



## **Amendment to CADS Instructor Manual**

Chapter 9 Teaching Techniques

Section 9.4 Sitski

Step 4: Individual turn p.113

### **STEPS to Perform a Single Turn**

Using beginner terrain, ideally with a flat run out, have the student perform a straight run down the fall line, keeping the ski(s) flat. Once balanced and with momentum, have them start to turn by pivoting the ski(s) using steering effort of the upper body which is led from the lowest functioning body part in connection with the seat. If the student has feeling in their hips and buttocks, have them use these body parts to steer. If the individual has a SCI then have them start to steer from the body part where their injury is located or the lowest body part where they use their muscles.

Encourage the student to keep steering across the fall line in the direction of the turn until they come to a stop. Have them repeat this action a few times until achieving success, making sure they try it on both the left and right sides.

### **Methodology to support success:**

The goal for the student is to finish in a good position, ready to start their next turn.

This is achieved by having the student keep their head facing slightly downhill throughout the turn. This will assist the lowest functional body part to perform the steering effort, creating separation relative to the student's mobility levels. It will also help maintain control over steering by helping prevent them from over-rotating and finishing facing uphill.