

CKSS ADAPTIVE CLINIC
Bi Ski Clinic
Overview Clinic

Topic: Beginning Bi-Ski teaching: Understand the pragmatic use of a bi-ski and how it is most effectively used in adaptive lessons. *Tethering is not the focus of this clinic but will be touched on.*

Group Size: Up to 12

Time: 1 day returning volunteers, 2 days new volunteers 8:30am -4:00pm

Objective: This clinic is focused on teaching beginning bi-ski lessons.

Goals:

- Understand Student Assessment and fit-up,
- Equipment overview,
- Chairlift procedures,
- Lifting and loading procedure
- Beginning progressions for a student.

Safety Message: Follow policy and procedure for specific program. Safety, Fun and Learning
Skier Responsibility Code and Park Smart code

Introduction: 10 min. Large group introductions. Give overview of clinic time. Assign a time keeper if needed.

Assessment: Student Assessment and Fit Up: create a connection, gather information, make an educated decision on equipment

❖ Equipment overview:

- Explain the different parts and models of bi-skis
 - Articulating undercarriage
 - Evacuation system
- Fixed vs. Hand Held
- Explain inner parts of the ski
 - Snug straps
 - Supportive seat (filling the empty spaces)
 - Lifting and loading mechanism
 - Tethers and tethering: purpose and methods (*this is a different clinic, don't get sidetracked*)

Present and Share: On snow. In Pairs

Lifting and Loading procedures and policies

Progressions: Flat land drills: Functional athletic stance, Outrigger Positioning, Balance drills

Leaning R and L, Forward and Back to Neutral

HH Riggers vs. Fixed

Slide, glide and straight run

First Turns: Edging vs. Rotary

Guided Practice: *fill in with activities, scenario work etc...*

Check for Understanding: *Always reviewing back to the teaching cycle*

Summarize

Courage Kenny Ski & Snowboard Bi-Ski Instructor Clinic

Topic: Student Assessment

Group Size: 6 - 10

Time: 1 hour for New Instructors, ½ - 1 hour for Returning Instructors

Objective: Train instructors to become comfortable assessing their student's abilities, needs, and goals, and to understand their medical conditions.

Safety Message: Safety first, then Fun and Learning. Be aware of medical conditions and devices that could be affected by the bi-ski components. Be aware of medical conditions that could progress during the lesson or that might require medical attention. Patient information is protected for privacy by HIPAA.

Introduction: Preview the feedback/evaluation form:

- Guest Assessment
- CAP Model (cognitive, affective and physical) parts of a student assessment *see new adaptive alpine technical manual*
- HIPAA

Assessment: Ask individuals about their experience with disabilities and medical conditions

Goals and Objectives: Provide each instructor with the opportunity to

- demonstrate their understanding of the common medical conditions for bi-ski students
- demonstrate their skills assessing the student's Cognitive, Affective, and Physical abilities
- demonstrate their skills assessing their student athlete's needs using Maslow's Hierarchy of Needs
- demonstrate their ability to set SMART goals with their student

Present and Share Information: Keep the clinic creative, interactive, and promote purposeful play (role play)

Guided Practice:

- **Student Profile Forms:** Medical Condition(s), Medications, Allergies, Equipment/Devices (e.g., Catheter, bags), Accuracy / Missing information
Seizures, Autonomic Disreflexia
- **Visual Assessment**
- **Verbal Assessment:** Student first, then Caregiver / Parent
Previous Experience, Motivation
Other activities: Teaching for Transfer
Communication: Cold/Fatigue, Yes/No, Fun! Stop!
- **Cognitive, Affective and Physical Assessment:** Strength, Flexibility, Balance
- **SMART Goals**
- **Progress Report /Lesson Summary Form**

Check for Understanding:

Ask about importance of evaluating your student using CAP

Ask for some ways to assess the student

Ask about the importance of completing the lesson summary form

Summarize

Materials and references that may be helpful: Laminated Pocket Training Cards, CKSS Safety Procedures, CKSS Volunteer Instructor Job Requirements/Descriptions

Ski Volunteer Information: www.allinahealth.org/Courage-Kenny-Rehabilitation-Institute/Programs-and-services/Adaptive-sports-and-recreation/Alpine-ski-and-snowboard/Ski-volunteer-information

**Courage Kenny Ski & Snowboard
Bi-Ski Instructor Clinic**

TOPIC: Bi-Ski Equipment Set Up and Fit

Group Size: 6 - 10

Time: 1 hour for New Instructors, ½ - 1 hour for Returning Instructors

Objective: To become familiarized with the equipment available, choosing and sizing that equipment.

Safety Message: SAFETY, FUN AND LEARNING

- Equipment inspection, medical conditions, weight limits, CKSS procedures and policies.

