

PSIA



AASI

ROCKY MOUNTAIN DIVISION

Professional Ski Instructors of America
American Association of Snowboard Instructors

Ski Bike as an Adaptive Tool

Audience: Current PSIA-AASI-Rocky Mountain Members of any discipline

Discipline: Ski bike and adaptations

Time: Full day

Credits: 6 CEU's

Setting: On-snow

Prerequisites: Minimum Level 6 ski or snowboarding skills

Course description:

Learn about and practice the fundamentals of teaching and riding ski bikes while exploring various models, how they perform on the hill, and adjustments available to meet the needs of various guests. Attendees will also explore the use of ski bikes as a skill expansion tool for other adaptive and non-adaptive snowsports disciplines, transferring ski biking concepts, movements, and skills to them.

Course outcomes:

Upon successful completion of this clinic, you will be able to:

- Describe safety guidelines for riding ski bikes.
- Discuss the different characteristics of two types of ski bikes and the attributes of each for guests with and without medical diagnoses.
- Demonstrate basic linked turns, skidding, and carving on beginner through intermediate terrain.
- Identify strategies for effectively riding through powder and crud conditions.
- Describe ski biking concepts, movements, and skills that transfer for use in other adaptive and non-adaptive snowsports disciplines.

This course is beneficial if you:

- Instruct guests who are having challenges grasping movement concepts while standing on a sliding tool.
- Instruct guests who lack short or longer-term cognitive, emotional, or physical strength.
- Instruct guests with medical diagnoses who may require adaptations.

Materials needed:

- Personal snowsports equipment plus snow boots
- Helmet encouraged and required at Vail Resorts properties