Clinic Reminders

Clinic Topic: Sit Ski Base Camp – Beth Fox bfoxblizzard@gmail.com

1. Nerves and function:
   - C-3 & 4 – Head tilt, shoulder shrug
   - C-5 – Elbow flexion
   - C-6 – Wrist extension
   - C-7 – Elbow extension, wrist flexion
   - C-8 – Finger flexion
   - T – Chest and abs
   - L – Legs, seat, feet
   - S – Bowel, bladder, lower legs, feet

2. Physical assessment process
   - Balance and Coordination
   - Muscle Strength and Endurance
   - Sensation
   - Flexibility/Range of Motion
   - Symmetry – strength, range of motion, flexibility, limb length, muscle mass

   Preferred Seating Systems and Orthopedic Appliances

3. Covid-19 and snowsports information – PSIA/AASI Navigating the Snowsports Season, NSAA

4. In-person assessments – mask, face shield, gloves (nitrile only). Ask guest to mirror your movements in assessment process, get assistance from a care provider, ask questions to gain information.

5. Remote assessments – Zoom session, observe activity photos or videos of guest submitted to you.

6. Factors that influence access to the Fundamental Mechanics of Alpine Skiing: sit ski:
   - Rig characteristics
   - Seating: CASS – Comfort, Alignment, Support, Safety

7. Create pre-experience activities for off-snow sit ski skill development.
   - Increase independence and success
   - Consider skills and Fundamental Mechanics of Alpine Skiing

8. Teaching in the Covid-19 era offers instructors an opportunity to support earned independence and success through innovative hands-off learning activities.

9. Address the physical and emotional needs of your guests as they participate in lessons that may be different than experienced in previous seasons due to Covid-19 protocols.

10. Learn more: