Clinic Reminders

Clinic Topic: Assessment and Equipment Selection for Efficient Stand-up Skiing: Physical Diagnoses – Beth Fox bfoxblizzard@gmail.com

1. Perform Covid-safe assessments in-person or virtually:
   Collect pre-assessment information from guest
   Balance and Coordination
   Muscle Strength and Endurance
   Flexibility and Range of Motion
   Symmetry (length, strength, shape)
   Sensation
   Orthopedic Appliances

2. Recognize body and gross and fine motor movement challenges that impact effective engagement in the Fundamental Mechanics of Alpine Skiing.

3. Select adaptive equipment to:
   Support body or body parts
   Align skeletally
   Develop specific movements
   Always consider safety factors

4. Adaptive equipment:
   Leg strength assists: Againer System www.againer-ski.com; CADS www.cads.com
   Tip connectors: www.thesnowpros.org
   Balance tools (slider, outriggers): www.enablingtech.com
   Boot inserts: Dr. Scholl's kiosk at pharmacy or online; some ski race product companies also sell these materials.
   Grip assists: Create with mitten and hook and loop closure strips; Internet search for Active Hands Winter Sports Grip Aid

5. Equipment and safety:
   a. Use grip assists for guests with weak grasp.
   b. Use retention strap or hook and loop closure strips/patches for guests with limb control challenges.
   c. Do not allow guest to move backward when using any type of tip retention.
   d. Always use a tip retention device when using a tail retention device.
e. Follow program protocols when using slider. Many programs require instructors to be tethered to slider to prevent runaway equipment.

   a. Limit close-in time with students.
   b. Consider wearing nitrile gloves and a face shield during assessments.
   c. Engage a family member to assist with hands-on activities.
   d. Perform assessments outdoors or virtually.
   e. Attach adaptive devices to ski gear before the guest gets into equipment.
   f. Wash your hands often and disinfect equipment after use.

Follow this link COVID-19 Updates – PSIA-AASI (thesnowpros.org) to the PSIA/AASI National website to view Covid info from National – Navigating the 2020-21 Snowsports Season, National Ski Areas Association - Be well Ski Well, and from your Division.

7. Learn more about assessment and diagnoses:
   Adaptive Alpine Technical Manual
   Adaptive Instruction Supplement: Diagnosis and Medication Classifications
   www.thesnowpros.org Click on Education and look for the digital library or purchase a hard or digital copy for yourself.