



Ski Spectacular Instructor Academy

Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Independent Travel for Hand-held Outriggers Bi-skiers –Intermediate Zone – Colleen Farrell

1. Types of bi-skis ideal for independent skiing. Advantages and disadvantages in your choice for independence. Fit up can be detailed and crucial to gear for independence.
2. Outrigger configuration and length impact the implementation of fundamental movements in sliding, slipping, skidding, and carving biskis independently. Consider outrigger tail implements and/or shape, and bolt configuration so that they match the gliding or braking effects desired.
3. Start lessons on the flats for warm up activities and confirmation of independence, appropriate seating set-up, flat skis in a neutral position, and to explore independent implementation of fundamental mechanics. Exploring different methods to become independent with loading and unloading can be unique to each skiers' abilities.
4. Explore movements and independence on different types of terrain and in various snow conditions. Start low and slow for confidence building and independence. Check out some learning areas you might not usually consider like those adjacent to carpet lifts and platter lifts. Do a little "grooming" of practice areas by side slipping the learning space on your skis if the snow needs to be smoothed down for biskier success in slipping activities.
5. Biskiing is alpine skiing with adaptation. The alpine fundamental mechanics apply to the biski and the hand-held outriggers:
 - 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 with leg rotation, separate from the upper body.
 - e. Regulate the magnitude of pressure created through ski/snow interaction.
6. Use exercises and activities to promote understanding and skill in inclination, angulation, upper/lower body separation, and arm/outrigger positioning to achieve effective movements for edging and skidding of the biski. The thought that biskiers with hand-held outriggers cannot physically perform all movements is often not true. Confirm equipment selection, fit,

and practice, practice, practice.

7. Read about key components of biski equipment, set-up and hand-held outrigger use in PSIA's *Alpine Adaptive Technical Manual*, and learn more about diagnoses of biskiing guests and assessment practices in *PSIA's Alpine Instruction Supplement: Diagnoses and Medication Classifications* at <https://www.thesnowpros.org/education/digital-manuals-for-every-discipline/>.
8. See photos and read about fundamental mechanics of biskiing with rotary or edging applications in *Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines* located at <https://thesnowpros.org>. Scroll to the bottom of the document.