



## **Abstract**

Paired with the Sitski Tetherer Training Reference Manual, this workbook has been designed to support candidate tetherer learn and improve on their skills and reflect on tethering requirements throughout the course.

# **Sitski Tetherer Training Tetherer Workbook**

November 2018

## **ACKNOWLEDGEMENTS**

This guide has been compiled from resources produced by senior members of the CADS-NCD (Edelweiss) program in an effort to standardize and improve the teaching process for new tetherers. The goal is to provide a standardized training model for organizations offering adaptive snowsports to better support tetherer candidates, thus providing an environment that promotes safety and successful outcomes.

We would like to thank Breckenridge Outdoor Education Center, Canadian Adaptive Snowsports, Canadian Association for Ski Instructors (CSIA), and the Canadian Association for Snowboarding Instructors (CASI) for providing key technical content and in some cases allowing us to use content from their manuals and resource libraries.

Additionally, we would like to thank the Canadian Coaching Association for their commitment to raising the credibility, skills, and stature of all coaches in Canada. Modeling this manual on the National Coaching Certification Program (NCCP) template will empower the trainers, coaches, instructors and students to build on their abilities and expand their sphere of influence.

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***Total course time: 12.5 hours (excluding breaks)***

# 1 Introduction

## 1.1 Vision for Involvement in Community Sport

People play a sport to have fun and to be with friends. Every person involved in sport should have a positive experience, which is only possible when the sport environment is both physically and emotionally safe.

The athletes and participants depend on you as a ski partner to build and maintain the sport environment. Athletes will be able to develop a love for alpine skiing when your leadership is directed at valuing each and every one of them. You have an important opportunity to have an impact on the lives of the athletes involved in your program.

This course is intended to support your efforts by providing you the opportunity to learn and improve as a tetherer. Congratulations on taking the step to participate in this course and thank you for the time that you are giving to develop sport for persons with a disability in Canada.

## 1.2 Coaching Structure

CADS and National Coaching Certification Program (NCCP) courses and certifications are based on three different streams in which coaching takes place in Canada.

<b>Community Sport (CADS)</b>	<b>Competition (ParaAlpine)</b>	<b>Instruction (CSIA &amp; CASI)</b>
<ul style="list-style-type: none"><li>✓ Initiation</li><li>✓ Ongoing participation</li></ul>	<ul style="list-style-type: none"><li>✓ Introduction</li><li>✓ Development</li><li>✓ High performance</li></ul>	<ul style="list-style-type: none"><li>✓ Beginners</li><li>✓ Intermediate performers</li><li>✓ Advanced performers</li></ul>

***CADS and NCCP recognizes community coaches and volunteers as important leaders in the sport experiences of Canadian youth and persons with a disability.***

