ADAPTED

ALPINE SKIING

Guide for Schools

ABOUT MOVE UNITED

Why Inclusion

Move United uses sports to push what's possible so everyone has equal access to sports and recreation in their community. Established in 1956, Move United is an Affiliate of the U.S. Olympic & Paralympic Committee.

Move United provides adaptive sports to individuals with disabilities as a means to (1) improve health, (2) increase access to employment and economic stability, (3) strengthen social support and (4) advance social norms and attitudes about people with disabilities. Each of the four items are social determinants of health, according to U.S. Department of Health and Human Services Healthy People 2020.

The Office for Civil Rights (OCR) of the U.S. Department of Education issued a Dear Colleague Letter in clarifying elementary, secondary, and postsecondary level schools' responsibilities under the Rehabilitation Act of 1973 (Rehab Act) to provide extracurricular athletic opportunities for students with disabilities. The guidance clarifies when and how schools should include students with disabilities in interscholastic athletic programs, defines what true equal treatment of student athletes with disabilities means, and urges schools to create adapted interscholastic athletic programs for students with disabilities. With nearly 1 in 4 Americans living with a disability, schools have the opportunity to change the disability narrative, creating access and opportunities for inclusion.

What Move United Offers

- Introductory sport guidelines and best practices for adapted sports.
- Facilitation of training for your coaches and officials with adaptive sports experts. Access to hundreds of community based adaptive sports organizations, resources and tools for specific sports.
- Decades of experience in disability sport training, sport adaptations and adaptive equipment.

Sports Are Important for Students with Disabilities

Benefits for students with disabilities who participate in sports are similar to students without disabilities:

- Supports daily living activities and independence
- Reduces risk of health-related diseases (i.e. cancer, heart disease and diabetes).
- Improves mental health, reduces depression and anxiety.
- More likely to have better grades, school attendance and lower dropout rate.
- Builds camaraderie with peers, less likely to be bullied.
- Build discipline, self-esteem, confidence, and independence.
- Learn team work, skill development and goal setting.
- Can offer opportunities for successes in college, career and community.

Alpine ski racing, along with many other sports, can easily be adapted within school athletic programs.

Key takeaways from this guide:

1. Inclusion is required by law.
2. Infrastructure already exists to include athletes with disabilities in ski racing.
3. No rule changes are required to include adaptive athletes in ski racing.
4. Coaching principles, drills and tactics are essentially the same for non-disabled and disabled ski racers.

Thank you to

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for generously supporting this project.

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The content in this document is intended to provide guidelines and recommendations. Move United does not carry the authority to replace existing school or sport governing rules and regulations.

OVERVIEW

Adaptive athletes have long shown that with appropriate support they can compete safely and successfully. Adaptive athletes compete on the same courses as their peers with no separate events and minimal changes required at the high school level. Modern equipment such as mono-skis and outriggers, paired with FIS Para Alpine's established adaptive classifications, provides a clear framework that transfers easily to high school racing. Most courses, timing systems, and race protocols already accommodate adaptive participation with minimal adjustment. Numerous state associations and local clubs have integrated adaptive racers, demonstrating that logistical and safety considerations are both manageable and routine when schools, mountains, and race organizers collaborate.

Ski racing is uniquely positioned for inclusive participation. Adaptive skiing is already established across recreational programs, training centers, and the Paralympic movement. Therefore, many venues are familiar with adaptive equipment and race formats. High school programs inherently serve a wide spectrum of abilities, from developing skiers to advanced racers, making adaptive athletes a natural fit within existing competitive structures. In most cases, no rule changes, special equipment, or separate events are required. Inclusion broadens representation, enriches team culture, and reinforces the scholastic values of teamwork, sportsmanship, and opportunity for all.

TYPES OF ADAPTIVE SKIING

Adaptive athletes are athletes first. Focus on skiing fundamentals, safety and communication. Equipment specific guidance is only provided here for awareness, not specialization. Remember that you also do not need to master disability knowledge to coach adaptive athletes successfully. At the high school level, it is not necessary to group athletes by disability or separate them from the rest of the able-bodied team.

