



2024 ASC Ski Volunteer Roles and Skill Expectations

adaptivesportsconnection.org | 6000 Harriott Drive, Powell, Ohio 43065 | (614) 389-3921

Enthusiastic Helper (1)	Qualified Assistant (2)	Lesson Lead	Lead Instructor (3)	Instructor Trainer (4)
<ul style="list-style-type: none"> ✓ Understands basic Disability Awareness ✓ Understands and uses Person-First Language and basic communication skills while working with people with disabilities ✓ Understands and follows basic safety requirements of the program ✓ Understands basic differences and uses of various pieces of adaptive equipment ✓ Understands and follows ASC policies and procedures ✓ Has basic skiing skills and understands the role and positioning of an umbrella skier 	<ul style="list-style-type: none"> ✓ Comfortable skier on lesson terrain ✓ Can teach a beginner alpine ski lesson ✓ Understands differences between adaptive disciplines ✓ Can safely use chairlift and assist chairlift load and unloads on adaptive lessons ✓ Understands basic student assessments ✓ Works to grow, teach, and develop Enthusiastic Helpers ✓ Can perform one or more elements of an adaptive discipline with guidance 	<ul style="list-style-type: none"> ✓ Able to take on all roles of Qualified Assistant, but may not yet be able to complete all tasks of a Lead Instructor. A Lesson Lead can safely lead a certain type of lesson, but may still be learning skills in movement analysis, or various discipline related endorsements. 	<ul style="list-style-type: none"> ✓ Strong skier on lesson terrain ✓ Mastery of Movement Analysis for one or more adaptive discipline ✓ Able to do a full adaptive student assessment ✓ Able to select and fit equipment appropriate and safe for a student ✓ Capable of teaching a student from beginner level to low intermediate level ✓ Works to grow, teach, and develop Qualified Assistants ✓ Provides excellent experience for student 	<ul style="list-style-type: none"> ✓ Very strong skier on all terrain ✓ Able to assess and teach the skill levels of all other roles and provide specific feedback for improvement in a positive manner ✓ Work to grow, teach, and develop Lead Instructors ✓ Capable of teaching an adaptive student from intermediate to advanced

5 ALPINE PRINCIPALS

1. Direct Pressure to the Outside Ski
2. Control Edge Angles with Inclination and Angulation
3. Keep the Center of Mass over the Base of Support
4. Control the Skis' Rotation with leg rotation
5. Regulate the Pressure Created by the Ski/Snow Interaction

6 SNOWBOARD PRINCIPALS

1. Control the relationship of the center of mass (CM) to the base of support to direct pressure *along the length* of the board.
2. Control the relationship of the center of mass (CM) to the base of support to direct pressure *across the width* of the board.
3. Control the magnitude of pressure created through the board/surface interaction.
4. Control the board's pivot through flexion/extension and rotation of the body.
5. Control the board's tilt through a combination of inclination and angulation.
6. Control the twist (torsional flex) of the board using flexion/extension and rotation of the body.

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BI/MONO

1. Perform a sit-ski assessment and fit-up, including a dowel test and outrigger sizing.
2. Perform a bucket assist including skidded and carved turns as well as turning to a stop in both directions.
3. Tether a bi-skier with fixed riggers. Candidate must start from a stopped position, make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
4. Tether a bi-skier with hand-held riggers. Candidate must start from a stopped position, make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
5. Perform an emergency stop while tethering a bi-ski, once in each direction. The candidate must engage in a short series of turns before making each emergency stop.
6. Perform a loose tether (confidence cord) with a Mono ski
7. Perform an emergency hockey stop with a mono ski. Instructor should be positioned directly uphill from mono skier.
8. Demonstrate ability to adjust outriggers to correct length, adjusting tension strap, adjusting brake, etc.
9. Demonstrate the basic use of outriggers. Show beginning (synchronous) outrigger movement and intermediate (asynchronous) outrigger movement. The candidate must also demonstrate how outrigger position changes based on the size of the turn.
10. Demonstrate how a fallen sit-skier can get up from a fall. The candidate should teach student to get up after a fall using outrigger technique and ski positioning. Can help skier with support and coaching with a focus on independent upright technique. Include how to re-adjust the skier once you are up, to regain appropriate position for a centered/athletic stance.
11. Demonstrate loading and unloading a bi-ski / mono ski on a chairlift or surface lift. Candidate must also clip in the retention strap.
12. Demonstrate compensating techniques in the 5 alpine principals
13. Perform a beginner sit ski lesson through a basic alpine ski progression incorporating the 5 alpine principals.

VISUALLY IMPAIRED

1. Demonstrate a flat-terrain kinesthetic guide (your choice of technique) indoors or outdoors, but not on the slope.
2. Demonstrate how to do a visual assessment for a student who has a visual impairment. Must include assessment of visual acuity, visual field, and color vision deficiency.
3. Demonstrate the use of the clock system to guide a student from a stopped position to a first turn.
4. Demonstrate a visual guide, with a minimum of six turns and a stop.
5. Demonstrate an audible guide, with a minimum of six turns and a stop.
6. Demonstrate a verbal guide, with a minimum of six turns and a stop.
7. Demonstrate use of stand up tethers, with a minimum of six turns and a stop.

