ Starting from a sideslip, candidates will flex down then extend, using up-unweighting while pivoting the board 180 degrees. This effectively is a jump from the uphill edge, transition in the air landing on the opposing (new uphill) edge while still moving downhill.
- ⑩ During the landing, flex down to control pressure and keep the board within a two board-length corridor.
- ⑩ Upper and lower body separation is essential with the upper body remaining quiet and facing downhill throughout the movement while the lower body provides the action and power.
- ⑩ Must be able to jump to at least eight different edge changes within a two board-length corridor.
- ⑩ This maneuver must be ridden switch as well, on slightly less challenging terrain.

Mastering this maneuver will help you in any hands-on assists, especially with sit down equipment. It is also useful whenever you need to stay in close contact with your student, without interrupting his/her movements and shows precision and speed control required to safely guide upper level adaptive students down intermediate and more advanced terrain.

### Turn to a Stop:

Steeper Green or Blue Terrain

- ⑩ Starting down the hill, come up to speed, then initiate a quick turn.
- ⑩ Come to a full, balanced stop, showing absolutely no forward momentum.
- ⑩ Repeat in the other direction, then switch (4 different stops total)
- ⑩ 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.