Sitting

A mono-ski is designed to transfer the movements of the athlete to the ski (like a knee and a ski boot). The mono-ski's suspension and geometry allows the skier to control their pressure to the ski and absorb variations in the snow surface. Any skier who seeks to pursue racing or high level skiing should use a mono-ski that was designed to use a high performance shock. These types of shocks significantly enhance the performance of the mono-ski. High performance shocks can be set to the weight and preferences of the skier and require annual maintenance. Most athletes will arrive with properly fitted adaptive equipment. Coaches are not necessarily expected to configure or modify mono-ski equipment but should become familiar with making adjustments to shocks.

Athlete Interface: The interface between the athlete and the mono-ski includes the seat shell, cushion, straps, and sometimes leg covers. Key considerations are body position, range of motion, interface fit, and the safety of straps and cushions. The skier should have supported yet unrestricted fore/aft, lateral, and rotational movement relative to their physical ability. Straps and covers should provide stability without limiting necessary motion. Athletes with bilateral (above-knee) amputations or higher-level spinal cord injuries may require a shoulder strap system for secure positioning. The mono-ski shell and frame should also protect the lower body during falls. For skiers with spinal injuries, pressure sore risks from pressure and friction must be monitored, and skin checks are recommended. For athletes making a commitment to the sport, custom seating systems improve fit and reduce these risks, along with improving performance.

Skis and Bindings: When a mono-skier releases from their binding, the potential for injury is increased. Instead, a block affixed in the heel of the binding and a bracket around the toe piece are used to help prevent the binding from releasing. High DIN (release settings) race bindings are recommended for mono-skiers.

The bucket must also have braking devices such as bolts or brackets attached to both sides used to create friction when sliding in a fall.

Outriggers: Determining the length of outriggers for sitting skiers is very similar to standing skiers. Outriggers should enable the skier to easily achieve a balanced athletic posture. Generally when they are too long the skier will need to push the riggers away from their body for their arms and shoulders to maintain an athletic posture. When they are too short the skier will hunch forward to maintain rigger contact with the snow. As a mono-skier progresses, it is important to remove the bolt or other mechanism that prevents the outrigger's ski tip from flattening against the snow. Outrigger brakes (claws) must be removed from the tail of the outrigger ski for competition.

General Safety:

- Mono-skis should be checked regularly for loose bolts and cracks in the metal frame or plastic shell.
- All mono-skis should be fitted with hand straps to make it easier for teachers, coaches, and others to assist the skier.
- For competitions, stopping devices attached to the sides of the bucket to prevent long, sliding falls are mandatory.
- Shocks should be checked regularly and serviced yearly.
- Extra skis, straps, nuts and bolts, shocks, outriggers, and the appropriate tools are essential to get the most out of every training opportunity/session.

Specific Rules: Unique to sit skiing, outriggers remain behind the wand prior to the start to allow for one push forward. Feet and legs, if they fit, may extend under the wand. Athletes are not allowed to push off from or brace against the start posts. Starting gates may be shoulder width, to allow the outriggers to clear. The FIS Para Alpine regulations state 80cm high (sit ski start wand) and 80cm wide.

Standing

Standing classifications include athletes with lower and/or upper limb impairments such as congenital disabilities, amputation, or neuromuscular conditions such as cerebral palsy. Based on impairment, a combination of equipment may include one or two skis and no poles, or one or two poles/outriggers. Standing athletes are 2-track, 3-track and 4-track skiers based on how many skis and/or ski tips are used (ex: skier with one leg using one ski and 2 outriggers is a 3-track skier)

Skis: Tip Retention may be utilized in training and at the High School level, but not for International Competition FIS/Para Alpine Ski.

Poles: Standing athletes with upper limb impairments may ski without poles, with one pole or two standard ski poles. Specialized protectors can be used to replace hands for contact with gates.

Outriggers: Standing athletes with lower limb impairments may use either ski poles or outriggers depending on their impairments. Outriggers are modified forearm crutches with a ski-tip at the bottom that assist with balance, turning, stopping, and mobility/walking when not skiing. Some outriggers hinge at the bottom and can be set to either 'flip up' or 'flip down' when a string is pulled. The 'flip down' set is also called a 'competition flip' and tends to be preferred by competitive athletes due to more fluid motion and less resistance. Brakes or Claws from the rear end of the outrigger ski tip is a safety concern and must be removed for competition.

