

Arise & Ski Trainings

These are descriptions of the various on snow trainings that will be offered this winter prior to the start of our Arise & Ski program. We require all new volunteers to participate in Session A. We ask that all volunteers participate in at least two on snow sessions prior to the first weekend of our program. There are no dates listed here but as soon as Toggenburg opens we will be emailing volunteers with an announcement of our schedule and we will post it on the FB site as well. Theses trainings are designed to address adaptive instructional situations Arise & Ski typically provides – they may be adjusted on the fly as the clinician deems necessary. –Christopher Weiss, PSIA Alpine III, Adaptive II, Technical Director

SESSION A

Visual Impairment & Developmental Disabilities Session

Beginner – Intermediate Sliding

This session will cover fundamentals of skiing and boarding including all issues related to safety. Proper attire; how to adjust ski boots; how ski and board bindings work; how to walk in boots; how to carry equipment; how to shuffle and slide on flat terrain with equipment on; how to side step; and introduction of mighty mite lift at learning center. Using Ski frame, Snow wing, Edgy Wedgy & Bamboo Pole sessions learning center – Volunteers will learn various applications of adaptive equipment - how to develop participant balancing, rotational and pressuring skills - how to communicate and teach to a variety of learning styles - behavior management techniques and instructional strategies will be discussed. Developing participant balance will be emphasized and learning to slide and turn to a stop. Strategies to teach turning w/o wedge will be discussed and demonstrated. THIS SESSION WILL ALSO PROVIDE A BASIC INTRODUCTION TO GUIDING A VISUALLY IMPAIRED SKIER OR BOARDER – THE GRID TECHNIQUE WILL BE USED.

Competencies:

Appropriate dress	<input type="checkbox"/>	Use of bamboo pole	<input type="checkbox"/>
Boot fitting	<input type="checkbox"/>	Horse & Buggy tech	<input type="checkbox"/>
Binding knowledge	<input type="checkbox"/>	BERP fundamentals	<input type="checkbox"/>
Carrying equip	<input type="checkbox"/>	Turning w/o wedge	<input type="checkbox"/>
Skier responsibility	<input type="checkbox"/>	Communication	<input type="checkbox"/>
Shuffle/Sliding	<input type="checkbox"/>	Behavior mngmnt	<input type="checkbox"/>
Side stepping	<input type="checkbox"/>	Teaching tactics	<input type="checkbox"/>
Straight running	<input type="checkbox"/>	Games	<input type="checkbox"/>
Single turn to stop	<input type="checkbox"/>	Accident protocols	<input type="checkbox"/>
Riding mighty mite	<input type="checkbox"/>	Vest usage	<input type="checkbox"/>
Use of edgy wedgy	<input type="checkbox"/>	Intro to Grid Syst	<input type="checkbox"/>
Use of ski frame	<input type="checkbox"/>	Fan progressions	<input type="checkbox"/>
Use of snow wing	<input type="checkbox"/>		

SESSION B

Visual Impairment & Developmental Disabilities Session

Advanced Sliding

Minimal, if any, adaptive equipment will be used. Focus will be on improving turn shape; edging and pressuring skills. The standard ATS progression up through wide track open parallel will be followed. Stepping stones and teaching tactics will be discussed. Advanced discussion of integration of Balance/Edging/Rotation/ Pressure skills will be focus of this session. THIS SESSION WILL ALSO PROVIDE TRAINING IN GUIDING A VISUALLY IMPAIRED

SKIER OR BOARDER – THE GRID SYSTEM / TECHNIQUE WILL BE USED. 3 TRACK / 4 TRACK SKIING DEMONSTRATED AND DISCUSSED.

Competencies:

- | | | | |
|----------------------|--------------------------|----------------------|--------------------------|
| BERP Skills | <input type="checkbox"/> | Wedge Christies | <input type="checkbox"/> |
| Skier/Boarder Stance | <input type="checkbox"/> | Stem/Step turns | <input type="checkbox"/> |
| Centered Stance | <input type="checkbox"/> | Parallel skiing | <input type="checkbox"/> |
| Traversing skills | <input type="checkbox"/> | Wide track Parallel | <input type="checkbox"/> |
| Uphill Christies | <input type="checkbox"/> | Short radius turns | <input type="checkbox"/> |
| Flexion /Extension | <input type="checkbox"/> | Medium radius turns | <input type="checkbox"/> |
| Foot steering | <input type="checkbox"/> | Teaching tactics | <input type="checkbox"/> |
| Side slipping | <input type="checkbox"/> | Skier responsibility | <input type="checkbox"/> |
| Hockey Stops | <input type="checkbox"/> | Accident protocols | <input type="checkbox"/> |
| Skating | <input type="checkbox"/> | Guiding tactics | <input type="checkbox"/> |
| Elephant turns | <input type="checkbox"/> | Grid System | <input type="checkbox"/> |
| Garlands | <input type="checkbox"/> | Fan progressions | <input type="checkbox"/> |
| Proper Pole usage | <input type="checkbox"/> | | |

SESSION C

Mono/Bi ski sessions

Beginner - Intermediate Mountain Man

Covers: all safety aspects; introduction to mnt man (including: evacuation straps; strapping; boot fitting; padding options; roll bar; articulated skis; how ski is loaded to chairlift; outrigger function and adjustment). Bi ski basics including fore/aft pressure applications, lean angle, edging in relation to turn shape; first run progression; supported loading & off-loading.

