

# Bi Ski Training Outline

## Introduction

1. Trainer introduction
2. Volunteer introductions
3. Description of program training and six week schedule
4. Description of this outline and curriculum for the clinic

## Assessment

1. Volunteers describe their experience.
2. Trainer describes his or her experience
3. Trainers will evaluate the volunteers throughout the clinic
4. Volunteers will give an assessment of their Trainers at the end of the clinic
5. Trainer will be providing written assessments of the volunteers to the program coordinators.

## Determining Goals and Objectives

1. Volunteers describe what they'd like to accomplish during the clinic.
2. Trainer describes the objectives of the clinic and introduces the key elements of the bi ski training:
  - Teaching a bi skier
  - Basic knowledge of the most common disabilities among bi skiers (spinal cord injuries, cerebral palsy, multiple sclerosis, traumatic brain injury, spina bifida)
  - Expertise with the different skis and related equipment
  - Fitting the skier properly in the appropriate equipment
  - Loading and unloading skills
  - Tethering skills
  - Fixed Outrigger Tethering
  - Evacuation and safety procedures
  - Roles of Tetherer and Booter
  - Knowledge of Teaching/Learning styles (Command, Task, Reciprocal, Guided Discovery, Problem Solving)
  - Improving personal skiing techniques

## Presenting Information

1. Trainer presents information consistently with demonstrations and explanation
2. The group is generally out on the hill skiing during the presentation phase

3. At the beginning we'll ski without adaptive equipment and transition as appropriate (empty bi ski, bi ski with skier, fixed outriggers with no skier, fixed outriggers with skier)

#### Guiding Practice and some suggested elements

1. Volunteer skiing drills
  - Hockey stops
  - Sideslipping
  - ATS skills
  - Wedge
  - Free skiing skills
3. Tethering drills
  - tethering a stand up skier
  - teach the tetherer to stay “inside” the bi skiers turns
  - emergency stops and signal
  - emergency stops – on the tether not on the bucket if possible
  - bi ski tethering with sandbags if necessary
  - bi ski tethering with handheld outriggers
  - fixed outrigger tethering with sandbags
  - fixed outrigger tethering with skier
  - techniques for holding the bucket or roll bar
  - learn to skid the bi ski when needed – especially on the bucket
4. Loading/Unloading
  - practice lifting and loading away from the lift
  - teach and learn the difference between various types of bi skis (primarily the Bi Unique and the Mountain Man bi skis)
  - how to properly secure a skier into each type of bi ski
  - evacuation procedures and proper evacuation setup for each type of bi ski
  - new volunteers will be paired with experienced volunteers or the trainer for their initial live loads and unloads, which may be done with an empty bi ski at the trainers discretion
  - trainer attempts to safely get each volunteer as much practice as possible
5. Teaching a Bi Skier – almost everything here needs to be tailored to the skier you are working with
  - explanation and visual demonstration of how a bi ski works
  - selection of equipment and description of specific setup
  - transfer into bi ski – this is almost always done at the direction of the skier or their family member or helper

- tilting and balance practice on flat terrain (hand held riggers)
- more flat land practice – tetherer on the bucket to help the skier gain confidence as necessary – tetherer can also help the skier tilt the ski to get the feel of turning at this point
- straight run
- falling leaf both directions
- linked turns
- demonstrate and practice angulation (we use that term to describe a sit down skier who is able to keep the upper body relatively vertical while tilting the ski into the turn)
- demonstrate and practice rotary movements (for a bi skier we are referring to their ability to keep their upper body pointed down the fall line throughout the turn)
- demonstrate and practice pressure movements (for a bi skier that's translated as fore and aft movement from the waist up)
- demonstrate and practice edging and skidding movements and how both can be useful
- practice a wide variety of turns
- always practice the tetherer doing as little as possible while being as safe as possible – if you're just giving them a ride they are not learning much
- practice all the above while skiing as many runs as you and the skier are comfortable with and can ski safely – many skiers will learn to ski in the bi ski very well if they can get enough practice

### **Check for Understanding**

- we need to continuously check for understanding throughout every step of the curriculum
- ask for questions throughout your clinic and encourage everyone's participation consistently
- before breaking for lunch and at the end of the day, review the elements that you have covered
- take notes on the participants throughout the clinic so you can provide accurate feedback

### **Summarize**

- summarize all the day's curriculum at the end of the day while you still have the group together
- set the next day's meeting time and make sure everyone knows exactly where to meet and who will be meeting them