Prosthetics: Lower limb prostheses can be used directly in ski boots or interface directly with the ski if designed specifically to do so within standard ski bindings.

Specific Rules: At the start gate, outriggers are set in front of the start wand on the same pads as ski poles. Standing athletes are not allowed to push off from or brace against the start posts, regardless of pole or outrigger use.

Visually Impaired

Guide: The most important piece of equipment for a visually impaired (VI) skier is another person. The guide skis with the athletes and provides them with cues or "commands." Ideally the athlete and guide work together regularly and develop their unique set of cues and routines. The guide provides cues on turn shape and timing, snow conditions, pitch and terrain features. (See PSIA, etc. for tips and instruction on guiding technique). Guides must be competent, experienced skiers capable of maintaining race-speed control and line discipline.

Skis: In general, athletes with visual impairments will complete using the same equipment as their able-bodied peers. They should be on age/size appropriate skis. Follow any state or local rules for competition equipment.

Goggles: Goggle choice is very specific to the visual impairment of the athlete and the lighting of the course. Encourage the VI athlete to try different lenses until they find the one(s) that provide the best vision in specific lighting. They may need to have more than one option, even for night skiing. Courses that have more shadows or dark spots may require different goggles than courses that are uniformly lit.

Bibs: VI skiers and their guides use bibs to indicate that they are a pair. This provides indication to the general public that these two skiers are traveling together, and hopefully keeps the public from skiing in-between the guide and athlete. With the use of headsets, it's not always obvious that the guide and athlete are working closely together. Additionally the guide can choose to wear a bib or other clothing in a color that's seen well by the athlete. You may need to try different colors to find the correct options for the specific visual impairment and snow/light conditions. For example, hi-vis yellow often will disappear into the white of the snow.

Features to Consider for Radios & Communication

- **Communication device:** Many visually impaired athletes will use headsets to communicate between the athlete and the guide. This is typically in the form of helmet-to-helmet "radios." Most devices used by VI skiers were originally marketed for motorcycle riders; they are designed to be used outdoors in a variety of weather and sound conditions. There are a number of different brands that are continuously improving their technology (Sena, Cardo, etc).
- **Open communication:** Avoid push-to-talk and voice activated devices as they usually have a delay in communication.
- **Helmet mounting:** How does the device mount on a helmet? Will it fit on the helmet of the guide and the athlete? Does it need to be switched between helmets (slalom vs GS, or a different guide)? Some come with a mounting plate that stays on the helmet, some mount directly. Race helmets often work better than recreational helmets due to the design of the shell. The device should be secure while the person is moving; for most devices, mounting to a goggle strap or helmet strap will not be secure enough. All local rules around helmet style (hard ear etc) should be followed.
- **Speaker mounting:** Most headsets have a small speaker that mount inside the earpiece(s) of the helmet with velcro. Finding a good helmet fit so the speakers don't press on the athlete/guide's ear is important. Make sure the fabric on the earpiece is compatible with velcro (velour doesn't usually stick).
- **Microphone:** Ensure that the microphone is sensitive enough/located close enough to capture the guide's voice. Some microphones are on a boom and can be adjusted; others are mounted in a static position. Wind and moisture impact the sound quality that is transmitted to the VI athlete. Having some sort of wind protection or windscreen is very useful.
- **Battery life:** Most devices in this market are designed to be used outdoors, however the cold will definitely drain the battery faster. Make sure you have a way to charge the devices daily. If you find the battery life isn't sufficient for the length of time you need, you may need to find alternatives. Some suggestions include having a second device available, turning the device off when you aren't actively using it and finding a way to keep it warm.
- **External Speaker:** If the athlete has a significant visual impairment or is totally blind, they may prefer their guide to use an external speaker. With this equipment, the guide's voice is amplified and the VI skier follows the sound coming from the speaker. The guide should still be giving "commands" or cues to the VI athlete; the athlete is now using both instruction of the command and the location of the sound to execute their movements. This takes coordinated practice and timing between the guide and athlete.

