



Ski Spectacular Instructor Academy

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

Clinic Reminders

Clinic Topic: Tactical Tethering for Fixed Rigger Biskis - Charley Phelan

1. Identify guest motivation and movement needs. What physical, cognitive, and/or affective needs are required for biskiing? What is the mindset of the guest? What amount of time does the guest plan to invest in learning to biski?
2. Choose an appropriate biski that will allow the greatest opportunity for the guest to achieve their goals. Identify multiple equipment options and set ups that may meet guest needs.
3. Frame height, body position, structural support, fixed rigger type and positioning all influence biskiing and tethering success. How do these factors affect the guest and their goals?
4. Teach to what your guest wants to learn and experience. Build a strong relationship with your guest. Break learning segments into smaller, achievable goals. Praise success and address challenges. Be patient.
5. Use appropriate terrain in lessons, during skills practice, and while exploring the mountain. If you must ask yourself "Should I" or "Shouldn't I" then you have already answered your question.
6. Recognize the difference between enabling (doing for) and empowering (teaching how) the guest. It can be hard for instructors to keep hands off the guest and biski or tethers. When teaching, allow guests to try to accomplish as many movements and activities as possible on their own. People learn best through as much independent experience as possible.
7. Teach for independence by selecting appropriate terrain and using tethers to aid in turn shape for control speed and direction.
8. Explore active and passive tethering to help you, the tetherer, and the guest to understand the level of support required for safety, fun, and learning.
9. Read more about teaching biskiing and the technical aspects of fixed rigger use in the free digital version of the *PSIA Adaptive Manual Technical Manual* located at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.

10. Spend time exploring similarities and differences between alpine and adaptive skiing. The *PSIA Alpine Technical Manual* provides great insight into ski to snow interaction which doesn't change no matter the adaptive ski discipline. Find the digital manual at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.

11. Ski, play, explore using various combinations of frames, skis, and movements. Have fun!