Introduction: Preview the Feedback/evaluation form and the skills to be covered and checked off:

- Technical Application – Equipment Set Up and Fit

Assessment: Ask individuals about knowledge of different skis/boards, adaptive sports, adaptive equipment

Goals and Objectives: Provide each instructor with the opportunity to learn and demonstrate:

- Equipment overview
- Safety – Retention/Evac. Straps
- Outriggers: fixed vs. hand held or mixed
- Selection of appropriate equipment and making adjustments to fit a student
- Optimizing equipment to meet the goals and needs of their student athlete
- Derigging equipment at end of lesson or season (where appropriate)
- Evaluation of student fit up

Present and Share Information: Keep the clinic creative and promote purposeful play. Share tips and trick.

Guided Practice:

- **Technical Application - Equipment Set Up and Fit**

Equipment Overview

Types: show different models of Bi-ski, Bi-Unique and Dynamique as well as dual ski

Major Components: Seat, bucket, skis, shocks, buckles and straps, tethers, retention strap and dampening device

Function: chairlift load/unload mechanics, different mono skis and how they work

Setup / Adjustments

Foam, seat adjustments, fore/aft adjustment, lateral, fore/aft

Straps - Avoid putting pressure over medical devices and joints.

Modifications vs. adjustments

Balance Test - left/right, fore/aft (dowel)

- **Safety – Safety Policy: Retention/Safety Straps,**
- **Storage, Broken Equipment Procedures**

Check for Understanding: key components of a Mono-ski, how to evaluate if a student is balanced etc.

Summarize

Materials and references that may be helpful: Laminated Pocket Training Cards, CKSS Safety Procedures, PSIA Adaptive Snow sports Instruction Manual, CKSS Volunteer Instructor Job Requirements/Descriptions

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Courage Kenny Ski and Snowboard
LIFTING AND LOADING: Bi-Ski

Topic: Safely lift and load our participants in the equipment, ourselves and our assistants.

Goal: For everyone to gain an understanding of our lifting and loading procedures. How to be efficient and effective as a lead instructor and as an assistant.

Objectives: **To build comfort levels of our volunteers by practice in a safe and supervised situation.**

Safety Message: As Lead Trainers you need to be training the volunteer instructors and participants the same safety procedures throughout the CKSS program. Be familiar with the procedures section in the CKSS manual. We all need to be supporting the same procedures to provide the safest lesson.

- Safety first, learning and fun.
- Safe lifting Techniques,
- Be alert and ready, Umbrella of safety while skiing
- COMMUNICATION!!! With PARTICIPANT, VOLUNTEER INSTRUCTOR AND LIFT OPERATORS
- Equipment overview: evacuation straps, retention, proper pin care, riggers vs. fixed
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Introduction: Outline the clinic goals and objectives, discuss what makes lifting/loads and unloads so important and potentially nerve racking. (*Share, but DO NOT give horror stories*)

Assessment: Observe and provide feedback (when appropriate) while volunteers perform: *See Cards*

1. Lift procedures: what to do if there is 1 lift operator or 2 at the bottom
2. Communication between load leader and the assistant
3. Communication with the participant
4. Communication with the lift operators. Being CLEAR that the top lift operator has a job too!
5. When the student is larger than the instructors: GET A FULL STOP
6. Practice loads before you enter the lift line
7. Review the unload procedure (see instructor cards) Being CLEAR that the top lift operator has a job too!
8. Be clear and ready (no dangling straps, hair, scarves etc.)
9. What to do if something goes wrong while unloading?

Objective: To be confident in helping with the load and unloading of a Bi-Skier. As well as how to progress that skier to become an independent skier.

Present and Share: Be creative and promote purposeful play throughout (it why we love it).

- Share bag of tricks

Guided Practice:

- Split into groups with equipment
- Allow for each Instructor to participate in each role as Lead, assistant and participant (if applicable)
- Learn how to get a participant up after a fall

Check for understanding:

Summarize: Bring equipment back clean and ready for next lesson

Courage Kenny Ski & Snowboard Bi-Ski Instructor Clinic

Topic: Teaching and Learning Styles

Group Size: 6 - 10

Time: 1 - 1½ hours for New Instructors, ½ - 1 hour for Returning Instructors

Objective: : Train instructors to become proficient with the skills necessary to safely and effectively conduct a lesson using Guest Centered Teaching, the teaching cycle teaching and learning styles. Expand knowledge of communication and appropriate feedback during assessing skills. Tools to be an effective assistant on a lesson.

Safety Message: As instructors, they will be teaching their students following the mantra “Safety, Fun, Learning.” Good communication is required amongst the teaching team and participant. Responsibility Code.

