



## **PSIA-AASI National Adaptive Academy Extended Session**

**January 6-8, 2021**

### **Clinic Reminders**

**Clinic Topic: Assessment and Equipment Selection for Efficient Stand-up Skiing: Physical Diagnoses – Beth Fox [bfoxbizzard@gmail.com](mailto:bfoxbizzard@gmail.com)**

1. Perform Covid-safe assessments in-person or virtually:
  - Collect pre-assessment information from guest
  - Balance and Coordination
  - Muscle Strength and Endurance
  - Flexibility and Range of Motion
  - Symmetry (length, strength, shape)
  - Sensation
  - Orthopedic Appliances
2. Recognize body and gross and fine motor movement challenges that impact effective engagement in the Fundamental Mechanics of Alpine Skiing.
3. Select adaptive equipment to:
  - Support body or body parts
  - Align skeletally
  - Develop specific movementsAlways consider safety factors
4. Adaptive equipment:
  - Leg strength assists: Againer System [www.againer-ski.com](http://www.againer-ski.com); CADS [www.cads.com](http://www.cads.com)
  - Tip connectors: [www.thesnowpros.org](http://www.thesnowpros.org)
  - Balance tools (slider, outriggers): [www.enablingtech.com](http://www.enablingtech.com)
  - Arch supports and boot inserts: Dr. Scholl's kiosk at pharmacy or online; some ski race product companies also sell these materials such as [www.Race-werks.com](http://www.Race-werks.com).
  - Grip assists: Create with mitten and hook and loop closure strips; Many types available for purchase: Internet search for Active Hands Winter Sports Grip Aid
5. Equipment and safety:
  - a. Use grip assists for guests with weak grasp.
  - b. Use retention strap or hook and loop closure strips/patches for guests with limb control challenges.
  - c. Do not allow guest to move backward when using any type of tip retention.
  - d. Always use a tip retention device when using a tail retention device.
  - e. Follow program protocols when using slider. Many programs require instructors to be tethered to slider to prevent runaway equipment.

6. Follow Covid-19 safety protocols at your resort and program.
  - a. Limit close-in time with students.
  - b. Consider wearing nitrile gloves and a face shield during assessments.
  - c. Engage a family member to assist with hands-on activities.
  - d. Perform assessments outdoors or virtually.
  - e. Attach adaptive devices to ski gear before the guest gets into equipment.
  - f. Wash your hands often and disinfect equipment after use.

Follow this link [COVID-19 Updates – PSIA-AASI \(thesnowpros.org\)](https://www.thesnowpros.org/COVID-19-Updates-PSIA-AASI) to the PSIA/AASI National website to view Covid info from National – Navigating the 2020-21 Snowsports Season, National Ski Areas Association - Be well Ski Well, and from your Division.

7. Learn more about assessment and diagnoses:
  - Adaptive Alpine Technical Manual
  - Adaptive Instruction Supplement: Diagnosis and Medication Classifications
  - [www.thesnowpros.org](https://www.thesnowpros.org) Click on Education and look for the digital library or purchase a hard or digital copy for yourself.