Volunteers will learn bi ski fundamentals; two-point assist skiing; tethering tactics; loading and off-loading tactics; managing bi ski on gentle to intermediate terrain. THIS SESSION WILL ALSO PROVIDE TRAINING FOR VOLUNTEERS WANTING TO WORK AS BLOCKERS.

Competencies:

- | | | | |
|------------------------|--------------------------|------------------------|--------------------------|
| Skier Assessment | <input type="checkbox"/> | Tethering techniques | <input type="checkbox"/> |
| Responsibility code | <input type="checkbox"/> | BERP basics | <input type="checkbox"/> |
| Disabilities & MM | <input type="checkbox"/> | Skier contribution | <input type="checkbox"/> |
| MM set up | <input type="checkbox"/> | Skier lean/pressure | <input type="checkbox"/> |
| Transfer process | <input type="checkbox"/> | Skier projection | <input type="checkbox"/> |
| Skier fitting | <input type="checkbox"/> | Skier balancing | <input type="checkbox"/> |
| Strapping function | <input type="checkbox"/> | Straight glide to stop | <input type="checkbox"/> |
| Shaped skis | <input type="checkbox"/> | Single turn | <input type="checkbox"/> |
| Fixed outrigger adj | <input type="checkbox"/> | How to fall | <input type="checkbox"/> |
| Lift riding capability | <input type="checkbox"/> | Linked md radius trns | <input type="checkbox"/> |
| Roll bar function | <input type="checkbox"/> | Accident protocols | <input type="checkbox"/> |
| Tether length | <input type="checkbox"/> | Blocker responsibility | <input type="checkbox"/> |
| Two point assist | <input type="checkbox"/> | Blocking in motion | <input type="checkbox"/> |
| Lift loading process | <input type="checkbox"/> | Blocker positioning | <input type="checkbox"/> |
| Off-loading process | <input type="checkbox"/> | Emergency Evac | <input type="checkbox"/> |
| Managing tether | <input type="checkbox"/> | Fan progressions | <input type="checkbox"/> |

SESSION D

Mono/Bi ski sessions

Advanced Mountain Man

Covers: all safety aspects; supported loading & off-loading; self off-loading w/assistance as needed; using mnt man w/o fixed rigger system; hand held out rigger use; turn to stop; varying turn radius and shape; tethering tactics designed to increase independence. Volunteers will learn to ski mnt man as well as improve tethering skills in this advanced session. Mnt man will be used on intermediate to advanced runs. **THIS SESSION WILL ALSO PROVIDE TRAINING FOR VOLUNTEERS WANTING TO WORK AS BLOCKERS.**

Competencies:

Skier Assessment	<input type="checkbox"/>	Skier dynamics	<input type="checkbox"/>
MM w/o outriggers	<input type="checkbox"/>	BERP skills	<input type="checkbox"/>
Handheld outriggers	<input type="checkbox"/>	Turn shape varieties	<input type="checkbox"/>
Advncd Transfer	<input type="checkbox"/>	Turn to stop	<input type="checkbox"/>
Skier fitting	<input type="checkbox"/>	Garlands	<input type="checkbox"/>
Strapping function	<input type="checkbox"/>	Self arrest	<input type="checkbox"/>
Shaped skis	<input type="checkbox"/>	How to fall	<input type="checkbox"/>
Tether length	<input type="checkbox"/>	Accident protocols	<input type="checkbox"/>
Two point assist	<input type="checkbox"/>	Blocker responsibility	<input type="checkbox"/>
Adv Lift lding prcs	<input type="checkbox"/>	Blocking while skiing	<input type="checkbox"/>
Adv Off-loading	<input type="checkbox"/>	Blocker positioning	<input type="checkbox"/>
Managing tether	<input type="checkbox"/>	Emergency Evac	<input type="checkbox"/>
Tethering techniques	<input type="checkbox"/>	Fan progressions	<input type="checkbox"/>

