



Ski Spectacular Instructor Academy

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

Clinic Summary Notes

Clinic Topic: Get in and Go: Beginner Zone Ski Bike for Guests in Adaptive Lessons - Beth Fox
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1. Consider bike use for individuals with strength and balance challenges. Use a ski bike for a portion of a stand-up or sit-down lesson to address strength or endurance, for fun, motivation, or positive transfer of skills.
2. Safety on the lifts is key. Know the attributes of the ski bike and abilities of the lesson guest.
 - Establish a load/ride/unload plan with the instructor, guest, and lesson assistant, who carries the bike, assistance needed, etc.
 - If bike is ride-on-lift compatible, what assistance might be needed?
 - Communicate clearly with lift operators.
3. Safety on the slopes is mandatory.
 - Learn how to execute skidded turns for speed control
 - Use foot ski tails for a slowing mechanism
 - View perspective from ski bike is different than when standing
4. Check out the *Adaptive Ski Bike Info Guide* at https://www.psia-rm.org/download/resources/adaptive-documents/adaptive_documents/Guide_Ski_Bike-2020-FINAL.pdf

Examples of Ski Bikes

Stalmach Skibob



Brener Snow Bike



Lenz Ski Bike

