

Adaptive Tools & Equipment and How They Affect Board Performance PSIA-RM-AASI Adaptive Snowboard 2012-13

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Adaptive tools and toys are used to assist a student's ability to generate performance out of his or her snowboard. We know from the Snowboard Manual that the performance concepts a rider can create are tilt, twist, pivot, and pressure.

The primary and secondary performances vary from tool to tool. Certain tools achieve the same performances often with minor differences in execution, thus can be grouped together. Others are unique in their uses and outcomes. The ultimate outcome, of course is to increase the ease and enjoyment of the student. By understanding what these tools can do and how they do it, that outcome is more likely to happen.

Pressure distribution is certainly a board performance that is evident with the use of any and all of these tools; though, it's more of a tertiary performance.

Bamboo/Ski Pole(s), Delaney bar, Outriggers (single or double) -- Pivot/Tilt

These student-independent tools are similar in that they all create at least one more point of contact with the snow. The contact point often becomes a point around which the board can pivot. Giving the rider another 'point of contact' with the snow with utilizing these tools, gives the rider improved stability to tilt the board on its edge safely and with a little more ease.

Hula-hoop, Ski Hoop, Snow Wing, Horse-n-buggy —Tilt/Pivot

All four of these tools are instructor-assisted. The stability comes from the instructor in either the "dance" position or riding uphill of the student. Both positions allow the instructor to assist the student in controlling the edge angle through leverage (tilt). In addition, these tools provide support around the waistline and hips, a primary rotary force in the body. By rotating his hands along the tool, the instructor can help a student steer around the midpoint of the board's axis (pivot).

Rider bar—Twist/Tilt

Utilizing the rider bar can be either instructor-assisted or student-independent. Moving the bar has a direct and immediate effect on the snowboard. By moving hands in opposite directions, while holding onto the rider bar, the rider can change the difference in edge angle between the tip and tail (twist) of the snowboard. Moving the hands in the same direction (either a pushing away from the body or pulling back into the body) at the same time will tilt the board on edge for the rider. Both are effective in changing from edge to edge with the board; however, the twist movement is much more subtle and forgiving.

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Tethering—Pivot/Tilt

Tethering is an instructor-assisted tool. An instructor generally tethers a student at three possible points: the tip and, tail of the board, or around the feet—all are pivot points along the length of the board. The instructor is always tethering from uphill of the student and the tethers have contact with the downhill part of the student's body, the student has the opportunity to use the tethers to help him tilt the board on edge.

Tandem riding—Tilt/Twist

Riding tandem is an instructor-assisted tool. This set up involves two people on one board, weight transfer is a large component in guiding the board. Therefore, tilt is a primary board performance. The instructor also has the ability to twist to snowboard, yet with two sets of bindings spread across the board, the effect is somewhat diminished.

Shredder plate/Sit-down riding—Tilt/Pivot

The shredder plate on an alpine board relies heavily on the student tipping his or her upper body weight over the edge to engage it. The student also has to pivot the board to prevent excess slippage.