

Ski and Snowboard
The regional experts in
recreational and competitive
adaptive sports and recreation.



Allina Health
**COURAGE KENNY
REHABILITATION
INSTITUTE**

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.

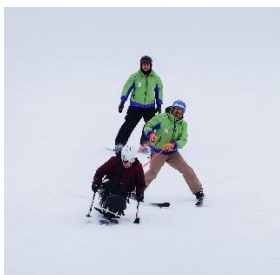
If you have any questions as to what type of skiing or snowboarding may be the best fit for you, please contact us at CKRIskisnowboard@allina.com. Options will also be discussed during the phone assessment with the Program Specialist.

Seated Options:



Bi-Ski Fixed Outriggers: The most supportive option for alpine skiers. The system consists of a seat mounted on two skis, creating a low center of gravity and a stable platform on the snow. The seat is individually fit to each participant following an in-person assessment to ensure proper support, comfort, and safety. This equipment is best suited for participants with significant balance, mobility, and coordination challenges who require extensive assistance while skiing. An instructor skis behind the bi-ski and utilizes tethers to assist with steering, speed control, and safety. Full

assistance is also required for chairlift loading and unloading. Participants are encouraged to actively engage in the skiing process. Turns are initiated through a balance shift from the participant, combined with the instructor's positioning on the tethers. The fixed outriggers then engage with the snow to help complete the turn shape. Goals include recreation, confidence-building, engagement, and developing skiing skills.



Bi-Ski Handheld Outriggers: Handheld outriggers provide greater independence while maintaining the stability of a seat mounted on two skis. This option is best suited for participants with sufficient upper body strength, coordination, and balance to actively control handheld outriggers. Unlike fixed outriggers, handheld outriggers allow the participant to fully initiate and shape turns independently. Many skiers begin using handheld outriggers while still being assisted by an instructor on tethers and may progress to independently skiing complete runs. The instructor may continue to provide support as needed, but participants take a more active role in steering and controlling the ski. Assistance is still required for

chairlift loading and unloading. Goals include developing independent turning, speed control, and confidence-building.



Mono-Ski: A mono-ski features a molded seat mounted on a single alpine ski that utilizes handheld outriggers for balance, support, and turning. The mono-ski is not tethered, allowing skiers to independently control their speed, direction, and movement on the snow. Instruction focuses on developing balance, core strength, coordination, edging, turning, and overall independence. Students with sufficient trunk control, strength, and balance may begin directly on a mono-ski on beginner terrain. Others may start in a bi-ski to build foundational skills before progressing to a mono-ski. Goals include independent

skiing across varied terrain.

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Stand Up Options: We also offer various specific stand-up techniques that can be utilized based on participant needs and goals.



independence on the snow.

Slider: A slider is a ski-mounted adaptation of a traditional walker that provides added stability and support for skiers with significant balance and coordination challenges. The slider is used with tethers on beginner terrain. The slider can benefit individuals with one-sided weakness, significant fatigue, or those recovering from an injury or medical condition that has affected strength, balance, or movement. Instruction focuses on improving balance, shifting weight, coordination, endurance, and confidence to progress towards greater



2-Track: Two-track skiing is a discipline in which skiers leave two tracks in the snow using two skis, with or without adaptive equipment. It is used by individuals with cognitive, sensory, or physical disabilities. Adaptive teaching tools are often used in two track skiing. Tip clamps, tethers, visual aids, bamboo poles, and guiding techniques may be used to support skill progression and address individual needs. Goals include building confidence, engagement, and helping skiers safely progress to more independent skiing.



3-Track: Three-track skiing is used by stand-up skiers who ski on one ski with two outriggers or on two skis with one outrigger, leaving three tracks in the snow. Outriggers provide stability, balance, and support while assisting with turning and maneuvering. This discipline is commonly used by individuals with limb differences or amputations, as well as skiers with strength or mobility limitations affecting one side of the body.

4-Track: Four-track skiing is used by stand-up skiers who ski on two skis and use two outriggers, leaving four tracks in the snow. Outriggers provide support for balance, stability, and turning while allowing skiers to develop skiing skills. This discipline is often used by individuals with balance, strength, coordination, or mobility challenges. Four-track skiing can be an excellent progression from the Slider.

Ski Bike: (Note: *Ski Bike is an invitation-only discipline.*) A ski bike features a bicycle-style frame mounted on two short skis, with the participant typically wearing foot skis. It offers a stable, seated skiing experience and can be an excellent option for individuals with chronic pain, reduced endurance, or conditions that cause significant fatigue.



Adaptive Snowboarding: Adaptive tools and equipment are used to help students get the best performance from their snowboard. Both independent and instructor-assisted tools may be utilized to support learning, safety, and skill progression. Adaptive strategies and equipment can be tailored to address a variety of participant needs.