



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

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### Clinic Summary Notes

**Clinic Title:** Elevate Independence: Tethering and Assists for Stand-up Guests – Beth Fox [bfoxblizzard@gmail.com](mailto:bfoxblizzard@gmail.com)

1. Assess each guest to learn about physical, cognitive, and/or affective needs. Refer PSIA/AASI's *Adaptive Alpine Technical Manual* and *Adaptive Instruction Supplement: Diagnoses and Medications* for assessment processes and diagnosis insights at <https://thesnowpros.org/professional-development/digital-manuals/>.
2. Learn more about building trust and rapport in PSIA/AASI's *Teaching Snowsports Manual*, pgs. 19-35 at <https://thesnowpros.org/professional-development/digital-manuals/>.
3. Practice reciprocal listening, which means communication goes both ways and learners/guests, instructors, parents, and care providers have a right to be heard when decisions are made. Think discussion vs oration.
4. There are many assists such as tip hold, hip hold, two-point hold, tip tethering, visual, auditory, and/or kinesthetic (VAK) coaching. Understand the assets and drawbacks of each and choose the one that best helps influence the movements and behaviors of your guest. It may be a combination of assists or inputs. See PSIA/AASI's *Adaptive Alpine Technical Manual*, pgs. 39-43.
5. Practice tether management, moving around the guest and between their skis, skiing forward and backward (if your school/resort allows it), and smooth transitions from tethering to hands-on assists with tethers in your hands.
6. Safety is key! Equipment choices, terrain, tactical decisions, VAK input, good posture, and more influence the well-being of you and your guest in this partnership.
7. Create and implement a developmental plan to reduce or discontinue CAP assists or instructor support to champion guest independence when appropriate to do so. Think about timing, location, and safety when transitioning from one assist to another or to none.