



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

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

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