

## **COMMON SKIING ADAPTATIONS**

**Two-track:** Many people with disabilities ski on two skis with or without ski poles. Among them are those with: cerebral palsy, traumatic brain injury, stroke, multiple sclerosis, muscular dystrophy, double and single leg or arm amputees.

**Mono-ski:** A mono-ski enables people with disabilities affecting their legs to ski sitting down. Outriggers, a short type of Canadian crutches with a ski tip on the end, are used by mono-skiers for balance, timing and basic control movements. Mono-skiers include paraplegics, double leg amputees, spina bifida.

**Bi-ski:** The bi-ski enables individuals with highly-involved disabilities to ski at most ski areas. Skiers can ski independently with outriggers or with the assistance of an instructor via tethers attached to the back of the ski. Examples of bi-skiers are quadriplegics.

**Three-Track:** Three-track skiing is skiing on one ski while using outriggers to maintain balance. Candidates for three-track skiing have an amputation or disability that affects one or both legs that necessitates skiing on leg.

**Four-Track:** Candidates for four-track are those who have difficulty walking but who can ambulate with crutches, canes or walkers.

**Blind/Low Vision:** We employ communication, guiding and kinesthetic teaching techniques designed to optimize the experience of skiing for individuals with blindness and low vision.

**Cognitive Disabilities:** We use a collection of techniques designed to teach skiing to individuals that have difficulty learning or processing information, including alternative learning methods focusing on kinesthetic and visual learning.

## **COMMON OUTDOOR ENVIRONMENTAL HAZARDS**

### **Frostbite and Hypothermia**

Frostbite results from exposure to sub-freezing temperatures. Damage occurs mainly to the feet, hands, ears, and nose. Frostbitten parts are seldom re-warmed outside of a nearby medical facility.

Hypothermia (cooling of the body core) can occur at temperatures above freezing as well as below it.

### **Sun Exposure**

Exposure to the sun is 40% greater above timberline and 75% greater if there is snow on the ground! Why? The best filter for the burning ultraviolet rays, both type A and B, is the atmosphere and at 10,000 feet there is 40% less atmosphere. Snow reflects nearly 85% of the sun's damaging rays thus increase your chances of sunburn.

#### To decrease exposure:

- Apply a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15 that shields both UVA and UVB rays.
- Minimize bare skin exposed to the sun.
- Be aware- the sun's rays are strongest between 10 A.M. and 4 P.M.
- Reapply sunscreen every two hours when outdoors, even on cloudy days.
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.
- Protect your eyes by wearing quality sunglasses that filter both UVA and UVB rays.

### **Dehydration**

Our bodies require fluid intake on a daily basis to function; the minimum is about four 8 ounce glasses (one liter or one quart). Requirements vary with activity and age, but most active persons need two to three times this basic amount.

The best way to treat dehydration is to prevent it from occurring.

- Before the start of your lesson, drink plenty of water.
- Bring water in a durable container of your choice with you on the lesson.
- Note that water is always free and available for you in the lobby of the Program Center and at the Gentian Café.

**When in doubt...return to the Program Center!**