



## **Ski Spectacular Instructor Academy**

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

### **Clinic Summary Notes**

**Clinic Topic: Prosthetics in Action** - Trevor Hildebrand [hildetf@gmail.com](mailto:hildetf@gmail.com)

1. Assessments are the foundation of sliding... find out what they can and cannot do as it relates to the 5 Alpine Fundamentals or 6 Snowboard Fundamentals so you know what you will need to modify in your coaching.
2. Encourage individuals with lower limb prosthetics to bring extra socks for their residual limb to add on at lunch or during breaks as they may lose mass as they sweat.
3. Carry a small bottle of hand sanitizer when teaching athletes with prosthetics.
4. Coaching is a partnership between you the coach, the athlete, and the prosthetist (even if they aren't there).
5. Learn about what adjustments can be made to the specific prosthesis. Discuss with guest or care provider how adjustments can be made. Are adjustments made with tools, set from a Bluetooth connection from a digital device, or other manner?
6. Get a snug fit into boots using closed cell foam, in particular around the boot cuff.
7. Have a safety leash on the ski/board when riding the lift.