



Types of Adaptive Skiing and Snowboarding Equipment

Courage Kenny Rehabilitation Institute (CKRI) Ski and Snowboard provides a wide range of adaptive skiing and snowboarding equipment and teaching techniques. Our goal is to partner with you to achieve the highest level of independence, health, and wellness while ensuring the safety and well-being of all athletes and volunteers. We partner with all people to live, work, and play to their potential.

If you have any questions as to what type of skiing or snowboarding may be the best fit for you, please contact us at CKRIskisnowboard@allina.com



Bi-Skiing: A type of sit-ski that features a molded seat mounted on two skis (2017, *Adaptive Alpine Technical Manual*). Bi-skis provide the versatility needed for a wide range of students with physical and/or cognitive diagnoses. A bi-ski has a wide base of support and relatively low center of gravity, which makes it a good choice for students with balance, strength and coordination challenges. Additionally, bi-skis are often used by students who prefer a more stable platform and a quicker learning curve. (PSIA-AASI Adaptive Alpine Technical Manual). This equipment needs assistance loading/unloading on the chair lift and is typically tethered by an instructor for safety and teaching. Bi-Skiers can utilize either fixed outriggers or handheld outriggers, which may determine the level of independence.



Mono-Skiing: A type of sit-ski that features a molded seat attached to one alpine ski. The skier uses handheld outriggers to enhance balance and affect turn shape through steering. (2017, *Adaptive Alpine Technical Manual*) Mono-skis are a great option for students that have good coordination, strength, and balance. This skier is taught to be independent (including loading/unloading on the chair) as soon as possible.



Stand Up Skiing:

Within each Stand-Up discipline there are special techniques that are addressed based on participant needs.

2 Track skiing: This discipline often includes students with Cognitive Diagnoses, Visual or Hearing diagnoses. Skiers leave two tracks in the snow because there are two points of contact.

3 Track Skiing: Stand up skiers that generally ski on one ski and use two outriggers (leaving three tracks in the snow). Outriggers are used for stance and balance.

4 Track Skiing: Stand up skier that skis on two skis and uses two outriggers (leaving four tracks in the snow). Outriggers are used for stance and balance.

Ski Bike (*Note Ski Bike is an invite only discipline) A bicycle-type frame that is mounted on two short skis; where the wheels would typically be. The student typically wears foot skis.

Slider: (photo) A ski-mounted adaptation of hospital-type walkers and is particularly useful for never-ever skiers with significant balance challenges. *Designed to be tethered and on Beginner slopes. (2017, *Adaptive Alpine Technical Manual*)



Adaptive Snowboarding: Adaptive tools and equipment are used to help students get the best performance out of their snowboard. Both independent tools and instructor assisted tools are used to help students.