Rules

- Generally, the guide skis in front of the VI athlete (required at higher levels).
- There should be no physical contact between the guide and competitor, including the equipment, during the race.
- The guide must ski through all the gates except the start gate.
- Visually impaired athletes can start course inspection prior to the other competitors so that they can have clear access to the course (5-10 minutes).
- PA systems, music, snow making equipment, snowmobiles or other loud equipment should be kept to a minimum while VI skiers are in the start, finish or on course.
- The distance between guide and competitor should stay within 4 gates of each other in Slalom; within 3 gates of each other in GS.

Other Considerations

- When setting a training course, make sure to set a panel in GS gates so the VI athlete might see it.
- For delay gates or slalom combination gates in training, set the outside gates so the VI athlete/guide is accustomed to seeing them and can adjust spacing or turn shape.
- Be aware of the color of the panel and the color of any b-net or other protection fencing. Can the panel be seen? Does it contrast with the B-net? Or does it blend in with the color of the B-net? (Good practice in general, vital for VI athletes).

COMPETITION & RULES

- In general, all athletes will compete using the same snow skis and boots (where applicable) as their able-bodied peers. They should be on age/size appropriate skis. Follow any state or local rules for competition equipment.
- Physical support may be provided to athletes at the High School level in the gate to help maintain their balance. No momentum must be given to the athlete.
- No assistance may be provided to the sit-skier to get up from a fall. Unless asked for, then the skier is disqualified.
- The guide for a visually impaired athlete is also considered an athlete and subject to all the relevant skier rules. Guides are permissible to cross the finish line in front of the skier. Space for the guide must be provided alongside the skier in the start.
- **Start intervals:** It is recommended to let visually impaired athletes near completion of the course before sending the next athlete. Much like any athlete learning the sport you may find any adaptive athlete that's new to competition will need a longer interval; adjust the start interval accordingly.
- **Lighting:** If competing under artificial lights (night skiing), lighting should be as uniform as possible. The lights should not cast the competitor's shadow into the racing line and should not blind the competitor by glare. Realistically, lighting for a High School event will not be at the standard of an elite event, and a VI athlete should not be excluded if lighting isn't optimal.

- **Poles:** Use 27mm poles for slalom.
- **Correct passage of the gate:**
    - **For competitors with two skis:** A gate has been passed correctly when both the competitor's ski tips and both feet have crossed the gate line. If a competitor loses a ski, without committing a fault, e.g. not by straddling a pole, then the tip of the remaining ski and both feet/foot must have crossed the gate line. This rule also applies when a competitor has to climb back up to a gate.
    - **For competitors with only one ski:** A gate has been passed correctly when the tip of the ski and the boot binding have crossed the gate line.
    - **Outriggers** do not need to pass the gate line - they can track around the gate or inside the gate.

Race Seeding

Where coaches provide the athlete seeding within teams and teams are randomized or seeded, it is recommended that coaches insert adaptive racers at an appropriate point in the run order. This is generally early to the middle of the run order and achieves the same intention of the Golden Rule (below).

Golden Rule

If athletes are competing at other events under U.S. Ski & Snowboard rules the Golden Rule allows for special seeding. Proposed by Para World Champion Diana Golden, it authorizes a special start order for adaptive competitors, allowing a favorable starting position, typically seeing them in a group from bib #16 or later in a race, or in a group that starts ahead of the 31st position in a second run flip. If your league does not use U.S. Ski & Snowboard seeding protocols, follow local league rules. The principle remains equitable course conditions.

BEST PRACTICES FOR INCLUSIVE TRAINING & RACING

Communication

If you plan to bring adaptive athletes to races, reach out to the rule-making body as early in the season as possible to provide consistency and fairness for the athletes. It is also generally good practice to contact race venues and local race organizers ahead of time if you will have special requests for race day. Most venues are very accommodating as long as they are aware in advance. This pre-planning should also extend to lodge and services access. Is the lodge accessible? Are bathrooms available and accessible? What is the access to the snow like? Are there stairs or a steep hill to get to the lift?

