

# Mono-Ski Lessons

- Introduction
  - Introduction and sharing with your skier
  - Setting of goals
  - How to interview your skier
    - What type of feelings do they have? (pain, cold, pressure)
    - Any collection bags or devices attached to their body?
    - What types of sports and activities does the skier participate in?
    - Any sores?
    - Any other pertinent information?
    - Knowledge of bathroom and refreshment information
    - What are they going to wear? (Clothes, sunscreen, goggles, helmet...)
- Assessment of skier's balance and strengths
  - Lateral stability- leaning left and right with arms extended
  - Forward stability- hands on abdomen while leaning forward
  - Flexibility- leaning left and right with arms and pick up an object from the ground
  - Grip strength- shake hands with the student and ask them to squeeze hard with each hand
  - Shoulder and arm strength and stability- ask skier to extend arms and push up, down, out, in, and back to assess strength
  - Cognitive processing/ Vision/Hearing
- Introduction of equipment to a skier
  - How the mono ski works and it's safety features
  - How to fit the mono ski comfortably with straps and padding
  - Lift loading mechanism
  - Evacuation straps
  - Use and fit of the outriggers
  - How to transfer to a mono- ski
  - Climbing harness
- Holds and Assists
  - Set up equipment in a safe flat location
  - Always hold the bucket when the student is transferring and or adjusting equipment
  - Assist the skier when they ask, when they are moving uphill, when they are not able to use their outriggers effectively, and when they have fallen.
- Fitting of equipment
  - The student should fit as snugly in the bucket as possible without sacrificing comfort
  - Avoid putting pressure over a collection bag
  - Foot tray should be adjusted to allow for good contact between the hamstrings and the bucket. The goal is for a 90 degree bend in the skier's knees.

- Outriggers- Beginning mono-skiers should size shafts to form a 35-40 degree angle to the snow when in an athletic position (usually midway between their knee and ankle in length. Shorter shaft lengths are needed as the skier progresses to intermediate or advanced.
- Place a Dowel under the center of the ski, have skier assume an athletic position and assist skier to slide back and forth until centrally balanced.
- Progressions without using a lift
  - Flat land drills;
    - balancing on flat land and slopes
    - maneuvering with outriggers
    - leaning forward and aft with outriggers in both positions
    - balance with outriggers off the snow
    - performing a star turn
    - putting the mono ski in chairlift position and maneuvering the ski
    - practice getting upright after falling
  - Straight run, gliding, sliding
    - push skier up the hill
    - help the skier do a star turn across the fall line and show them how to hold position facing down the fall line
    - Demonstrate athletic stance, head up, shoulders squared into the fall line, proper position of the outriggers
    - Have your skier feel sliding on a gentle slope, hold the bucket or foot tray initially for stability. Work towards sliding with no assistance.
  - Turns
    - Introduce a magic turn.
    - Help skier understand a flat ski and slight edging.
    - Speed control by turning across the fall line (garland)
    - J turn to a stop
  - Linking turns. When a student can comfortably follow you, and change directions, introduce linked turns.
    - Start with rotary motions of head, shoulders, and outriggers.
    - Emphasize the small movements required to turn the ski.
    - Have student look the direction they want to turn.

### **CHAIR LIFT PROCEDURES**

- Put the mono-ski in the load position
- Practice loading outside the chair lift area. Each person should be told exactly what to do.
  - Who will communicate with the lift line employee?
  - Who will push the skier into the loading area?
  - Where each person will stand and lift the mono-ski.
  - That there are no hanging straps or clothing.
  - That the retention strap is accessible and who will attach it.
  - Who will do the count down for loading and unloading?
  - What to do with outriggers during loads and unloads.

- Who will communicate with the lift ops for slows or stops on loads and unloads
- Everybody can yell stop.
- Who initiates scooting the mono-ski slightly forward to prepare for unload.
- Who will use hand signals to communicate with lift op on unload preparations.
- Who will push the student away from the unloading area
- Introduce independent loading and unloading as appropriate
  - Independent loading has the skier at the outside of the chair where they can grab the side bar and overhead bar
  - Independent unloading the skier scoots their mono-ski slightly forward and then when over the unload area leans forward and throwing torso and outriggers forward to continue the unload momentum.
- Progression on the slope
  - Start on the beginners slope in the easiest line.
  - Go back in skills to; athletic stance, falling leaf, star turn, J-turn to a stop, and linked turns,
  - Build into; opening the door, skidded turns, traversing, upper body rotation into the fall line, falling leaf, side slipping, progressive hockey stops, For/ aft pressure onto the ski to begin and finish the turn, and matching the outriggers to the ski at or before the fall line.
  - Skier learns how to self-arrest after falling and sliding.
  - Each time you increase the difficulty of the terrain return back to the easier skills and build up to the harder skills.
  - Each time you add a harder skill, go back to easier terrain.
  - Do not leave the beginners slope until your skier can make linked turns with speed control and aggressive stop on the hardest part of the beginners slope.

Take rest breaks. Your skier will need them.

Do not tether your student. (Not always a hard and fast rule)

Know the Mountains terrain.

Be acutely aware of others who may cut your student off, fail to yield, and slide in.

Protect your student from others by using your voice, arm motions, and body if need be.

Due to different types of injury rotation, balance, angulation, and ability to pressure the ski can be affected. Modifications to position might be indicated. Skiers max skill level can be affected.

You want to create a safe experience, have some fun, and if your skier learns to ski that was a good bonus!