



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Equipment and Assists: Snowboarding Success for Guests with Physical Diagnoses
- Mike Ma

1. The best equipment is the least amount of equipment. We teach independence.
2. The adaptive hypothesis blends your physical assessment of a rider with your knowledge of the 6 snowboard fundamentals to find a path to success. Teaching adaptive requires you to be creative in accurately applying your knowledge.
3. A common application of the adaptive hypothesis in physical diagnoses is "next joint up." Thus, if a student's ankle is compromised, then the knee would be a good place from which to build a lesson. If the ankle and knee are compromised, then consider the hip, etc.
4. In teaching the beginner progression, "controlling torsional flex" (e.g., twist) is at the core of the able-bodied snowboard progression. However, you will often be replacing this fundamental as it is impacted by disabilities such as amputations, stroke, CP, MS.
5. Before touching any student, ask their permission and where it is ok to be touched.
6. There are other ways to hand assist without having to hold the hands such as the Dance, such as holding their feet, their bindings, etc. to create different sensations.
7. Sometimes you may change equipment and assisting devices intra-lesson based on changing aptitude, energy, and attention of the student. Be prepared to be flexible.
8. When using a piece of equipment, be sure that a) it is in the name of independence, and b) you understand which fundamental it either supports or compensates for.