



## Ski Spectacular Instructor Academy

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

### Clinic Summary Notes

**Clinic Topic:** Stand-up Skiing for Guests with Neurological Disorders  
Clinician: Katherine Hayes Rodriguez

- I. Perform a guest assessment. Relate to ski/ride level and lesson desires.
  - A. Previous skiing, physical assessment, cognitive assessment, medications
  - B. Ski equipment review and approval
  - C. Goal setting, learning preferences, verbiage
  - D. Adapted Alpine Snowsports Manual <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>
  
- II. Perform movement analysis
  - A. Perform movement analysis (Observe, Evaluate, Prescribe=OEP)
  - B. Evaluative exercises onhill- ski in straight line in neutral stance, traversing, unbuckled boots, one footed stance, inversion and eversion movements
  - C. Planes of Motion (frontal, sagittal, horizontal); apply in MA. Consider symmetrical movements
  
- III. Review what you know about neuromotor disabilities and listen to the guest tell you about their disability and how it affects them in various activities.
  - A. Cerebral palsy, spina bifida, brain injury, multiple sclerosis, and muscular dystrophy
  - B. Determine the benefits of using se 2 skis/2 poles vs. Adaptive equipment
  - C. Decide if it is best to use corrective or developmental exercises, activities, and progressions.
  - D. Adaptive Instruction Supplement: Diagnoses and Medications Classifications <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>
  
- IV. Consider safety of the guest
  - A. Safety concerns associated with the guests' disability and on-hill movement
  - B. Any safety issues with the use of equipment