8. Demonstrate kinesthetic techniques (such as a two-point hold, or tip-hold, bamboo pole, hula hoop, etc) with a minimum of six turns and a stop.
9. Demonstrate how to load onto a chairlift or surface lift with a visually impaired student including a pre lift discussion, describing the process to the student and checking for understanding
10. Demonstrate how to unload from a chairlift or surface lift with a visually impaired student including a pre lift discussion, describing the process to the student and checking for understanding
11. Demonstrate compensating techniques in the 5 alpine principals
12. Perform a beginner VI lesson through a basic alpine ski progression incorporating the 5 alpine principals

2T ADAPTIVE

1. Perform a 2T assessment and fit-up.
2. Demonstrate stand-up tethering, with a minimum of six turns and a stop. The tether must be attached to the skis with a tip retention device. No boot tethering is allowed. Start from a stopped position, make a minimum of six turns, then come to a controlled stop with proper tether management.
3. Demonstrate a side-by-side bamboo pole or hula hoop assist, with a minimum of six turns and a stop.
4. Understand the use of the following categories of on-ski appliances: (1) rigid tip retention devices, (2) semi-rigid (bungee and pipe) tip retention devices, (3) non-rigid (bungee cord) tip retention devices, (4) spacer/spreader bar, (5) bungee at heel, (6) tethers. Include safety considerations and appropriateness of each category for typical students.
5. Understand the use of the following learning/communication pieces of equipment: (1) bamboo pole, (2) Hula Hoop[®] /Ski-Pal[®], (3) augmentative communication picture cards. Succinctly explain the fundamental skiing and/or communication skills each piece of equipment addresses to compensate for a deficit/challenge.
6. Demonstrate a chairlift or surface lift load of a stand-up student with a bamboo pole.
7. Demonstrate a chairlift or surface lift unload of a stand-up student with a bamboo pole.
8. Demonstrate a chairlift or surface lift load of a stand-up student who is tethered. The tether must be attached to the skis with a tip retention device. No boot tethering is allowed.
9. Demonstrate a chairlift or surface lift unload of a stand-up student who is tethered. The tether must be attached to the skis with a tip retention device. No boot tethering is allowed.
10. Demonstrate compensating techniques in the 5 alpine principals
11. Perform a beginner 2T Adaptive lesson through a basic alpine ski progression incorporating the 5 alpine principals

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3T/4T/SLIDER

1. Perform a 3T/4T assessment and fit-up, including outrigger sizing.
2. Perform a slider assessment and set-up. Demonstration must include the choice of skis; effective positioning of the skis; and variations in the positioning of the slider components to create the most effective setup for a given student.
3. Three-track ski on leg(s), with a minimum of six turns and a stop. Repeat the entire process with a stop in the opposite direction.
4. Four-track ski, with a minimum of six turns and a stop. Repeat the entire process with a stop in the opposite direction.
5. Tether a skier in a slider. Start from a stopped position, make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
6. Demonstrate how to get in and out of skis as a three-tracker and four-tracker.
7. Demonstrate the basic use of outriggers. Show beginning (synchronous) outrigger movement and intermediate (asynchronous) outrigger movement. The candidate must also demonstrate how outrigger position changes based on the size of the turn.
8. Demonstrate how to get up from a fall as a three-tracker and four-tracker.
9. Demonstrate how to get up from a fall as a skier using a slider.
10. Demonstrate getting on and off a chairlift or surface lift as a three-tracker and four-tracker. Candidate must demonstrate safe and effective use of outriggers, including crutch and ski positions.
11. Demonstrate getting on and off a chairlift and surface lift as a slider. Include safe and effective management of slider
12. Demonstrate compensating techniques in the 5 alpine principals
13. Perform a beginner 3T/4T lesson through a basic alpine ski progression incorporating the 5 alpine principals
14. Perform a beginner slider lesson through a basic alpine ski progression incorporating the 5 alpine principals

SNOWBOARD

1. Perform a snowboard assessment and fit-up
2. Tether a snowboarder from the board. Make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
3. Tether a snowboarder from the waist. Make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
4. Understand and be able to teach proper use of hula hoop
5. Understand and be able to teach falling leaf technique on snowboard
6. Teach and demonstrate how to perform an emergency stop toe and heel side.
7. Demonstrate knowledge about snowboard outrigger use, the differences in front arm or back arm use, and demonstrate the ability to adjust outriggers to correct length, adjusting tension strap, adjusting brake, etc.

8. Demonstrate how a fallen snowboarder can get up from a fall. The candidate may do this in whatever creative means desired. Include how to re-adjust once you are up, to regain appropriate position for a centered/athletic stance.
9. Demonstrate loading as a snowboarder on a chairlift.
10. Demonstrate unloading as a snowboarder from a chairlift.
11. Demonstrate compensating techniques in the 6 snowboard principals
12. Perform a beginner snowboard lesson through a basic alpine ski progression incorporating the 5 snowboard principals

SKI BIKE

1. Perform a ski bike assessment and fit-up
2. Tether a ski bike. Make a minimum of six turns, then come to a controlled stop with proper tether wrap/unwrap.
3. Teach and demonstrate how to perform an emergency stop on a ski bike
4. Understand how to operate the ski bike with or without short skis and know when it is appropriate to use them
5. Teach the importance of using the retention strap at all times while on the lift or while riding the bike.
6. Demonstrate how a fallen ski biker can get up from a fall. The candidate may do this in whatever creative means desired. Include how to re-adjust once you are up, to regain appropriate position for a centered/athletic stance.
7. Demonstrate loading and unloading as a ski biker on a chairlift or surface lift. Candidate must include clipping in the retention strap. Understand the various methods for chairlift loading based on each bike type
8. Demonstrate compensating techniques in the 5 alpine principals
9. Perform a beginner ski bike lesson through a basic alpine ski progression incorporating the 5 alpine principals