

Ski Bike as an Adaptive Tool Clinic Outline

Discipline: Adaptive

Duration: 1 day; Credits: 6 CEU's

Setting: On-snow

Course Description:

Learn about and practice the technical aspects of ski biking while riding various models of ski bikes. Explore a variety of models, how they perform on the hill, and adjustments available to meet the needs of various guests including but not limited to those who are challenged by strength and/or endurance, cognition, and long or short-term memory. Attendees will also investigate adaptations of ski bikes and the use of adaptive tools to support skill acquisition and safety of lesson guests. Insights into using ski bikes as a teaching for transfer tool for guests working on skill expansion while in adaptive and non-adaptive snowsports lessons will also be addressed.

Prerequisites Courses:

- Level 6 or higher alpine skiing or riding skills.
- Teaching and movement analysis experience is helpful.

Knowledge and Experience Expectations:

- Bring examples of lesson situations when conventional alpine, snowboard, or Adaptive equipment is not appropriate to use.

Course Objectives:

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

- Describe safety guidelines for riding ski bikes.
- Demonstrate best practices for loading, riding, and unloading chairlifts.
- 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 adaptations to apply to ski bikes when required for safety and learning.

- Describe ski biking concepts, movements, and skills that transfer for use in other adaptive and non-adaptive snowsports disciplines.

Potential Learning Outcomes:

- Small or large group practice of physical assessment.
- Compare/contrast ski bike characteristics. meet the needs of guests with medical diagnoses.
- Choose various adaptive tools and techniques to meet the needs of guests with cognitive, affective, or physical diagnoses.

Materials Needed:

- Personal ski or snowboard equipment.
- Adaptive equipment as designated by clinician.
- Helmet use required.