



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

**January 6-8, 2021**

### **Clinic Reminders**

#### **Clinic Topic: Touchless Teaching**

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1. It's okay to feel various emotions about teaching in Covid-19 times. Acknowledge your feelings and set a plan to address the root issue. Your guests may also be experiencing different emotions regarding the pandemic and it's okay to acknowledge this, as well.
2. Your perseverance, grit, or patience will help you get through all the challenging things you will do for the first time this season.
3. Click here <https://thesnowpros.org/education/covid-19-updates> for Covid-19 updates from PSIA/AASI Divisions, PSIA/AASI National's *Navigating the 2021 Snowsports Season* publication and National Ski Areas Association's *Ski Well, Be Well* information campaign.
4. Know before you go by checking the websites for your Resort, Snowsports School, and Adaptive Program for updates to operating procedures. Things may change rapidly.
5. Think about what you need to prep yourself for your lesson such as a supply of handwarmers for yourself, boot heaters, gear lock to secure your items in an outdoor rack, collapsible hydration bottle. Carry and extra mask as yours will get damp. Carry sets of nitrile gloves in snack sized zip top bags.
6. Know in advance the lesson format required by your school. Some best practices could include staggered lesson start times, meeting guests on-snow, no lunch with guests, 6' distancing in lessons, and mask requirements. Consider clipping to your jacket a color photo of yourself unmasked, visible to your guests from 6' away.
7. This is the year of BYOS – bring your own stuff. You and your guests should not count on use of the lending closet for ski clothing, gloves, neck gaiters, goggles, etc.
8. Create "personal fit kits" out of foam (sit skiers), cants or lifts (stand-ski or snowboard) for guests, place them in a string backpack at end of day and give to guest to bring next time.
9. Limit close-in time with students during equipment assessment and during lesson. Consider wearing nitrile gloves and a face shield during assessments. Engage a family member to assist with hands-on activities during assessments and in lessons. Perform assessments outdoors or

virtually. Attach adaptive devices to ski gear before the guest gets into equipment. Wash your hands often and disinfect equipment after use.

10. Sanitize borrowed equipment (helmets, bungee's, tethers, sit skis, etc. after use. If someone other than the instructor is responsible for sanitizing equipment designate a location or bin in which un-sanitized equipment can be placed. Check with manufacturers about sanitization processes and products safe for use on their gear.
11. Terrain: Use flat areas at the base for fun skill development activities to increase independent success and decrease the need for physical assistance of guests - this includes bi-skiers! Pre-stage/set-up on-snow learning activity stations prior to use. Include fun and engaging games and activities on the flats to build motor skills and body awareness thus decreasing need for physical or equipment assists later in lesson. On the mountain, use terrain appropriate to the guests' skill level and that which does not require hands-on assistance.
12. Hands-on assists: If required, consider using color coded large hoops, bamboo poles, Ski-Pal. Designate color sections of the device for the guest and the instructor. Help the guest remember their color assigned by wrapping a few bands of color matching surveyor tape around the wrists of the guest. Hand holding does not allow for appropriate distancing so figure out another tool or tactic, if necessary.
13. Indoors: Access will be limited so include activities of higher and lower exertion and use sunny and shady locations to warm up or stay cool. Plan location and time to meet your guest after lunch as most schools are not allowing instructors to dine with guests. Bring your lunch with you as restaurants will have limited space and may require reservations.
14. Stand or sit ski tethering: attach tethers to ski tips or bi-ski back prior to user accessing stand or sit skis. Aid mobility on flats by bringing tethers forward of sit ski, stand skis, or snowboard to give appropriately distanced pull assist.
15. Chairlifts: Use outdoor benches or picnic tables for pre-experience activities to help guest gain chairlift loading, riding, and unloading skills. Ride chairlifts that allow appropriate distancing. Engage care providers to assist with loads/unloads – train them! After assisting the guest onto the chair and securing the safety strap of sit ski or harness, move to the other side of the chair for the ride. Scoot back close to undo carabiners and offload. Beware of unbalanced chairs as you enter the unload area. Hold a bamboo or pvc pole of appropriate length horizontally as a chairlift load/unload assist for stand ski or snowboarders.
16. Discuss challenges and solutions with other instructors and share out to the adaptive community. We are in this together!