



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

You've Really got a Hold on Me Interactive Online Clinic Outline

Discipline: Adaptive

Duration: 2.5-hour session; Credits: 3 CEU's. Attendees must be present and display active participation to receive credit for the session.

Setting: Online

Course Description:

This interactive clinic serves as a base for any ski or snowboard instructor seeking information on the use of tethering as a tool to enhance guest understanding and facilitate skill acquisition in sit or stand ski or snowboard lessons. The clinic lays out foundational concepts of tethering for instructors including, but not limited to, best practices for implementation of tethering for safety purposes, appropriate application for guests with cognitive, affective, or physical challenges, and use of the tool as groundwork for guests seeking independence. This course is particularly appropriate for instructors seeking Adaptive alpine or snowboarding certifications.

Prerequisites Courses:

- None, however teaching experience is helpful.

Knowledge and Experience Expectations:

- Bring examples of teaching situations when tethering may enhance or inhibit learning in snowsports lessons.

Course Objectives:

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

- Identify skiers and snowboarders who may benefit from the use of adaptive tethers.
- Recognize various types of tethers and the equipment that is used with them.
- Cite safety considerations for tethering adaptive skiers and snowboarders.
- Explain proper maintenance of adaptive tethering equipment.
- Implement at-home exercises to prepare for on-the-hill practice session.

Potential Learning Outcomes:

- Small and large group discussions on tethering practices.
- View effective and ineffective tethering actions.
- Participate in out of seat individual tethering activities for tether management.

Materials Needed:

- Two 12” lengths of cord, webbing, or rope and one four-legged chair, floor surface conducive to chair legs freely moving on it.
- Desktop or mobile device with display, speaker, microphone, and webcam capabilities. Many mobile devices do not allow for full participation in online meetings. It is strongly recommended that you use a computer with working video, speaker, and microphone capabilities to connect to the meeting via the internet. If your computer does not have speaker and microphone capabilities, you may use a phone for audio.
- Consistent Internet access.