

**Courage Kenny Ski & Snowboard
Mono-ski Instructor Clinic**

Clinic 1: Skiing/Riding Skills for Mono-Ski instructor

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 mono-ski instructors. Present pointers on effective skiing to maintain safety. 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 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

Assessment: Ask individuals about their skiing/riding and teaching experience

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

- demonstrate their knowledge of the responsibility code
 - demonstrate their skiing/riding skills and gain insight into improving their skiing/riding skills
- and provide an introduction to:
- the cause and effect nature of skiing/riding utilizing movement analysis filter
 - teaching styles, learning styles, and communication

Present and Share Information: Keep the clinic creative and promote purposeful play (bag of tricks, follow the leader, Simon Says, ...)

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

Technical Application - Movement Analysis (ask instructors to start to observe other skiers/riders from chairlift)

Check for Understanding: Ask for the 7 elements of the Responsibility Code; Ask about key components of various functional skills;

Summarize

Materials and references that may be helpful: Laminated Pocket Training Cards, PSIA Alpine Technical Manual, 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

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Clinic 2: American Teaching System (ATS 1-5)

Group Size: 6 - 10

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

Objective: Train instructors to become comfortable teaching skiing skills to their student athletes using the American Teaching System. Expand their knowledge of ATS to enable them to challenge their student to advance beyond current ATS level. Evaluate Instructors abilities for essential skills covered.

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

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

- Technical Application – ATS: Drills & Progression
- Safety – Responsibility Code

Indicate that the following topics will be introduced:

- Technical Application – Movement Analysis, Teaching and Learning

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 their knowledge of the responsibility code
 - demonstrate their knowledge of the ATS progressions up to level 5
 - gain insight into ways to improve the skills of their student
- and provide an introduction to
- the cause and effect nature of skiing/riding utilizing movement analysis filter
 - communication, teaching styles, and learning styles

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
- **Technical Application - Movement Analysis** (ask instructors to observe others during drills and from chairlift)

Check for Understanding:

Ask about benefits of ATS/progression

Ask about techniques/drills/games for each ATS level

Ask about movement analysis filter (e.g., difference between ski/board performance and body performance)

Summarize

Materials and references that may be helpful: PSIA Core Concepts for Snowsports Instructors, PSIA Alpine Teaching Manual, Laminated Pocket Training Cards, CKSS Safety Procedures, CKSS Volunteer Instructor Job Requirements/Descriptions

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

Clinic 3: Student Assessment

Group Size: 6 - 10

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

Objective: Train instructors to become comfortable assessing their student's abilities, needs, and goals, and to understand their medical conditions. Expand instructors' knowledge of the assessment to better meet the needs and goals of their student. Evaluate Instructors abilities for essential skills covered.

Safety Message: Safety first, then Fun and Learning. Be aware of medical conditions and devices that could be affected by the Mono-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 evaluation form and the skills to be covered and evaluated:

- Technical Application – Teaching and Learning (Student Assessment)
- Safety – Communication

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 Mono-ski students
- demonstrate their skills assessing the student's Cognitive, Affective, and Physical abilities
- demonstrate their skills assessing their student athlete's 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!
- **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, PSIA Adaptive Snowsports Instruction Manual

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Clinic 4: Mono-ski Equipment Set Up and Fit

Group Size: 6 - 10

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

Objective: Train instructors to be familiar with all adaptive Mono-ski equipment, to become comfortable choosing the right equipment for their student athlete, and to expand their knowledge about adjustments to ensure a proper fit that utilizes the student's abilities to meet the student's goals. Evaluate Instructors abilities for essential skills covered.

Safety Message: As instructors, they will be teaching their students following the mantra "Safety, Fun, Learning." Specific methods and techniques are implemented to ensure the safety of the student athletes, instructors, and others. Always inspect the equipment prior to use. Be aware of medical conditions and devices that could be affected by the Mono-ski components. Weight limit for all skiers and snowboarders is 200 pounds due to equipment manufacturer specifications and ski instructor safety. Mono-skis are not permitted in the park areas as it carries an unnecessary and inherent risk of damage to both persons and equipment.

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

- Technical Application – Equipment Set Up and Fit
- Safety – Safety Policy: Terrain Park/Pipe

Indicate that the following topics will be introduced:

- Safety – Retention/Safety Straps, Outriggers

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

Goals and Objectives: Provide each instructor with the opportunity to

- demonstrate their skills selecting appropriate equipment and making adjustments to fit a student
- gain insight into ways to optimize equipment to meet the goals and needs of their student athlete

Present and Share Information: Keep the clinic creative and promote purposeful play (bag of tricks, disassemble equipment, hide parts, ...)

Guided Practice:

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

Equipment Overview

Types: show different models of mono-ski, as well as dual ski and bi-unique

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

Other: outriggers, evac strap.