Closed Venue

A closed venue is essential for all sanctioned training and competition, and its importance increases when adaptive athletes are present. U.S. Ski & Snowboard rules emphasize that ski racing environments must be controlled, predictable, and free from public traffic. A closed venue ensures that athletes using outriggers, sit-skis, or other adaptive equipment, can move safely through training and race areas without unpredictable obstacles or interactions with recreational skiers. Controlled environments also allow coaches and officials to manage start intervals, course holds, and communication more effectively.

Venue Awareness

Rules established by governing bodies underscore the responsibility of coaches, officials, and volunteers to maintain constant venue awareness. This includes knowing where athletes, staff, equipment, and spectators are at all times, as well as anticipating where adaptive athletes may require additional maneuvering space. Venue awareness helps ensure proper flow through lift lines, start areas, and finish zones. It also supports faster responses during course resets, weather-related changes, or any situation requiring rapid decision-making. For adaptive racing, clear visual signaling and strategic positioning of course workers further reduce risk and improve efficiency.

Fall Zones

Identifying and maintaining adequate fall zones is a core safety practice within U.S. Ski & Snowboard race operations. Adaptive equipment such as mono-skis or outriggers can influence how an athlete falls, slides, or comes to rest. Ensuring that fall zones are free of hazards, adequately wide, and properly staffed allows for quick athlete support. Coaches should brief volunteers on how adaptive athletes may respond in a fall, reinforcing the need for unobstructed runouts and clear movement patterns around the course.

Equipment on Hill

Safety best practices for all athletes require that equipment on the hill be minimized, clearly marked, and positioned outside of potential fall lines. This includes gates, drill packs, maintenance tools, radios, and even personal items. For adaptive athletes, clutter-free environments are particularly important. Assistive equipment such as outriggers or sit-skis may require more space for maneuvering, and unmarked objects can pose an elevated risk. All staff should ensure that equipment is either secured off to the side or removed entirely when not in active use.

Run Order

If your local race organizer/rules permit you to set your own run order, place the adaptive athletes towards the front of your order so that they have a cleaner course. If you have multiple adaptive athletes, give the VI skier the earliest access to the track for the best possible course conditions.

Scoring

At the high school level, adaptive athletes compete and are scored within the existing race structure using the same timing system as their peers. Time factoring and international classification systems are not required. Follow local league rules regarding scoring and team points.

Starts

- Flat start areas are ideal so the athlete isn't holding themselves against gravity.
- Wider start gates (80 cm) for sitting athletes.
- Higher/adjustable wand height if possible for seated athletes - above knees to allow legs under wand (80 cm).
- Allow for space on either side of the start gate for a VI guide. They will typically start next to the start gate or just in front of the start gate. The guide does not go through the start. You may need to adjust fencing or wire placement to allow the guide access around the start.
- Outriggers are placed outside the start gate for standing athletes and inside the start gate for sitting athletes.

Timing

Timing adaptive athletes is the same as timing any other athlete with the exception of the VI athletes. VI athletes will likely have a guide skiing with them, and typically the guide is in front. The guide does not go through the start wand, but for safety reasons, the guide must be allowed to go through the finish line before the athlete. This will give two impulses on the timing equipment, one for the guide and one for the athlete. The time should be calculated based on the athlete's time; this may require hand calculation. However it may just require adjustment of the settings on the timing equipment so that it can receive impulses in quick succession. Make sure to reach out to the race organizer prior to an event so they can be prepared.

Course

Follow standard rules for course setting, but consider the skill and ability of the entire field. Wider lines may be appropriate. Consider slipping a wider line on the course, as well as inside the gate for slalom. Resetting the course or setting two courses (1 for each run) is favorable when conditions are poor.

