

LESSON INFORMATION

Below are the types of lessons offered and the types of equipment currently utilized by Ski Apache Adaptive Sports.

Mono Skiing

Mono skiing utilizes a bucket style seat with a single ski underneath it. An individual uses short hand-held outriggers (metal elbow crutches with small skis on the end of them).

Outriggers are used to aid balance and/or give support, requiring strong arms and good trunk balance. Individuals who have lower limb impairments and reasonable balance use monoskis.

People with brain trauma, post-polio, muscular dystrophy, cerebral palsy, multiple sclerosis, spina bifida, spinal cord injuries and double amputees are good candidates for mono-skiing.

Mono-ski users must weigh less than 200 pounds. Please inquire in advance.

Bi Skiing

Bi-skiing utilizes a bucket style seat with two skis underneath it. A bi-ski can be skied independently like a mono ski using the same type of hand held outriggers (metal elbow crutches with small skis on the end of them), or can be skied with the assistance of an instructor using fixed outriggers and tethers (reins attached to the back of the bi-ski). Skiers turn by either moving their head and shoulders or by using hand-held outriggers. A bi-ski is often the choice of a new sit down skier before moving on to the mono ski.

The bi-ski is designed for those who use a wheelchair or have difficulty walking even when assisted by

crutches, canes or walkers. The typical candidate for the bi-ski would be an individual with a mid to high level

spinal cord injury, cerebral palsy, multiple sclerosis, spina bifida, muscular dystrophy, amputees, or other severe

balance impairments.

Bi-ski users must weigh less than 200 pounds.

Ski Bike

The latest piece of equipment to be added to the SAAS offerings is the Ski Bike. The ski bike is a short bike with skis instead of wheels and the rider wears additional small skies attached to each foot. Since the ski bike takes the majority of a person's weight off of the legs and feet, it can fill a frustrating void between stand-up and sit-down skiing. The ski bike is easy to learn and is a good choice for individuals with balance and strength issues, multiple sclerosis, muscular dystrophy as

well as other physical challenges.

Please inquire in advance

4-Track Skiing

Four-track skiing is stand up skiing using two skis with two hand-held outriggers for balance/support, giving the skier four points of contact with the snow. Outriggers are metal elbow crutches with skis on the ends, some having adjustable brakes to aid in speed control. People with cerebral palsy, multiple sclerosis, post-polio, spinal cord injury, stroke, muscular dystrophy, spina bifida, and those with strength and balance issues are candidates for 4-track skiing.

3-Track Skiing

3-track skiing is stand up skiing using one full size ski and two hand-held outriggers for balance/support, giving the skier three points of contact with the snow. Three track skiers have one sound leg and two sound arms. Individuals with above the knee amputations and

single lower limb weakness typically use this method of skiing. 3-track skiing requires a certain level of leg and arm strength and may not be for those who are in poor physical condition.

2-Track Skiing

2-track skiing is suitable for any skier who stands on two skis and does not require outriggers. The skier can stand and maintain balance while in motion, although adaptive equipment (tethers, spacers, edgy-wedgies, etc.) may be used to aid in leg strength. Two tracking is best suited to students with developmental and cognitive disabilities, mild cerebral palsy, visual impairment, and hearing impairment.

Visual and Hearing Impaired

Skiers learn to ski or snowboard using standard equipment with the assistance of a specifically trained guide.

Snowboarding

Snowboarding is an increasingly popular way to ride the snow. We encourage anyone that we can accommodate to try snowboarding with modifications and adaptations for various types of physical and cognitive disabilities. The demand for snowboarding lessons had grown faster than our ability to

recruit snowboard instructors so space remains LIMITED.

Critical Illness

Enrollment is open to people with cancer, AIDS and other limiting illness