## 1.3 Tips to be a better tetherer

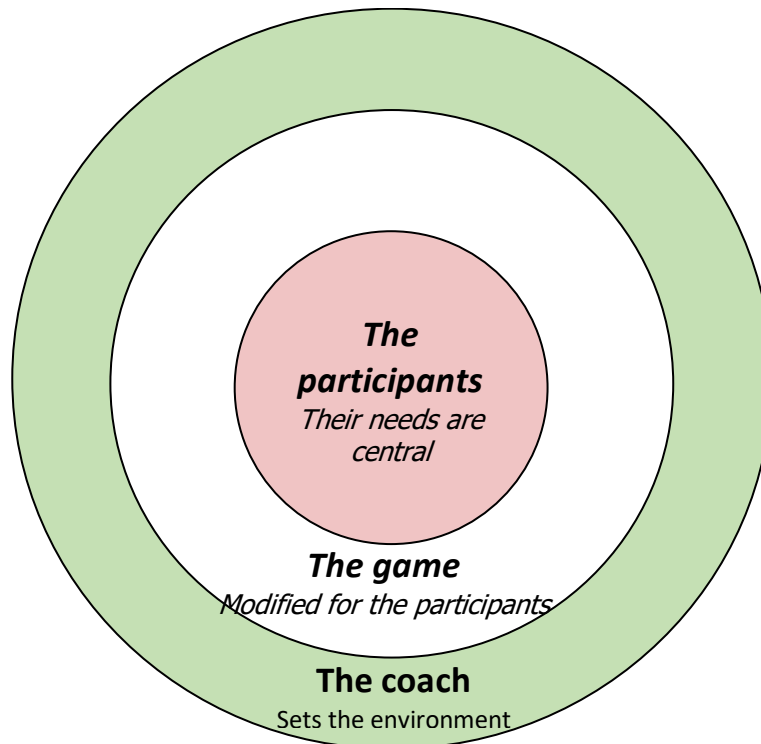
- ✓ **Learn to listen**, especially to the athletes – they are excellent teachers
- ✓ **Help each athlete develop** all of their capacities: physical, mental/emotional, and social
- ✓ **Make the sport experience safe and fun**: learning will be a natural result
- ✓ **Take a stand** against doping and cheating in sport
- ✓ **Thirst for knowledge** and continue attending coaching courses, get certified, and stay up to date

## 2 Goals of this course

This course has been designed for coaches and volunteers who work with sitskiers within CADS programs and want to become qualified tetherers. The goals of this workshop are to help you be a successful tetherer or coach and prepare you to do some of the things that will be required of you as a tetherer. We will focus on the following:

- ✓ understanding the equipment
- ✓ identifying your tasks as a tetherer
- ✓ teaching the basic skills of tethering and observing the skills found in Expert and Instructor level tetherers
- ✓ expressing your coaching philosophy
- ✓ making decisions when you are faced with safety concerns
- ✓ tethering skills/activities to maximize learning potential for athletes using sitskis
- ✓ Providing you with an assessment sheet to provide to your program coordinator

Start with the following diagram as a model for community sport. You play a key role in establishing the tone and outcomes of a ski day and ensuring that the needs of the participants are central to all decisions made.



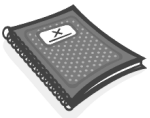
### 3 Role of a Tetherer

Your role as a Tetherer in alpine skiing within a CADS program. Spend a few minutes and consider the following.

1. What are some of your reasons for wanting to be a tetherer?

2. What do you think are some of the skills required of a successful tetherer?

*This symbol  
means check out  
the **Reference  
Material***



**RM p. 9**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

3. What you think your role as a tetherer entails? Identify at least 3 points:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. As a tetherer, what is the single most important thing you can assist the sitskier in doing in order to facilitate a turn?

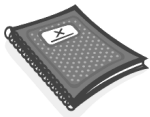
## 4 Safety

**Safety for yourself, the sitskier you are assisting, and for others is CADS #1 priority.**

Fun and learning opportunities happen when done in a safe environment.

1. Answer the following questions:

- |    |  |      |       |
|----|--|------|-------|
| a) | Helmets for the tetherer are optional?   | TRUE | FALSE |
| b) | I can reasonably assume without checking that all equipment is in correct working order?                       | TRUE | FALSE |
| c) | Tethers must be secured in a manner where they cannot become unattached by using a Girth Hitch or a Reef Knot. | TRUE | FALSE |
| d) | All runs and lifts are available to me as a tetherer.  | TRUE | FALSE |
| e) | A blocker's main duty is to free ski and rest up to allow them to tether the next run.                         | TRUE | FALSE |
| f) | The safety bar on chairlifts are optional.   | TRUE | FALSE |



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2. Define "thumbing" and when its acceptable/not acceptable.

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3. When tethering, I should always be looking at the sitskier , the tethers, and my positioning; leaving traffic control to my Blocker.

