



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Get in and Go Ski Bike Fundamentals and Equipment Adjustments - Christina Bruno

1. In adaptive lessons we mostly use Ski bikes with a low center of gravity and three points of contact with the snow. Due to the seated position, it is easier to stay in balance, the learning curve tends to be fast and with minimal strength needed.
2. A good candidate for a ski bike is someone that can:
 - a. If your student can walk short distances (15-20 yards)
 - b. If your student has some control of his/her legs, even if they do not have full strength. Determining factors are their physical strength, mobility, ability to maintain balance in a seated position, fine motor control over their feet & being able to wear a ski or SB boot on at least one foot.
3. Everyone will need to be given strength and balance assessments to make sure that the specific ski bike you have available is the appropriate adaptive device for them.
4. Students with the following Disabilities might be good candidates:
 - a. Amputations, Below the Knee (BK) or even Above the Knee (AK)
 - b. Double amputations
 - c. Post-Polio
 - d. Muscular Dystrophy
 - e. Multiple Sclerosis
 - f. Incomplete spinal cord injuries L1-2
 - g. Stroke or Brain Injury (hemiplegia)
 - h. Mild Cerebral palsy
 - i. Visually impairments
 - j. Balance impairments
 - k. Knee replacements or other knee & ligament problems
 - l. TBI, PTSD
5. Due to the nature of sitting on the bike, the absorption occurring through the spinal column, bikes are not recommended for individuals with back problems.
6. Consider a bungee on the tip of the foot ski if your student does not have the strength or fine motor control to control where that foot will point (Prosthetic foot, hemiplegic . . .)

7. Consider taking the prosthetic leg off in case of an AK amputation.
8. Proper time spent during the initial set up will equal success for the student in the long term and more enjoyment of the sport for the participant.
9. Work through a wedgless progression for skill development.
10. Emphasize using turns for speed control and stopping, practice J turns to a stop in each direction.
11. Each bike may load differently on the chair lift, make sure you follow your program policy and have a retention device.
12. As you progress you may use the foot skis less and more of the bike's skis for performance.
13. Ski bikes can be a great piece of equipment for a variety of abilities and situations where a new activity with an easier learning curve meets the needs and goals of the student.