COACHING POINTS

Adaptive skiing reinforces a coaching truth: strong fundamentals matter more than equipment. Balance, edging, pressure and turn shape apply to every athlete. Coaching points for the three main categories of disabled ski racing:

Sitting

Mono skiing - lower level injury: Injury level can determine where movements and technique can start from. An athlete with a lower level of injury will have increased muscle control and will be able to create more lower and upper body separation. Core strength will be utilized for a balanced position and maintaining the center of mass over the ski. The inside outrigger will be forward and just off the snow. The outside outrigger will be driving down the hill, helping to reinforce upper/lower body separation and shoulders level with the snow surface. The downhill outrigger, along with subtle hip and upper body rotary movements, will help initiate a turn into the fall-line. As the forces of the turn increase, upper and lower body separation will create higher edge angles and help complete the turn. At the completion of the turn, the outside arm/shoulder and inside arm/shoulder should be in a countered position, similar to a lead change

Mono skiing - higher level injury: Athletes with a higher level of injury may need to utilize more inclination at turn initiation, to create edge angles. As the turn develops, forces can help create upper and lower body separation when core strength is weaker and hip movements are less active.

Standing

3-Track Athletes: With a narrower platform (one ski, two outriggers), the goal is a solid athletic stance and balanced body position. During the turning phase, look for the inside arm up and forward of the center of mass. The outside arm is driving down the fall-line throughout the turn. The Inside outrigger should be off the snow with the outside outrigger in light contact to promote good body position and facilitate turn initiation. The athlete should strive to keep the amputated limb in position as if they were skiing with two skis promoting proper body and hip position. On big toe turns, the athlete should utilize separation of the upper and lower body to slightly lift the inside of the pelvis, keeping hips parallel with the slope/snow surface. Upper and lower body separation is more difficult on the pinky toe turn. Hips should be as even as possible with more tendency for inclination.

4-track Athletes: Athletic stance and a balanced center of mass is key. While there are four points of contact for stability (2 skis, 2 outriggers), each athlete may have varying levels of feeling and control. Body position should start with the feet and work up through ankles, knees, and hips. Hips and shoulders should be square to the skis and a slight “counter” or “lead” with the inside half of the body. Keeping hips and shoulders parallel to the slope/snow surface is the goal. Due to the nature of the disability, some 4-trackers may have difficulty with upper and lower body separation. This may require more inclination of the body to create edge angles.

Below the knee amputee: Below the knee amputee skiers and racers typically utilize a fixed ankle leg prosthetic. This allows for the same technique utilized by able-bodied skiers. A balanced athletic stance with center of mass over the bindings, hands driving forward, hips and shoulders parallel to the slope/snow surface. Separation of upper and lower body with upper body “countered” to the fall-line. Ideally, weight and pressure should be applied equally to both skis. Throughout the phases of the turn, the majority of the weight should be on the outside ski.

TRAINING DRILLS

Training drills for able-bodied and adaptive athletes all have the same end goal, and the vast majority of drills can be performed by everyone. The focus on training drills is to become proficient in the elements of skiing/turning (Balance, Rotary/Steering, Edging, Pressure Control, Carved Turns/Transitions).

Balance

- Static athletic stance centered fore and aft.
- Straight run on gentle consistent slope.
- Straight run in terrain.
- Standing athletes able to lift poles off snow.
- 3-trackers to lift outriggers off snow.
- 4-trackers to lift outriggers off snow (if neuromuscular disability with limited muscle control, outriggers may need to remain on snow encouraging light pressure as comfort allows).
- Sitting athletes, outriggers off snow and centered over ski.

Edging/Pressure Control

- Traverse
- Sideslip with edge set
- Falling leaf
- On-snow 360's
- Garlands (all good for fore/aft balance and edging)

Great for all abilities with coaching considerations observing platform (3-track, 4-track, mono ski), level of injury, proprioception, muscle control.

Steering/Rotary

- J-Turn
- Hop turns (when possible)
- Javelin Turns
- Funnel/Hour Glass Turns

These drills will have an option for any ability. Coaching considerations will be to observe how the athlete initiates a turn based on platform, level of injury, etc. Standing skiers working from the feet up with upper and lower body separation. Mono skiers utilizing hip and upper body separation depending on level of injury. All athletes striving for shoulders parallel to the snow surface throughout the drill. Upper body positioned down or angled toward the fall-line.