True

False

4. The average tethered sitskier's footprint is approximately \_\_\_\_\_ the average ski or snowboard patron?
- a) The same
  - b) Twice
  - c) Four or five times
  - d) Eight times
5. If my sitskier has taken a fall where I am uncertain of there is an injury, I should immediately go find assistance from the ski patrol.

True

False

Explain your answer:

6. Circle the correct statements below:
- a) A cracked clip in the thigh buckle is not critical to the safety or performance of the sitskier, so changing it at the end of the day is ok.
  - b) In the event of an on-hill fall, I need to ensure at least one tether stays attached to the tetherer at all times while correcting the situation.
  - c) I should talk to the lift attendees to have them slow down the chairlift if it is travelling too fast.
  - d) Sitskiers are generally warmer longer than the tetherer given their multiple layers and hard shell of the sitski.
  - e) At the end of a day when the sitskier is showing signs of fatigue, I should continue to encourage them to right themselves independently from a fall as a means to promote independence.
  - f) Non-verbal quadski sitskiers have the ability to assist in the sitski with turns and direction choices.



7. Who has the final say on which run to take?

Sitskier

Tetherer

Blocker

Explain your answer:

## 5 ACTION CARD – Tetherer Skills and Core Competencies (Drills 1 – 7)

After you have completed your basic ski/board skill assessments, take a few minutes and reflect on your experience. Record your reflections in the spaces below.

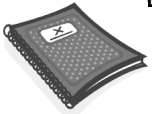
**Which skills did I do well?**

**Which skills do I need to improve on?**

**What will I do differently at the next practice session?**

## 6 Understanding the Sitski

The Learning Facilitator will provide an overview of a sitski. You will have an opportunity to review the program resources, and to ask questions about sitskis. If you have any questions jot them down in this space:



1. Name the models of sitskis that your program uses

**Pg. 39-47**

**Pg. 93-124**

2. Monoskis are only used by Paralympic racers and should not be used in the program?

True

False

3. Sitskis have many different straps. List and organize them accordingly:

Used to secure athlete in sitski

Safety/Assistance

4. When available, chest straps must always be used?

True

False

Explain your answer:

5. Assuming your program has preassigned and pre-fitted the athletes to the sitskis. What things should you (and the athlete) check before starting each day?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

6. Fixed outriggers is the piece of the sitski that allows the skis to get on edge?

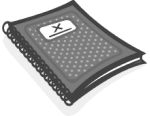
True

False

## 7 A Run From the Top of the Hill

1. Name the 3 kinds of stops

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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2. In what way does an emergency stop differ from the other kinds?

3. When my sitskier falls, I am expected to do all the lifting:

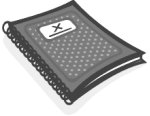
- |              |      |       |
|--------------|------|-------|
| a) Quadskier | TRUE | FALSE |
| b) Biskier   | TRUE | FALSE |
| c) Monoskier | TRUE | FALSE |

Explain your answers:

4. What is the preferred way to control speed down a run?
- a) By yelling “slow down” at your sitskier until they slow down
  - b) By maintaining tension directly behind the sitskier
  - c) By encouraging and assisting the sitskier to make more complete turns
  - d) By maintaining tension on the inside tether to edge the sitski into a turn
5. What determines a safe spot to stop? Choose all that apply:
- a) Clearly visible to above skiers/snowboarder
  - b) In the center of the hill so there is an easy option to start skiing again
  - c) Near the exit of a glades run at the edge of the main slope
  - d) Straight off the chairlift, a short distance from the exit
  - e) At the top of a ridge at the edge of the trail in a non-high traffic spot
  - f) Just below where two trails converge
6. What is the role of the blocker?

## 8 Working with Lifts

1. List the lifts that you can use at your resort (check with your program coordinator / instructor)



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65

2. All tetherers can assist sitskiers using T-Bar, Poma, or Rope tows?  
True                      False
  
3. When a sitskier, whether tethered or independent, uses a surface lift such as a T-Bar or Poma, what is the “must have” equipment?
  
