



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 4-8, 2022

Clinic Summary Notes

Clinic Topic: Get in and Go: Biski with Hand-held Outriggers - Beth Fox bfoxbizzard@gmail.com

1. Classes can be a superior learning environment for some guests. Visual examples of other biskiers performing, focus off a single participant, access to information delivered in various manners to other learners, peer support, and fun are just a few benefits of class lessons. Be sure to have a safety plan in place for class movement and assistance.
2. Start lessons on the flats for warm up activities and confirmation of independence, appropriate seating set-up, and flat skis in a neutral position.
3. Seating set-up and fit is key to success. Adjust seat position, if possible, for fore/aft balance and follow the CAS model of Comfort, Alignment, and Stability for fit and function.
4. Biskiing is alpine skiing with adaptation. The alpine fundamental mechanics apply to the biski and the hand-held outriggers:
 - a. Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
 - b. Control pressure from ski to ski and direct pressure toward the outside ski.
 - c. Control edge angles through a combination of inclination and angulation.
 - d. Control the skis' rotation with leg rotation, separate from the upper body.
 - e. Regulate the magnitude of pressure created through ski/snow interaction.
5. Biskiing instruction can include both edging and skidding progressions. Instructors should prioritize either progression where appropriate for the guest and their goals.
6. Use exercises and activities to promote understanding and skill in inclination, angulation, upper/lower body separation, and arm positioning to achieve effective movements for edging and skidding of the biski. Some biskiers may not be able to physically perform all movements.
7. Read about key components of biskiing and hand-held outrigger use in PSIA's *Alpine Adaptive Technical Manual*, and learn more about diagnoses of biskiing guests and assessment practices in *PSIA's Alpine Instruction Supplement: Diagnoses and Medication Classifications* at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.
8. See photos and read about fundamental mechanics of biskiing with rotary or edging applications in *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* located at https://thesnowpros.org/download/PSIA_AdaptiveFundamentals_Final_web.pdf. Scroll to the bottom of the document.