



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

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Clinic Summary Notes

Clinic Topic: Get in and Go: Ski Bike Skill Development and Assists for Guests in Adaptive Lessons - Beth Fox bfoxbizzard@gmail.com

1. Match lesson guest attributes and needs with ski bike characteristics. Check manufacturers website info if unfamiliar with the model.
2. Ski bike fitting considerations for safety and functionality:
 - Hips above knees
 - Seat in swale of saddle and not forward to keep weight on back ski; Saddle padding to help keep knees apart and foot skis positioning flat or to keep rider back in swale of saddle
 - Foot skis: Center mark of boot must be at center mark of foot ski, or they wiggle all around; choose ski or snowboard bindings based on boot need of guest; booting out can occur with snowboard boots if there is no riser on the foot ski
 - Control tools for foot skis: Bungie(s) from foot ski(s) to ski bike to control legs (eye bolt in the foot ski with a snap clip on either end for easy application or removal)
 - Handlebars: If possible, rotate handlebars forward or backward to help create proper arm distance/reach for rider - many handlebars do not move. Use grip mitt(s) to keep hand(s), pistol grips on handle (old school plastic pole handles that come around back of hand) or heavy-duty rubber bands for prosthetic hooks to maintain grip on handlebar.
3. Assists:
 - A tether may be attached to the rear triangle of a ski bike, but it is effective for speed control only. Encourage ski bikers to practice reading terrain and traffic patterns plus engage in turn shape for speed control to avoid tether use.
 - Two-point hold by instructor on seat or hips of the ski biker can help learner engage in appropriate movements.
 - Creative use of shortened ski poles with handles pushed into the ends of the ski bike handlebars offers the opportunity for an instructor assist from the side
 - Models exist that have a detachable instructor handlebar mounted on the back of the ski bike.
 - Upfront directing by an instructor safely skiing backward can be the best "assist" of all.
4. Engage in games and activities to help ski biking guests develop skidding and carving skills to apply on various types of terrain and in changing conditions.
5. 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.