4. What key action(s) should be completed by either the sitskier or the tetherer prior to getting on the lift?
  - a) Lift assist mechanism works and is unlocked
  - b) Evacuation straps are in place and accessible
  - c) Lift speed and height is manageable
  - d) All of the above
  
5. It is ok to rest my skis on the footrest of a chairlift when riding up with a sitskier?  
True                      False

## 9 ACTION CARD – Tetherer Skills and Core Competencies (Tethering)

Now that you have done some quadski tethering, take a few minutes and reflect on your experience. Be sure to re-read this action card before your next practice session as a refresher.

**Which skills did I do well?**

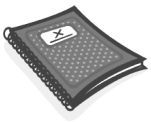
**Which skills do I need to improve on?**

**What will I do differently at the next practice session?**



## 10 Assisting a Sitskier into a Sitski

1. \_\_\_\_\_ must be gained before providing physical assistance to any participant.
2. What are some of the ways that I can improve the sitskiers experience? Name at least 3:



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3. What critical safety check must be performed after the sitskier has gotten into the sitski?

4. Answer the following questions:

- |    |   |      |       |
|----|---|------|-------|
| a) | Ensuring a sitskier is “square” and balanced in the sitski is not important enough to re-try or reposition the athlete? | TRUE | FALSE |
| b) | Thigh and waist straps must be snug and have 1 finger width of room?  | TRUE | FALSE |
| c) | Chest straps when available must always be used and snugged up as much as possible?                                     | TRUE | FALSE |
| d) | As the tetherer, it is up to me to secure all the straps?   | TRUE | FALSE |
| e) | A sitskier may be more susceptible to the cold than the tetherer?   | TRUE | FALSE |

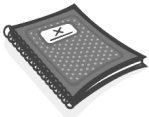
## 11 Tetherer Ski/Board Form

1. Once the run has started, the tetherer should never adjust the length of the tethers while in motion?

True

False

2. In what ways can I affect tether tension?



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80

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. List some of the considerations that will affect my tethering as it relates to my sitskiers needs:

4. What 3 variables must the tetherer and sitskier work on together during a run?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

5. What is the best tetherer position, relative to the sitskier when turning on a steeper pitch?

- a) Directly behind
- b) Diagonally behind
- c) Beside
- d) Diagonally ahead

6. When the tetherer is controlling turns, the tetherer must initiate their turn before the sitski?

True

False

7. The tetherer should always be deciding which way to turn and when?

True

False

8. Tethers should always be taunt (never loose)?

True

False

Explain your answer:

9. The outside (uphill) tether should be lower than the inside (downhill) tether in order to facilitate a good turn?

True

False

10. Extending my arms out to the side like the wings of an airplane banking will assist in getting the sitski on edge and is considered good tethering form?

True

False

Explain your answer:

## 12 Skis and Bindings for Sitskis

1. The minimum DIN for bindings used on sitskis is \_\_\_\_\_

2. The sitskier I am tethering wants to try different skis. I see a pair of skis that are mounted for an unused biski. I can use them?

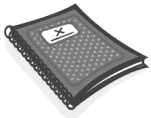
True

False

3. If I break one of my skis, I could donate the other one to the program as it could be used by a three-tracker or monoskier?

True

False



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88**

4. What are a few of the traits that make asymmetrical, extreme short radius skis (e.g. banana skis) so attractive for quadski set ups?

5. Independent biskiers should never use asymmetrical, extreme short radius skis.

True

False

6. Poor ski condition (edge or base) doesn't affect a sitskier.

True

False

## 13 Workshop Wrap-up and Evaluation

7. Take a few minutes to share ideas of what you learned and exchange contact information with other volunteers.
  
8. Please complete a workshop evaluation and critique form; your feedback is important!

***CADS thanks you for the time you dedicate to volunteering and coaching. Your efforts make a difference in your community. Congratulations on completing the course!***



