



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 4-7, 2023

Clinic Summary Notes

Clinic Topic: Assessment on the Spot – Stand-up Snowsports - Beth Fox bfoxblizzard@gmail.com

1. Initial indicators that something may be amiss with equipment, body, or conditions often become apparent after an instructor makes a quick survey of the snowsports tool tracks in the snow, quick MA, or general impression of guest comfort in the activity. Act:
 - a. Quick physical assessment:
 - Balance and coordination – lateral, fore/aft, ambulation aids
 - Muscle strength and endurance – upper/lower body
 - Sensation – upper/lower, hands/soles
 - Flexibility and ROM, gait
 - Symmetry – spine, level hips, leg shape, flat soles, arm length/shape
 - Orthopedic appliances
 - b. Consider the senses of sight, smell, taste, hearing, touch, vestibular, proprioception affect performance.
 - c. Investigate the guests' ability to engage in the alpine fundamental movements based upon the physical assessment and guest information.
2. Address needs:
 - a. Focus on the safety needs of the guest, which may be tied to the findings of the physical assessment, including senses. Make changes to equipment only if you are trained to do so.
 - b. Pocket items to help: video performance with guests' mobile phone; neck gaiters, non-latex bands, Velcro to create "grip mitts" to provide padding or secure a fit; rubber shims/cants or trail maps to provide symmetry, flat sliding surfaces, more or less flexion; add heel bungee if needed, and only if tip retention in place; etc.
 - c. Adjustments to help: Loosen or remove straps to increase mobility; adjust outrigger length and tail configuration for strength and endurance and functionality desired; adjust angles of outrigger skis or cuffs if offset holes available.
3. Good pocket items to carry on lessons: small 4-way wrench, small adjustable wrench, multi-tool with flat and Phillips' head screwdrivers, multi-Allen wrench tool, outrigger spring reversal tool, tip clips, heel bungee cord, non-latex flexible shims/cants, extra outrigger pins, short lengths of padding, phone number of an equipment guru resource.
4. Check out PSIA-AASI's *Adaptive Alpine Technical Manual* and *Adaptive Instruction Supplement: Diagnoses and Classifications*. A free digital copy of these manuals can be found at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.

