



PSIA-AASI National Adaptive Academy

**Hosted by The Hartford Virtual Ski Spectacular
December 8-11, 2024**

Clinic Reminders

Clinic Topic: Assessment and Equipment Selection for Effective Stand-up Skiing or Riding: Physical Diagnoses – Beth Fox bfoxblizzard@gmail.com

1. Perform assessments in-person or virtually:
 - Collect pre-assessment information from guest
 - Assess the following:
 - Balance and Coordination
 - Muscle Strength and Endurance
 - Flexibility and Range of Motion
 - Symmetry (length, strength, shape)
 - Sensation
 - Orthopedic Appliances
2. Recognize gross and fine motor movement challenges in the body that impact effective engagement in the Fundamental Mechanics of Alpine Skiing.
3. RAD selection of adaptive equipment to:
 - **R**einforce/Stabilize/Support body or body parts
 - **A**lign skeletally
 - **D**evelop specific movementsAlways consider safety factors
4. Adaptive equipment:
 - Leg strength assists: Againer System www.againer-ski.com; CADS <https://www.cads.com/Technical.htm>
 - Tip connectors: www.thesnowpros.org
 - Balance tools (slider, outriggers): www.enablingtech.com
 - Boot inserts: Dr. Scholl's kiosk at pharmacy or online; many ski race product companies also sell these materials
 - Grip assists: Create your own with mitten and hook and loop closure strips; Do an internet search for Active Hands Winter Sports Grip Aid to find a product sales outlet
5. Equipment and safety:
 - Use grip assists for guests with weak grasp.
 - Use retention strap or hook and loop closure strips/patches for guests who have challenges keeping limb(s) close to the body.
 - Do not allow guest to move backward when using any type of tip retention on skis.

- Always use a tip retention device when using a tail retention device on skis.
 - Follow program/school protocols when using a slider. Many programs require instructors to be tethered to slider to prevent runaway equipment/skier. Sliders are not intended to be used by snowboarders.
6. Learn more about assessment and diagnoses:
- *Adaptive Alpine Technical Manual*
 - *Adaptive Instruction Supplement: Diagnosis and Medication Classifications*
www.thesnowpros.org Click on Education and look for the digital library to read for free or purchase a hard or digital copy for yourself.
7. Consult reputable sources when considering any type of information, especially online, for diagnoses, adaptive snowsports lessons info, adaptive equipment, teaching, or hands-on techniques. Be aware that not all postings on YouTube, TikTok, or other online sites present safe and generally accepted practices in adaptive sports and recreation.