



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
December 9-12, 2024

Clinic Summary Notes

Clinic Topic: Get in and Go: Ski Bike as an Adaptive Snow Sports Entry Portal - Beth Fox
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1. Consider bike use for individuals with strength and balance challenges. Use a ski bike during a portion of a stand-up or sit-down lesson to address strength or endurance; for fun, reward, or diversion; to help with motivation, or as a tool for concept understanding or transfer of skills.
2. Safety on the lifts is key. Know the attributes of the ski bike and abilities of the lesson guest.
 - o Establish a load/ride/unload plan with the instructor, guest, and lesson assistant, who carries the bike, assistance needed, etc. Is a seat retention strap required at the Resort or Program?
 - o If bike is ride-on-lift compatible, determine what assistance might be needed for load, ride, and unload.
 - o Communicate clearly with lift operators and seat mates.
3. Safety on the slopes is mandatory.
 - o Teach, at minimum, skidded turns and turn shape for speed control.
 - o Use foot ski tails for a slowing mechanism.
 - o The view perspective from the ski bike is different than when standing so be safety aware.
 - o Teach/guide from the front when guest may have vision challenges, tend to flee, or not understand appropriate routes to ski.
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