SESSION E

Mono/Bi ski sessions

Beginner - Intermediate Bi Unique: Covers all safety aspects of bi unique; introduction to bi unique (evacuation straps; seat strapping/fitting/padding options) and hand held out riggers; functionality of piston for loading; finding centered balance position; gliding in straight run position; learning to turn; learning to link turns and turn to a stop. Volunteers will learn loading and off-loading techniques; two point assisted skiing; short and long tethering tactics. **THIS SESSION WILL ALSO PROVIDE TRAINING FOR VOLUNTEERS WANTING TO WORK AS BLOCKERS.**

Competencies:

Skier Assessment	<input type="checkbox"/>	Hand held outriggers	<input type="checkbox"/>
Responsibility code	<input type="checkbox"/>	Strapping function	<input type="checkbox"/>
Disabilities & Bi U	<input type="checkbox"/>	Shaped skis	<input type="checkbox"/>
Bi Unique set up	<input type="checkbox"/>	Fixed outrigger adj	<input type="checkbox"/>
Transfer process	<input type="checkbox"/>	Lift riding capability	<input type="checkbox"/>
Skier fitting	<input type="checkbox"/>	Tether length	<input type="checkbox"/>

- Two point assist
- Lift loading process
- Off-loading process
- Managing tether
- Tethering techniques
- Skier contribution
- Skier lean/pressure
- Skier projection
- BERP basics
- Straight glide to stop

- Single turn
- How to fall
- Linked md radius trns
- Accident protocols
- Blocker responsibility
- Blocking in motion
- Blocker positioning
- Emergency Evac
- Fan progressions

SESSION F

Mono/Bi ski sessions

Advanced Bi Unique: Covers all safety aspects of bi unique. This session assumes participant is learning to ski independently therefore focus will be on teaching techniques designed to facilitate skiers ability to use hand held outriggers maintain balance, facilitate direction change and the full range out rigger functions; skier will learn to turn to a stop; link turns while maintaining speed; vary turn shape and speed; self arrest; return to skiing ready position after a fall independently; self load and off load. These are goals and this session will focus on building a foundation to achieve independence. Volunteers will learn when to use a loose tether; when to safely remove tethers; and how to assess skier progress. **THIS SESSION WILL ALSO PROVIDE TRAINING FOR VOLUNTEERS WANTING TO WORK AS BLOCKERS.**

Competencies:

- | | |
|---|---|
| Skier Assessment <input type="checkbox"/> | BERP basics <input type="checkbox"/> |
| Bi U w/o outriggers <input type="checkbox"/> | Skier dynamics <input type="checkbox"/> |
| Handheld outriggers <input type="checkbox"/> | Turn shape varieties <input type="checkbox"/> |
| Advncd Transfer <input type="checkbox"/> | Turn to stop <input type="checkbox"/> |
| Skier fitting <input type="checkbox"/> | Garlands <input type="checkbox"/> |
| Strapping function <input type="checkbox"/> | Self arrest <input type="checkbox"/> |
| Shaped skis <input type="checkbox"/> | How to fall <input type="checkbox"/> |
| Tether length <input type="checkbox"/> | Accident protocols <input type="checkbox"/> |
| Two point assist <input type="checkbox"/> | Blocker responsibility <input type="checkbox"/> |
| Adv Lift lding prcs <input type="checkbox"/> | Blocking while skiing <input type="checkbox"/> |
| Adv Off-loading <input type="checkbox"/> | Blocker positioning <input type="checkbox"/> |
| Managing tether <input type="checkbox"/> | Emergency Evac <input type="checkbox"/> |
| Tethering techniques <input type="checkbox"/> | Fan progressions <input type="checkbox"/> |

National Ski Patrol Responsibility Code

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

Emergency Situations for ARISE Participants

1. Stay calm: your reactions will impact reactions of injured person. Talk to and reassure the skier.
2. Secure Scene Safety: Be sure other skiers can see you and avoid you. Request help from bystanders if necessary.
3. Request Help: Stay with the skier at all times. Send others to alert Ski Patrol and Arise Staff. Be as precise as possible about location on the hill, extent of the problem, and the name of the skier.
4. If there is a chance of back or neck injury-DO NOT MOVE THE SKIER! The only exception would be if breathing is obstructed.
5. Try to keep the injured skier warm and dry. Sometimes help may take several minutes to arrive.
6. Do not attempt to remove the skier from and adaptive equipment. Leave this to trained personnel.
7. If there is a potential of injury to leg, knee or ankle, do not remove the skier's skis.
8. Never attempt to remove a helmet.
9. Avoid direct contact with any body fluids. Your personal safety needs to come first.
10. For injuries to the wrist or forearm, allow skier to self-support using their good arm.
11. Watch for frost bit/ frost nip. Get skiers showing signs of frost bite or nip indoors immediately.
12. Report all possible injuries.
13. You may be asked by ski patrol to provide information of the incident. Please stay with the skier until you are released by ski patrol.