

PSIA-ASI National Adaptive Academy
Hosted by the Hartford Ski Spectacular

December 1 – 4, 2015

Clinic Reminders

Clinic Topic: **Biski Tethering Basics** – Colleen Farrell cocolikesto@yahoo.com

Key Points:

1. Introduction to the Biski parts and functions plus who is included in the biskiers population.
2. Lifting and Loading Biskis with Safety as Number One
3. Righting a fallen Skier
4. Learning proper tethering positioning for body related to the skier and hands of the on tethering.
5. Seat Assists
6. Introduction to and explaining how tethering can help the Biskier
7. Practice on green terrain with feedback

References and References for additional learning

1. Adaptive Snowsports Instruction 2003
2. Adaptive Manual 1996
3. www.psia-rm.org/ Under Adaptive Ed. Materials
4. Practice, practice, and more practice

Safety Points

- Don't overload your student with too much information
- There must be two points of attachment from the instructor to the ski
- Body positioning: Instructor should be uphill and slightly behind student
- The instructor has more control and ability to help manipulate the skier and ski with the tethers attached higher on the ski/bucket
- Don't cross fall line before skier
- Be aware of the location of your tethers at all times.
- Be aware of the location of your skies in relationship to the bi-ski skies and outriggers at all times
- Be aware of the limitations of the fixed riggers
- Abide by the Skier Responsibility Code at all times
- Have the ability to emergency stop at any time