

NZSIA ADAPTIVE SNOWSPORTS INSTRUCTORS MANUAL

SECTION FOUR: LIFTS AND LOADING



TRANSFER

To transfer a skier from a sitting position into their equipment, ask them first what works best. Discuss what you are going to do before you do it, and arrange any assistance you might need, including having someone to stabilise the equipment the student is transferring into. Allow the student to do as much as possible.

If you need to assist, avoid any action that pulls on a student's limb. Avoid straddling the student's legs in case of spasm. Always lift with a straight back with your core muscles engaged and keep the student as close to you as possible.

When ready to lift use a count, 1-2-3-lift, or ready-steady- go, so that everyone moves at the same time.



LIFT LOADING AND UNLOADING

For all lifts the following guidelines apply.

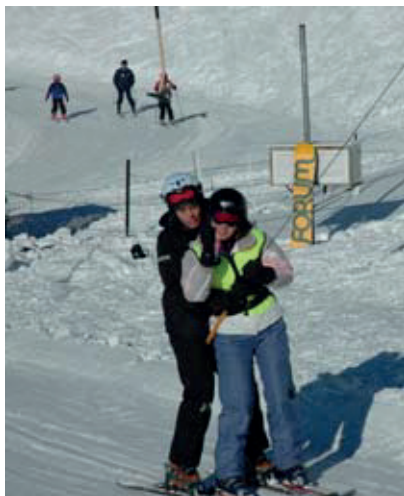
- Practice loading before you get on the lift so everyone knows their role
- Designate one person to be in charge
- Involve the student as much as possible
- Use counting to co-ordinate everyone's movement both on and off the lift

- Ensure the lift operators understand what assistance you need and advise them whether you need a slow or a stop at the bottom and top of the lift
- If unsure ask the lift operator to stand-by the stop button

MAGIC CARPET

Skiers can straddle the student from behind to give them support, snowboarders can remove their equipment to support their student.

When loading stand-up riders and skiers, make sure that you are in a position that will prevent them from falling backwards. Be careful that outriggers are positioned on the moving carpet.



PLATTER LIFT

Straddle the student from behind with the platter either between the student's legs or your own. Advise the operator where to place the platter. As the student's skills increase reduce the amount of support you give them and encourage them to take the platter with the aim of them becoming independent.

For sit skis straddle the ski supporting it between your legs. The platter is held in the hands of both the student and the instructor with the student taking as much weight they are able.

T-BAR

For sit skis attach a short tether to the front of the sit ski seat and loop it over the t-barr. Have the student use a quick release mechanism to release the tether.



Stay as close to the student as possible. Reach around them to support them and hold the rope with both hands. Have the student hold the rope to assist where possible.

With sit skis use the knees to support the student and counter the turning movement created by the pull of the rope by steering the sit ski slightly towards the rope.

skiers - one with spina bifida, one arm amputee on T-Bar.

CHAIRLIFT

Be well organised in advance, know what assistance is required and practice in advance including countdowns. Advise the lift operator of the speed you need the lift to run at both at the bottom and top of the lift. Ensure that you get a definite acknowledgement from the lift operator. If in doubt do not proceed with either the load or unload.



4 Trackers should have their outriggers in the ski position at loading to prevent them getting pulled under the chair. Sit skiers use their outriggers in the flip up position if they have the arm strength to push effectively. Otherwise the outriggers need to be placed across the student's legs out of the way. Sit skis need to be put in the loading position before entering the loading area. In some cases this may mean that the student needs extra support to balance when they enter the loading area.

If there is a misload, yell STOP and push the skier/rider into the pit. Do NOT wait and try to 'fix' the misload when off the ground.

Anyone who is at risk of having a seizure must wear a harness on the chairlift.



On a sit ski, the safety strap should be used.

If for some reason the chair lift was to stop working the ski patrol will have to lower the sitski to the ground, using the evacuation strap. An evacuation strap with a locking Caribbean will attach to their life line.

MOUNTAIN POLICY ON QUEUE MANAGEMENT

Each mountain should have its preferred policy is for managing special needs in a lift queue. Generally it is appropriate to ask a person with a disability to wait in line with everyone else.

Exceptions include:

- Very long waits – lower limb amputees and those with weak leg muscles find it very tiring to stand on one leg for long durations. People with autism or similar conditions may panic or feel excessively claustrophobic if surrounded by people for a long duration.
- Waiting on a slope – people in sit skis, amputees and those with weak muscles may find it difficult to manoeuvre in a lift queue with a slope as they may lack some control.

We encourage you as Adaptive Instructors to work with lift operators on the mountain to practice techniques so that handling clients with special needs does not need to slow the lifts down during busy times.