

Ski and Snowboard
The regional experts in
recreational and competitive
adaptive sports and recreation.



Allina Health
**COURAGE KENNY
REHABILITATION
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Adaptive Discipline Specific Information

As a new volunteer, the role of assistant instructor will be a priority.

**note, this can change quickly if you are excited and interested.*



Adaptive Snowboarding: Adaptive tools and equipment are used to help students get the best performance out of their snowboard. Both independent tools and instructor assisted tools are used to help students.



Bi-Skiing: A type of sit-ski that features a molded seat mounted on two skis (2017, *Adaptive Alpine Technical Manual*). This equipment needs assistance loading/unloading on the chair lift and is typically tethered by an instructor for safety and teaching. Bi-Skiers can utilize either fixed outriggers or handheld outriggers, which may determine level of independence.



Mono Skiing: A type of sit-ski that features a molded seat attached to one alpine ski. The skier uses handheld outriggers to enhance balance and affect turn shape through steering. (2017, *Adaptive Alpine Technical Manual*) This skier is taught to be independent as soon as possible.



Stand Up Discipline includes *Alpine 2 track skiing will be the focus for all new instructors. Each other discipline will be added with instructor experience and interest.*

Within each Stand-Up discipline there are special techniques, concerns, and safety issues that need to be addressed, based on participant needs.

Alpine 2 track skiing: This discipline includes teaching students with Cognitive Diagnoses, Visual or Hearing diagnoses.

3 Track Skiing: (skiing w/ outrigger use, making 3 tracks in the snow) Stand up skiers that utilize outriggers for stance and balance.

4 Track Skiing: (skiing w/ outrigger use, making 4 tracks in the snow) Stand up skiers that utilize outriggers for stance and balance.

Slider: A ski-mounted adaptation of hospital-type walkers and are particularly useful for never-ever skiers with significant balance challenges. *Designed to be tethered and on Beginner slopes. (2017, *Adaptive Alpine Technical Manual*)

Ski Bike (**Note Ski Bike is an invite only discipline*) A specially designed bike with skis and a handlebar. There are specialty bikes designed for adaptive skiing.

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SUPPORTING ROLES



Registration: This person gets to know everyone and has the ability to arrive early on site. Your responsibility will be to check in volunteers and participants before each session. This includes but is not limited to handing out lift tickets, rental forms, and updating the information board (typically a dry erase board at each site).



Equipment: This person has the ability to arrive early on site and help get equipment ready for use before, during, and after lessons. *If also instructing on the hill, you will not be needed during that time.*



Pit Crew (think NASCAR): Hyland Hills uses pit crew people the most at the bottom of the hills. Assisting instructors and participants with getting ready and pushing through the lift line to the chair lift. *Sturdy boots and warm clothes a must.