



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Stand-up Skiing for Guests with Neurological Disorders - Beth Fox
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1. Learn more about neurological disorders and their effects upon guests in the online or print version of PSIA's *Adaptive Instruction Supplement: Diagnoses and Classifications*. Free digital copy at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.
2. Guest assessment includes many things such as the following:
 - a. Listen to the guest describe their diagnosis and how it affects them in particular, and any medications used as the info will help direct your lesson decisions.
 - b. Check sight, smell, taste, hearing, touch, vestibular, proprioception and apply info.
 - c. Quick physical assessment:
 - Balance and coordination – lateral, fore/aft, ambulation aids, gait
 - Muscle strength and endurance – upper and lower body
 - Sensation – upper and lower body, hands, and soles
 - Flexibility and ROM
 - Symmetry – spine, level hips, leg shape, flat soles, arm length/shape
 - Orthopedic appliances used
 - d. Quick cognitive assessment:
 - Alert and attentive
 - Oriented to people, place, and time
 - Short and long-term memory
 - Communication preferences and/or needs
3. Check out PSIA-RM-AASI's Guide to Common Gaits in Adaptive Lesson Guests at https://www.psia-rm.org/download/resources/adaptive-documents/adaptive_documents/Guide-to-Common-Gaits-in-Adaptive-Lesson-Guests-091424.docx.pdf. It's a free resource!
4. Consider how the diagnosis and assessment information influence how the guest is able to apply the Alpine Fundamental Mechanics to their skiing.
 - a. Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
 - b. Control pressure from ski to ski and direct pressure toward the outside ski.
 - c. Control edge angles through a combination of inclination and angulation.
 - d. Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
 - e. Regulate the magnitude of pressure created through ski/snow interaction.

- f. Check out *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* at <https://shop.thesnowpros.org/adaptive-1/> for purchase or download it for free.
5. Consider safety of the guest when selecting exercises and activities for skill development. Spend time on flatter terrain developing a balanced stance and stacked body position prior to adding speed, steeper terrain, or more complex movements.
 - a. Employ the skill, drill, hill concept along with lateral learning exploration prior to increasing terrain.
 - b. Consider direct to parallel progression if the guest is not able wedge the skis in a comfortable and symmetrical manner.
6. Free Resource for assistive devices and strategies: Pages 33-43 *Adaptive Alpine Technical Manual* <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.