

Upward Mobility

Discipline: Adaptive

Duration: 1 day; Credits: 6 CEU's

Setting: On-snow

Course Description:

Adaptive skiers often choose to split their time between sit and stand skiing. Join this interactive session with other experienced instructors to gain a deeper understanding about physical assessment of prospective stand-up skiers and tools, techniques and strategies that support stance, strength, grip, and success using various types of adapted stand skiing equipment and some unique applications of it.

Recommended Preparatory Learning or Prerequisites:

Bring examples of guests with compromised strength, endurance, and balance, who want to stand ski using conventional alpine equipment.

Prerequisites Courses:

- Level 7 or higher alpine skiing or snowboarding skills.
- Teaching experience is helpful.

Knowledge and Experience Expectations:

- Exposure to adaptive alpine ski equipment and techniques.

Course Objectives:

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

- Perform an advanced assessment process to gain information pertinent to the guests' diagnosis and physical needs.
- Identify body support equipment appropriate to the guests' diagnosis and physical needs to stand up ski.
- Select adapted alpine ski equipment appropriate to the physical needs of the guest and his or her diagnosis.

Potential Learning Outcomes:

- Participate in advanced assessment processes for use in determining guests' physical attributes and needs.
- Touch and try introduction of body support appliances such as the Againer system, grip assists, CADS, balance tools and fitting overview.
- On-snow practice and technical application of adapted alpine stand ski equipment and appliances.
- Investigate best practices of safety for guests and instructors while using adaptive appliances and equipment.

Materials Needed:

- Personal ski or snowboard equipment.
- Adaptive equipment as indicated by presenter.
- Helmet use required.