



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular  
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### Clinic Summary Notes

**Clinic Topic:** Assessment on the Spot for Stand-up Snowsports – Scott Giffin [scottgif1@gmail.com](mailto:scottgif1@gmail.com)

1. Once on the snow, further assessment may be required. Signs might include guest discomfort, tracks in the snow, guest inability to perform one or more fundamental movements, or MA.
  - a. Physical assessment to include:
    - Balance and coordination—lateral, fore/aft, gait
    - Muscle strength and endurance—upper and lower body
    - Flexibility and range of movement
    - Symmetry—spine, hips, shoulders, arm and leg length/shape, foot to foot, and overall stance
    - Sensation—upper/lower, hands, feet (soles)
    - Orthopedics
  - b. Sensory issues—five senses, feel, proprioception, vestibular
2. Determine needs.
  - a. Is the guest comfortable? Does the guest feel safe? Apply findings from physical and sensory assessments.
  - b. Make changes to equipment, but only if trained to do so.
    - Adjust outrigger length or tail configuration—enhance balance, strength and endurance, or function
    - Adjust angles of outrigger skis or cuffs, if design allows
    - Loosen or remove straps—increase mobility, comfort
    - Provide symmetry, flat riding surfaces—rubber shims, trail maps, folded duct tape
    - Secure grip, provide comfort—Velcro, neck gaiters
    - Heel bungee, if appropriate and only with tip retention
    - Learn and accrue techniques from other instructors, be creative and curious
3. Suggested toolkit items: multi-tool with pliers, flat and Phillips' screwdrivers; 4-way wrench; small adjustable wrench; multi-Allen tool; Velcro strips; various-size zip ties; extra outrigger pins; tip retention; heel bungee cord; latex-free duct tape, shims, cants; extra padding (small); mobile phone for MA.
4. See PSIA-AASI's *Adaptive Alpine Technical Manual* and *Adaptive Instruction Supplement: Diagnoses and Classifications*. A free digital copy of these manuals can be found at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>