

## **Adaptive Alpine: Sit Down Tethering Foundations Clinic Outline**

**Discipline:** Adaptive

**Duration:** Full-day on-snow; Credits: 6 CEU's

**Setting:** On-snow

### **Course Description:**

This clinic is intended for instructors who have little to no tethering experience and would like more tethering practice and receive feedback for tethering skill development. Participants will have the opportunity to get practical experience tethering both hand-held and fixed outrigger biski set-ups. This clinic will also cover tethering safety, basic terrain tactics and adjustments for varying snow conditions. Activities will occur on groomed and ungroomed green and blue terrain. Attendance at this clinic is essential for instructors who have no tethering experience and are planning to attend the Adaptive Level 1 Biski Assessment.

### **Prerequisites Courses:**

- Level 7 or higher skiing, stand-up or sit-down tethering experience.

### **Knowledge and Experience Expectations:**

- Exposure to biski tethering.

### **Course Objectives:**

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

- Perform lift loading/unloading of biskis.
- Identify tetherers' foot and hand positioning for effective control of a biski.
- Apply tether management when tethering biskis.
- Demonstrate emergency stops in appropriate situations.
- Cite safety considerations in tethering biskis.

### **Potential Learning Outcomes:**

- Engage in various forms of tethering footwork.
- Review the Biski Tethering Skills Check List.
- Practice tetherer positioning.
- Explore hands-on/seat assists.
- Tether a biskier with hand-held outriggers.
- Tether a biskier with fixed outriggers.
- Explore terrain, conditions, and safety applications in tethering.
- Receive feedback and next steps for tethering skill development.

### **Materials Needed:**

- Personal ski or snowboard gear and helmet.
- Adaptive equipment as designated by clinician.