Introduction: Preview the feedback/evaluation form and the skills to be covered and evaluated:

- Technical Application – The Teaching cycle, Teaching and Learning Styles
- Safety – Responsibility Code, Client/Instructor Safety, Communication
- Feedback- the 5 P’s of feedback: 1. Personal contact 2. Permission: asking first 3. Private vs. Public feedback 4. Preference on feedback 5. Paraphrase: checking for understanding

Assessment: Ask individuals about their experience with teaching and coaching. Ask about preferred learning and teaching styles.

Goals: Provide each instructor with the opportunity to demonstrate:

- Ability to build and execute a lesson plan following The Teaching Cycle
- Utilize different teaching and learning styles
- Provide effective feedback using different techniques and styles
- Be familiar with the Seven Parameters for Effective Teaching
- Tips to be an effective assistant on a lesson

Present and Share Information: Utilize and discuss communication, learning styles, teaching styles throughout. Keep the clinic creative and promote purposeful play (bag of tricks, role play). This can be incorporated into bi-ski practice on the hill.

Guided Practice:

- Utilize different teaching styles to meet guest’s learning preference(s) – VAK (Visual, Auditory, Kinesthetic)
- Use the Teaching Cycle to teach a skill to another participant
- Provide scenarios for practicing feedback methods and strategies focusing on the FUTURE – Positive/negative Feedback/Feedforward; FB Sandwich; Ask/Tell/Ask; Bridge; 5Ps: Personal Contact, Permission, Private vs. Public, Preference, and Paraphrase.

Check for Understanding: Ask about importance of Guest Centered Teaching and incorporating different teaching styles. Ask about differences/benefits of different feedback methods and strategies.

Summarize

Materials and references that may be helpful: Laminated Pocket Training Cards, CKSS Safety Procedures, CKSS Volunteer Instructor Job Requirements/Descriptions

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**Courage Kenny Ski & Snowboard
Bi-Ski Instructor Clinic**

Topic: American Teaching System (ATS 1-5) and Lesson Progressions

Group Size: 6 - 10

Time: 1 hour for New Instructors, ½ - 1 hour for Returning Instructors

Objective: Understanding the American Teaching System, its concepts and how the levels of skiing create a progression in a lesson plan.

Safety Message: As instructors, they will be teaching their students following the mantra “Safety, Fun, Learning.”

- Helmet and Responsibility Code

Introduction: Preview the feedback/evaluation form and the skills to be covered and evaluated:
Indicate that the following topics will be introduced:

- Teaching Cycle, Learning Styles (VAK), Teaching Styles (guided discovery, task, guided discovery...)

Assessment: Ask individuals about lessons taken and teaching experience, including outside of skiing/riding

Goals and Objectives: Provide each instructor with the opportunity to demonstrate:

- Technical Application – ATS: Drills & Progression (1-5)
- Safety – Responsibility Code
- Insight into ways to progress their student
- Teaching, and learning styles
- Presenting feedback (5 P’s)

Present and Share Information: Utilize and discuss communication, learning styles, teaching styles throughout. Follow Static, Simple, Complex, Whole Exercise Progression. Keep the clinic creative and promote purposeful play (bag of tricks, follow the leader, Simon Says)

Guided Practice:

- **Safety - Responsibility Code**
- **Technical Application - ATS: Drills & Progression**
 - ATS Level 1: Welcome and Building Foundations
 - ATS Level 2: Introduction to Turning
 - ATS Level 3: Introduction to Green Terrain
 - ATS Level 4: Mastering Green Terrain
 - ATS Level 5: Developing Skills to Enhance Parallel Skiing

Check for Understanding:

Ask about benefits of ATS/progression

Ask about techniques/drills/games for each ATS level

Summarize

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Courage Kenny Ski & Snowboard Bi-Ski Instructor Clinic

Topic: TETHERING

Group Size: 6 - 10

Time: 1 - 2 hours for New Instructors, ½ - 1 hour for Returning Instructors

Goals: Provide each instructor with the opportunity to

- improve their proficiency with tethering skills
- refine their ability to safely load and unload different bi-skis on the chairlift
- expand their knowledge and capabilities with safety skills and procedures

Objective: Practice maneuvers and techniques important to tethering, both alone and in pairs. Assess instructor's abilities essential for tethering.

Safety Message: Safety First, then Fun and Learning.

- Equipment inspection
- Helmets
- CKSS Procedures and Policies (*i.e. Bi-skis are not permitted in the park areas as it carries an unnecessary and inherent risk of damage to both persons and equipment*).
- Responsibility Code
- See the "big picture" and read the hill and surroundings

Safety Considerations:

1. "Never ever drop the tether"
2. Communication with everyone
3. Body and hand position: "power box"
4. Emergency Stops (both sides)
5. Fixed Outriggers: must be removed prior to loading the chair lift and remain off for the duration of the entire chairlift ride.
6. Retention straps will be used on all chair lifts.
7. Tethers must be girth hitched to bare skin while skiing (not on the chairlift).

