



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
December 7-14**

Clinic Reminders

**Clinic Topic: Sit Skier Equipment Set-Up for Performance & Safety,
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1. Seating is the interface between the person and the equipment (the seat/shell, frame configuration, and accessories like belts). For all athletes who will ski in the sitting position, seating assessment and interventions are ESSENTIAL for effective ski lessons from novice introduction to elite competition.
2. Think of seating support in the seat/shell along the same lines as good boot fit for stand-up skiers; it's a "butt boot" so it must be the right size, include good support under the weight bearing surface, AND provide a snug fit with belts and straps in the right positions, just like boots, foot beds & buckles.
3. Seating interventions are CRITICAL for effective, productive, and SAFE lessons. Good seating provides postural support, stability for active movement, skin protection, injury prevention, and comfort.
4. Always provide a seating assessment and at least basic interventions for ALL seated athletes. Evaluate the person in their wheelchair, sitting on a firm surface, laying on a firm surface and in ski equipment.
5. Remember the impact of postures on sit skiing performance. Review neutral posture, pelvic obliquity, posterior pelvic tilt, anterior pelvic tilt, and windswept deformity (examples included in the PPT slides).
6. Review the general anatomy of the spine AND the key bony landmarks of the pelvis: Iliac crest, ASIS, ITs, and sacrum/coccyx (picture with arrows in the PTT slide). Get comfortable evaluating landmarks.
7. Always check the athlete's hamstring flexibility BEFORE choosing a sit ski for the lesson. Remember that length and flexibility of the HAMSTRINGS might determine which sit ski the athlete can tolerate (seat angle and length and angle of the footplate must accommodate hamstrings to support posture).
8. If the skier has difficulty turning in one direction, look at potential pelvic obliquity (one side of the pelvis is lower). Sometimes you'll see this with a higher shoulder on the same side. Provide support.
9. If the skier is heavy on the tail of the ski, look at possible posterior pelvic tilt. Provide support.
10. If the skier appears to be unstable (cannot find balance), review position of the pelvis, alignment of the spine and the need for an improved base of support (pelvis/thighs) and trunk support with belts.