Function: chairlift load/unload mechanics

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: Ask about key components of a Mono-ski; Ask how to evaluate if a student is balanced

Summarize

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

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Clinic 5: Teaching and Learning

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. Expand their knowledge of communication, teaching, and learning methods. Evaluate Instructors abilities for essential skills covered.

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 evaluation form and the skills to be covered and evaluated:

- Technical Application – Teaching and Learning
- Safety – Responsibility Code, Client/Instructor Safety, Communication
- Other – Feedback

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

Goals and Objectives: Provide each instructor with the opportunity to

- demonstrate their ability to build and execute a lesson plan following The Teaching Cycle
- incorporate the Seven Parameters for Effective Teaching
- utilize different teaching and learning styles
- provide effective feedback using different techniques and styles

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:

- Discuss the Responsibility Code as related to teaching a lesson
- Integrate the Seven Parameters for Effective Teaching
- 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, 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, PSIA Core Concepts for Snowsports Instructors, PSIA Alpine Teaching Manual

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Clinic 6: Loading-unloading

Group Size: 6 - 10

Time: 1-1 ½ hours for New Instructors, ½ to 1 hours for Returning Instructors

Objective: Train instructors to become proficient with the skills necessary to safely and effectively bring their student athlete up the chairlift and guiding the student down entry level terrain (Green, "Metro Blue"). Evaluate Instructors abilities for essential skills covered.

Safety Message: Safety First, then Fun and Learning. Specific methods and techniques are implemented to ensure the safety of the student athletes, instructors, and others. Always inspect the equipment prior to use. Outrigger position prior to loading the chair lift. Retention straps will be used on all chair lifts. Mono-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.

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

- Technical Application – Equipment
- Safety – Responsibility Code, Client/Instructor Safety, Emergency Stop, Chair Lift Load/Unload, Falling/Getting Up, Communication
- Safety – Safety Policy: Terrain Park/Pipe, Outriggers, Retention/Safety Straps, Incident Reports, Emergency Response, Chair Lift Procedures

Assessment: Ask individuals about their experience with skiing/riding, adaptive equipment

Goals and Objectives: Provide each instructor with the opportunity to

- demonstrate and improve their bucketing skills
- demonstrate their ability to safely load and unload Mono-skis on the chairlift
- demonstrate their proficiency with safety skills and procedures

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:

- Responsibility Code as related to Mono-ski
- Cover the following skills:
 - Communication: Instructor, student and lift operator
 - Chair Lift Procedures: Load/unload, evacuation (discussion)
 - Incident and Emergency Procedures: Emergency Stop, Incident Report, Injuries, Falling/Getting Up
 - Client/Instructor Safety: See the "big picture" and surroundings

Check for Understanding: Ask about importance of communication and awareness of safe loading/unloading procedures

Summarize

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

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Clinic 7: Mono-ski + ATS + Movement Analysis

Group Size: 6 - 10

Time: 2-2.5hours for New Instructors, ½ - 1 hour for Returning Instructors

Objective: Provide instructors with base capability of applying Movement Analysis and ATS with a Mono-ski. Expand their knowledge of cause and effect nature of skiing/riding and the relationship between the ski/board and the body performance. Evaluate Instructors abilities for essential skills covered.

Safety Message: As instructors, they will be teaching their students following the mantra “Safety, Fun, Learning.” Early identification of issues can prevent accidents.

Responsibility Code.

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

- Technical Application – ATS: Drills & Progression, Movement Analysis.
- Safety – Responsibility Code

Indicate that Feedback strategies will also be incorporated.

Assessment: Ask individuals about their experience with ski lessons and observing other skiers.

Goals and Objectives: Provide each instructor with the opportunity to

- demonstrate their ability to apply the Movement Analysis Filter to a Mono-ski.
- demonstrate their knowledge of the ATS progressions up to level 5 as applied to a Mon-ski

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

Guided Practice:

- **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
- **Technical Application - Movement Analysis**
 - Incorporate creative methods to show different ways the body performance can affect the Mon-ski
 - Observe the ski from the snow up, then observe the body, then how they work together
 - Paint a picture of the improvement, focusing on one skill and changing one thing at a time
 - Incorporate DIRT (Duration, Intensity, Rate, Timing)
 - Use good communication to understand what the skier feels

Check for Understanding: Ask about ATS similarities/differences from standup skiers to Mono-skiers; Ask about the difference between analyzing the Mono-ski performance and the body performance. Ask about the importance of proper feedback strategies.**Summarize**

Materials and references that may be helpful: Laminated Pocket Training Cards, CKSS Safety Procedures, CKSS Volunteer Instructor Job Requirements/Descriptions, PSIA Adaptive Snowsports Instruction Manual, PSIA Fundamental Mechanics of Alpine Skiing Across Adaptive Disciplines

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