Carved Turns/Transitions

- Basic Linked Turns
- Corridor (Long and Short Radius)
- Corridor with Lane Changes
- Turn Shape/Apex Drill
- Dynamic Linked Turns

Coaching considerations will be to observe technique transfer from drills to linked turns. Upper and lower body separation in stand up. Ranges of hip and upper body separation in mono skiers depending on level of injury or if bilateral amputee. Outrigger position throughout the turn (stand up and mono). Balanced pressure control throughout the turn with speed and terrain as factors. Turn transitions linked with smooth transfer from edge to edge.

NOTE: Able-bodied athletes can greatly benefit from practicing drills with applied physical limitations. A great example of this is "one ski" skiing. Straight run gliding and linked turns on one ski can improve balance, fine motor skills, and develop technique when the athletic stance is disrupted. This drill should be done on very shallow terrain, advancing to steeper terrain as skills advance.

SAFETY

The Mountain Environment

Ski resorts provide a unique competition and training environment that is very dynamic. It is one of the few sports venues where you co-exist with the general public during training and competition. This can be a challenge but also an opportunity to showcase a ski racing event and the adaptive and able-bodied participants in the event.

The skiing/ski racing environment can be significantly affected by weather. Some adaptive athletes may respond differently to temperature and fatigue and/or have self-care needs based around those differences. Check with each athlete regarding their "comfort" status. Ask the athletes to advocate for themselves since they can best determine if they are cold, fatigued, etc. It is important to never use hand/toe warmers on or near skin that has limited sensation/ blood flow.

The Racing & Training Venue

All racing and training venues need to be safe and well prepared for the success of all athletes. A closed venue (separation from public), good track preparation, and properly placed on-hill protection (netting, fencing, etc.) will result in a safe, fair, and fun event for all athletes.

First Aid/Medical Support

As with any training or competition for any athlete, make sure there is a solid communication plan for any first aid needs.

Safety Resources

Ensuring athlete safety is a priority. Through education, resources, and training, members of the sport community can recognize, reduce, and respond to misconduct in sport. Please refer to the following resources for more information.

What is SafeSport?
https://uscenterforsafesport.org

Facilities & Infrastructure

Most ski areas should be accessible. Do some due diligence to find the best options for navigation around the entire resort (parking lot to lodge, within the lodge, lodge to snow, etc). This information can be communicated to visiting teams and get race day off to a great start.

Take some time to look at load and unload scenarios at the lifts. Are there lift mazes, turnstiles, RFID scanners, etc. Would either scenario accommodate adaptive equipment? If lift entrance is difficult for adaptive equipment, proactively checking in with Mountain Operations usually results in a solution, e.g., access to ski school or patrol entrance. Let coaches and athletes know about loading and unloading considerations:

- Is the lift a "fast" load fixed grip, or "slow" load detachable?
- Is the lift a carpet or static load?
- Bullwheel load or "straight line" load?
- Is the unload ramp gradual, steep, maintained?
- Would the athlete need a chair speed adjustment to load?

Good proactive communication with Lift Operations will facilitate a smooth experience at an unfamiliar resort.

RESOURCES

PSIA YouTube	https://www.youtube.com/playlist?list=PLtmK-g4jQeEaQzHwYt-FCiRlPgMCEotXYG
PSIA Matrix (required login/PSIA membership)	https://api.thesnowpros.org/Account/Login
PSIA Adaptive Education Manuals	https://shop.thesnowpros.org/adaptive-1/
U.S. Ski & Snowboard Association	https://www.usskiandsnowboard.org/teams/para-alpine https://www.usskiandsnowboard.org/sport-programs/rules-equipment
Local Move United chapters with learn to ski	https://moveunitedsport.org/locations/
Equipment Information	https://activeproject.kellybrushfoundation.org/sports/alpine-skiing/#equipment

MOVE UNITED

MISSION

Move United uses the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included.

VISION

Move United's vision is that every person, regardless of ability, has an equal opportunity to participate in sports and recreation in their community. Our mission is to provide national leadership and opportunities for individuals with disabilities to develop independence, confidence, and fitness through participation in community sports, including competition, recreation and educational programs.

Local Contact

Local adaptive sport organization may input contact info here.

For more information, visit moveunitedsport.org