Introduction:

Preview the skills to be covered and assessed:

- Technical Application – Tethering, Holds, Equipment
- Safety – Responsibility Code, Client/Instructor Safety, Emergency Stop, Chair Lift Load/Unload, Falling/Getting Up, Communication
- Being an effective assistant instructor: umbrella of safety, after falls, stopping on hill, chairlift operations
- Safety – Safety Policy: Fixed Outriggers

Assessment: Observe and assess volunteer instructors/assistants knowledge and skills being presented and practiced

Present and Share Information:

Explain and demonstrate functional skiing tasks used in tethering

1. Synchronized skiing
2. Hockey stops and side slip to hockey stops
3. Falling leaf
4. Stem step turns

Guided Practice:

When in pairs

1. Practice the above maneuvers in pairs without tethers
2. With tethers : Front person mimics a student in bi-ski, back person is instructor
3. Positioning of tether: (uphill and behind)

4. Communicating with student

ONLY WHEN THESE SKILLS HAVE BEEN MASTERED, BRING OUT A BI-SKI

1. Start with hand held outriggers for training then progress to fixed riggers
2. Review loading and unloading procedures: Ghost bucket when appropriate
3. Review seat assisting (bucketing) on the hill and give practice

Check for Understanding: Ask about importance of instructor position relative to student; Ask about an athletic stance and the power box.

Summarize

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Tips for more advanced tethering:

Cover enhanced tethering skills such as loose tethers, steeper/more challenging terrain, increasing weight limit, tethering with mixed outriggers (fixed/handheld), no outriggers.

- When tethering a live person with handheld outriggers, **keep in mind instructor's tethering abilities**
- When tethering a live person during training with fixed outriggers, the person in the bi-ski **may also have handheld outriggers in ski position on lap for safety** such as loose tethers, steeper/more challenging terrain, increasing weight limit, tethering with no outriggers (*this is for training purposes*)

**Courage Kenny Ski & Snowboard
Bi-Ski Instructor Clinic**

Topic: Functional Maneuvers

Group Size: 6 - 10

Time: 1 hour for New Instructors, ½ - 1 hour for Returning Instructors

Objective: Learn, practice, and improve skiing/riding tactics used by accomplished bi-ski instructors. Present pointers on effective skiing to maintain safety and to preserve tethering strength. Evaluate Instructors abilities for essential skills covered.

Safety Message: As instructors, they will be teaching their students following the mantra "Safety, Fun, Learning." Safety Policy: Helmets are required for all participants, volunteers, and instructors on the hill

Introduction: Preview the feedback/evaluation form and the skills to be covered and evaluated:

- Functional Ski/Ride – Hockey Stop: L/R; Turning: L/R; Holding a Traverse/Side Slip; Backward Ski / Switch Ride
- Safety – Responsibility Code; Safety Policy: Helmets

Indicate that the following topics will be introduced:

- Technical Application – Movement Analysis, Teaching and Learning
- Other – Synchronized Skiing (preparation for tethering)

Assessment: Ask individuals about their skiing/riding and teaching experience. This is our opportunity to assess skills and knowledge base.

Goals and Objectives: Provide each instructor with the opportunity to demonstrate:

- Knowledge of the responsibility code
- Perform skiing/riding skills and gain insight into improving their skiing/riding skills as per feedback form
- Teaching styles, learning styles, and communication

Present and Share Information: Present the Functional Maneuvers, keeping the focus on the maneuvers that develop your skills as a person that tethers. Keep the clinic focused yet light and fun. *These can be frustrating for some and easy for others.*

Guided Practice:

- Safety - Responsibility Code
- **Technical Application - Functional Ski/Ride**
 - Turning: L/R
 - Holding a Traverse
 - Side Slip
 - Integrated Traverse / Side Slip
 - Hockey Stop: L/R
 - Backward Ski / Switch Ride
 - Skate skiing
- **Synchronized Skiing: to begin tethering skills with the bi-ski feel**
- **Check for Understanding:** Go over key topics: responsibility code, 5 fundamentals of skiing and how they pertain to the skiing skills (5 fundamentals=the concept behind the skills BERP)
- **Summarize**

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BEFORE YOU LOAD A SIT SKI

S SAFETY (RETENTION) and evacuation straps are easily accessible & in good shape

T Tethers are out of the way & in good shape

O Outriggers are in “pick” position if used to load; otherwise in ski position on skiers lap. Fixed outriggers are removed & stored safely.

P Pin is pulled

P Practice the load. Make sure both sides are lifting from the same point at the same time

BEFORE YOU UNLOAD A SIT SKI

O Outriggers in ski position

W Wiggle to make sure the bucket isn't sticking to the chair

L Lever Mechanism (if there is one) is in ski position

S Safety (retention) strap is off