



## National Disabled Veterans *Winter Sports Clinic*

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### Adaptive Skiing

#### Mono-Ski

The mono-ski consists of a fiberglass shell which is mounted on one ski. The skier uses short outriggers (forearm crutches with ski tips attached) to steer. Geared toward users with good upper-body stability, the mono-ski provides the same exhilarating feeling and contact with snow as that enjoyed by stand-up skiers.



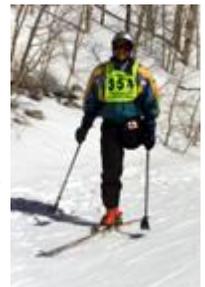
#### Bi-Ski

The bi-ski has a fiberglass shell mounted on two independently angulating skis, on which a person can actually carve a downhill parallel turn. There is a handle bar, or "power bar," which allows the individual to steer. It also has adjustable fixed outriggers near the base which give it incredible balance. This technology has allowed people with more severe injuries, including quadriplegics, to experience the thrill of skiing.



#### Three-Track Ski

The three-track ski is used for those with one good leg and two good arms use a three-track ski. Three-track skiers use one regular Alpine ski and adaptive equipment called outriggers (forearm crutches with ski tips attached) to assist with balance. Three-track skiing derives its name from the three tracks made in the snow by the two outriggers and the single ski. The recent emergence of shape ski technology has been instrumental in teaching three-track skiing by making it much easier to turn.



## Four-Track Ski

A four-track ski is used by people with a wide range of disabilities who have two legs and arms, natural or prosthetic, and are capable of standing independently or with the aid of outriggers to assist with balance. Two regular Alpine skis and two outriggers are used, creating the four tracks. The recent emergence of shape ski technology has been instrumental in teaching four-track skiing, by making it much easier to turn.



## Sighted Guide (for Visually Impaired, Alpine):

Visually impaired skiers must learn the same skills as able-bodied skiers before heading down the slope and must practice those basic skills – turning, slowing and stopping. Blind downhill skiers always ski with guides who follow behind to watch what is happening ahead and using clear, brief commands such as “turn right” or “stop,” guide the skier down the mountain.



## Guide or Preset Tracks in the Snow (for Visually Impaired, Nordic):

Cross-country skiing is well suited for persons with visual impairments. Two sets of parallel tracks allow the skier and guide to ski side-by-side, while the guide provides instruction. When a well-marked track is available, some blind skiers manage unassisted, as long as a sound device (such as a bell) can note when a circuit is complete or warn about a difficult track ahead.

