



PSIA-AASI National Adaptive Academy Extended Session

January 6-8, 2021

Clinic Reminders

Clinic Topic: Sit Ski Base Camp – Beth Fox bfoxblizzard@gmail.com

1. Nerves and function:
 - C-3 & 4 – Head tilt, shoulder shrug
 - C-5 – Elbow flexion
 - C-6 – Wrist extension
 - C-7 – Elbow extension, wrist flexion
 - C-8 – Finger flexion
 - T – Chest and abs
 - L – Legs, seat, feet
 - S – Bowel, bladder, lower legs, feet
2. Physical assessment process
 - Balance and Coordination
 - Muscle Strength and Endurance
 - Sensation
 - Flexibility/Range of Motion
 - Symmetry – strength, range of motion, flexibility, limb length, muscle mass
 - Preferred Seating Systems and Orthopedic Appliances
3. Covid-19 and snowsports information – PSIA/AASI Navigating the Snowsports Season, NSAA Be Well Ski Well, PSIA/AASI Divisional information - <https://thesnowpros.org/education/covid-19-updates>.
4. In-person assessments – mask, face shield, gloves (nitrile only). Ask questions to gain information, guest mirrors your movements in assessment process, care provider assistance.
5. Remote assessments – phone conversation, observe activity photos or videos of guest submitted to you, Zoom session with guest.
6. Some factors in sit skiing that influence access to the Fundamental Mechanics of Alpine Skiing:
 - Rig characteristics
 - Seating: CASS – Comfort, Alignment, Support, Safety
7. Create pre-experience activities for off-snow sit ski skill development.
 - Increase independence and success
 - Consider skills and Fundamental Mechanics of Alpine Skiing
8. Teaching in the Covid-19 era offers instructors an opportunity to support earned independence and success through innovative hands-off learning activities.
9. Address the physical and emotional needs of your guests as they participate in lessons that may be different than experienced in previous seasons due to Covid-19 protocols.
10. Learn more:
 - Adaptive Alpine Technical Manual
 - Adaptive Instruction Supplement: Diagnosis and Medication Classifications
 - www.thesnowpros.org Click on Education and look for the digital library.