Clinic Summary Notes

Clinic Topic: Age of Discovery - Meeting Brain and Body Needs of Aging Snowsporters

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Clinic Date: Wednesday December 7, 2022, 9:30 – 12:00 PM

Clinic Description: We all age, some faster than others, but this doesn't mean that people should age out of snowsports or skip the fun of sliding after recovering from injury.

1. Identify body parts, body systems or other challenges that may differently affect aging guests or those rehabilitating injuries.
   A. Previous / current injuries
   B. Physical assessment
   C. Balance assessment
   D. Stamina assessment
   E. Memory / Recall / Understanding
   F. Medications/effects
   G. Goals

2. Describe equipment / adjustments, that can be used to help aging skiers or those overcoming injury to ski more safely or efficiently:
   A. Adjustments to personal ski equipment - boots, skis, poles – age and current choices
   B. Additional support, such as CADs, Againers, Mo-Jos, outriggers, ski bike