

**PSIA-AASI NATIONAL ADAPTIVE ACADEMY**  
**The Hartford Ski Spectacular 2015**

Teaching and Guiding Skiers With Blindness and Low Vision  
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Unlike able-bodied skiing, VI/guide skiing and learning requires a high degree of teamwork and trust between the athlete and guide. This clinic focuses on the unique elements that this team must master to have a successful lesson. The goal of the guide is to find a line the student can manage, to provide an example of good form, to communicate material issues about the terrain and conditions, and most importantly to keep the student safe while at the same time challenging him/her to become a better skier.

1. Diagnoses
2. Assessment/Action Plan
3. Creating a Safe - Comfortable - Trusting Environment  
Conditions + Contours + Congestion = Terrain Choice
4. Developing a Guiding Vocabulary
  - Timing
  - Intensity
  - Duration
    - Use as means of skill development - tactics
    - Correct word use
    - How can you use your voice to create the feeling of TID?
    - Wedge to Spontaneous Parallel
    - Concise - don't over talk - confuse the situation
5. Synchro Skiing - all skill levels, variable terrain
  - Leader - how can you make it easier, harder, promote movements?
  - Follower - what are you watching, what are your cues?
  - How can these observations help inform you as a guide?
6. Characteristic skiing of individuals with low vision/blindness
  - Back seat
  - Tipped to inside
  - Undisciplined upper body and hands
  - Coaching cues
7. Guiding systems and practice  
Use information from the morning practice to practice guiding "vocabulary".
  - Grid
  - Clock
  - Command
  - Combination