

Sitski handling Progression

For The Course Conductor

Depending on the terrain available, and the experience level of the candidates, it is necessary to make an informed decision about whether you demonstrate or practice with the sitski empty, weighted with an object, or occupied with a person.

If the sitski is empty it is very light and does not perform in the same way as when it is weighted or occupied. When using an object to weight the sitski, try to ensure weight distribution that mimics a human body (remember the foot bucket).

LEVEL 1 - The steps below are for a SB lv1 candidate

Handle a sitski from boots

- Push it forward, manoeuvre it.
- Feel how the sitski can be turned by either getting the sitski on edge or by using pressure to flatten the ski and using a pivoting motion.

One foot straight running (flat terrain)

- Skate with a sitski. On flat, straight terrain.
- Push push glide with a sitski. On flat, straight terrain
- Slow to a stop: Manoeuvre the sitski using a Push Push Glide technique, then bring the sitski to a gradual stop using a one-footed heelside j-turn behind the sitski. Sink hips down towards the snow and pull back on the handle of the sitski.,

Two foot Straight run (flat terrain)

- Scootch: Use a fore-aft movement to move the snowboard along the snow with both feet strapped in. Keeping hands on the back bar of sitski, move it forward.
- Scootch and straight run.
- Toeside hop: With the board across the fall-line, hop off toeside edge, with feet weighted evenly and both hands on the back bar of the sitski.
- Toeside hop then straight run: Instructor hops until they have enough energy for forward momentum and then turns the snowboard down the fall-line and begins a straight run.

Penguin Walk: With both feet strapped in and the board across the fall-line, alternate pressure on left and right feet and use twisting movements to walk the snowboard forward while keeping the COM upright. (Using a pedaling motion, alternate torque off the nose and tail of the board, to propel yourself forward using the toe edge.)

NOTE: Try to minimize your pressure on the back of the sitski to prevent bouncing and jarring the student.

Traverses

- **Positioning:** When traversing, the Instructor is downhill of the sitski on their toeside edge. Depending on the type of sitski being used, the instructor's hands will be positioned with one hand on the back bar and the other on the seat or another handle, (if available). This position allows for a natural stance and stable position to support the sitskier.
- **Traverse to a stop** (uphill turn). In a traverse the instructor and the sitski are both travelling across the fall line together. Pointing the sitski uphill will slow the sitski and can bring it to a stop. The instructor needs an awareness of the relative speeds of the sitski and snowboard, and must maintain the correct position to support and not hinder the sitski.
- **Garlands:** The sitski starts pointing across the fall line. Begin pointing the sitski down the fall line, as the instructor moves into position behind the sitski; move the lead hand to the back bar, as the instructor positions themselves behind the sitski (sitski is pointing down the fall-line and snowboard is across the fall line, instructor is providing speed control using their heelside edge.) Pivot the sitski back towards the initial direction of travel. The instructor returns to the initial toeside edge, downhill of the sitski. Repeat, turning the sitski down the fall line and bringing it back into a traverse always continuing in one direction.
- **Try Garlands in the opposite direction (switch):** See above
- **Turning the sitski in the opposite direction:** To turn the sitski in the opposite direction at the end of the traverse, pivot the sitski uphill 180 degrees to face the other way. (The instructor remains below the sitski). This is achieved by putting pressure on the tail of the sitski, while keeping the ski flat. It is easier with momentum.

LEVEL 2 - The steps below are for a SB lv2 candidate

Traverse to a stop (Downhill turn)

- On a gentle slope, the instructor is assisting the sitskier to traverse across the hill. Instructor and sitski are both travelling across the fall line together. The instructor will create space for the sitski to be able to pivot down the fall-line. Decrease the edge angle of the ski by tilting the sitski slightly downhill which will flatten the ski and allow it to pivot. Slowly pivot the sitski downhill with the sitski in the neutral position. Simultaneously, slowly pivot the snowboard into position across the fall-line on the instructor's heelside edge. The instructor must adjust the size, speed and shape of their turn to maintain a position which will support and not interfere with the sitski.

J-turns

- The instructor will start on their heel edge with their board across the hill. The sitski will be pointing down the fall-line. The sitski is in a straight run, the instructor is controlling the speed from their heel edge and when ready will turn the snowboard down the hill into a straight run, then pivot both the board and sitski across the hill, with the instructor ending below the sitski on their toeside edge.

Straight run and slow (slight incline with terrain-assisted stop)

- Straight run on a slight incline with a terrain-assisted stop: Snowboard and sitski are pointing down the fall-line.
- Slowing and stopping: Instructor is positioned behind the sitski, holding the back bar and sideslipping on their heelside edge to slow down the sitski, maintaining a strong heelside position to bring it to a stop.
- Practice slowing and stopping the sitski:
Straight run, SLOW, straight run, SLOW, straight run, SLOW TO A STOP
Switch straight run, SLOW, switch straight run, SLOW, switch straight run, SLOW TO A STOP
- **Switch Straight run and slow:** After the straight run and slow has been mastered, try it switch, with the opposite foot forward.

End Around Steps

1. Holding the back bar of the sitski, the instructor starts across the fall-line on their heelside edge, then places the sitski down the fall-line and starts to straight run, following parallel to the sitski track.
2. Instructor begins turning the sitski, and follows with a turn onto their toeside edge, (switch or regular), which becomes a traverse below the sitski.
3. Instructor begins the next turn and points the sitski down the hill then rotates behind and applies heelside pressure to their board to slow the sitski.
4. Instructor begins turning the sitski to the opposite side, and follows with a turn onto their opposite toeside edge, which becomes a traverse below the sitski.
(If first turn was a regular toeside turn, the opposite is a switch toeside turn or vice versa).
5. Use the heelside sideslip when behind the sitski to slow the sitski and control fall line acceleration. Use a traverse to control overall speed when terrain allows.

For All candidates

Sitski handling Tips

- Try the end around as a single turn first before linking turns in both directions.
- Remember the 4 S's: Speed is a function of Slope, Size of the turns, and Shape of the turns.
- The biggest challenge for many people is correct positioning. It is very difficult to move a sitski into the position that fits you, instead you have to adjust your position relative to the sitski.
- To be successful moving between the toeside and heelside positions during an end around, the instructor must apply pressure to the front (downhill foot) of the board and release pressure on the back (uphill foot) of the board to allow for a smooth pivot back behind the sitski.