



## Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular

December 8-11, 2025

### Clinic Summary Notes

**Clinic Title:** Get in and Go: Build Your Personal Biskiing Skills (L 1-2) for Teaching or Certification Prep Beth Fox [bfoxblizzard@gmail.com](mailto:bfoxblizzard@gmail.com)

1. Functional seating promotes safety and success. Find a friend to help you get seated and padded properly. A sloppy fit will frustrate the excited learner in you! Remember CASS (Comfort, alignment, stability, safety).
2. Look up with your eyes and remain centered for a stance that is balanced fore/aft and between both skis. If you fall, keep arms forward to avoid being pinned underneath or unsafely positioned behind you. Also, remember that easy does it as subtle movements support beginner success.
3. Play to learn. Spend time on the flats to develop an awareness of the flat or edged skis underneath you and the outriggers in your hands. Outriggers act like the feet and legs of stand skiers.
4. Skiing is skiing and the fundamental mechanics of alpine skiing apply to biskiing. Learn more through the following adaptive resource: *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* at [www.thesnowpros.org](http://www.thesnowpros.org).
5. Build solid skills and good movement habits by employing the skill, drill, hill concept along with lateral learning exploration prior to increasing terrain.
6. Spend time on terrain accessed by carpet lifts. Practice lining up appropriately to board and exit carpet lifts. If a rubber mat is present at the lift entrance or exit, ask the attendant to remove it or cover it with snow to ease your progress.
7. If you are using a biski model conducive to self-loading on a chairlift, practice pulling the appropriate levers to elevate the seat in preparation for loading and practice rigger use for balance and propulsion in this lift load position. Practice self-loading on the bench of a solid picnic table or other wide and flat seat anchored into the snow/ground. Get a friend to help you or ghost load your biski up the chairlift if you are not skilled in loading the chair. Safety first!



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8. Get lots of info on biskiing from the Introduction to Sit Skiing, Teaching Progressions for Biskiing, and Physics and Phases of Outrigger Use chapters in the *Adaptive Alpine Technical Manual*. Read the online digital version for free or buy a hard copy at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/>.
9. Read the PSIA-RM-AASI's *Adaptive Alpine Teaching Guide: Biskiing*, chart your progress, with RM's *Biski Professional Development Log* or use the assessment prep tool *Bi-ski and Mono-ski Level 1 and 2 Study Guide* found at <https://www.psia-rm.org/adaptive-alpine/adaptive-alpine-education-materials/>.
10. See PSIA-AASI National's Biski Performance Guide here -  
[https://thesnowpros.org/wp-content/uploads/2025/01/Adaptive-Bi-Ski-Specialist-Certification-Pathway\\_11282024-1.pdf](https://thesnowpros.org/wp-content/uploads/2025/01/Adaptive-Bi-Ski-Specialist-Certification-Pathway_11282024-1.pdf)
11. Ask a friend to video you so you can see your progress and perform some movement analysis on yourself. If you plan to attend certification you are required to submit a video to your PSIA/AASI region prior to attending the assessment of you biskiing. For Level 1 include video of yourself independently performing the following:  
Level 1
  - a. Candidates will complete a straight run to a controlled stop.
  - b. Candidates will complete a run with a minimum of three turns to a controlled stop on the most basic terrain available.  
Level 2
  - a. Candidates must demonstrate independent skiing in the equipment of the selected sit-ski discipline.
  - b. Candidates will complete a minimum of six refined linked turns using varied turn shapes, to control speed on more advanced green terrain with a controlled stop.
12. View biskier videos on PSIA/AASI's The Matrix at <https://thesnowpros.org/education/the-matrix-videos/>. If you go elsewhere online, be aware that some YouTube and TikTok videos do not show best practices for bi-skiing.