

Hosted by The Hartford Ski Spectacular

December 1 – 4, 2015

Clinic Reminders

Clinic Topic: **4 Track Wedge Progression** – Colleen Farrell [cocolikesto@yahoo.com](mailto:cocolikesto@yahoo.com)

### Key Points

1. Review and discuss disabilities associated with 4 Track skiing then decide which of these will be best suited for a wedge progression and why.
2. Discussed what are the different progressions for 4 Track skiing.
3. Student assessments: including gaits and what to look for when deciding on the wedge progression
4. Equipment selection and fit up
5. Discuss tethering with the when's and why's
6. Proper and safe loading and unloading
7. Progressions
8. Scenario's
9. Safety Points

### References and References for additional learning

1. PSIA, Adaptive **Snowsports Instruction Manual** 2003
2. PSIA, **Adaptive Manual** 1996
3. [www.psia-rm.org/](http://www.psia-rm.org/) Under Adaptive Ed. Materials
4. PSIA-RM, **Adaptive Encyclopedia** [www.psia-rm.org](http://www.psia-rm.org)
5. Hal O'Leary, **Bold Tracks**, 3<sup>rd</sup> ed., National Sports Center for the Disabled, Inc. 1994

### Safety Points

1. Don't overload your student with too much information
2. Never correct a student's gait or stance with aids always fill in the gaps
3. If your student uses a ski bra: never allow the skier to go backwards
4. Don't cross fall line before skier
5. Be aware of the location of your tethers at all times.
6. Be aware of the location of your skies in relationship to the student's skis and outriggers at all times
7. Be aware of the tethers and their location: have them inside the stand-up outriggers
8. Abide by the Skier Responsibility Code at all times
9. Be sure the student is aware of all major safety issues when they have equipment without a tether