

### **WHAT IS SIT-SKIING?**

Many people choose to use a Sit-Ski for multiple reasons. You could be non-ambulatory, or you could have foot pain or leg pain that does not allow you to stand ski for a long period of time. Maybe balance is a problem, or you just aren't feeling comfortable on the mountain without technical support. All of these are valid reasons to use a Sit-Ski!

### **BI- SKI OR MONO-SKI?**

Let's figure out the difference between a Bi-Ski and a Mono-Ski, as they are often confused!

Both are skis with chairs attached to them. A Bi-Ski has two skis below the chair and a Mono-Ski has one ski below the chair.

A Mono-Ski is used *when a person wants to ultimately be a fully independent skier*. Once a person is independently skiing on a mono-ski (no instruction needed from a teacher), they can rent a mono-ski from STARS. One may also investigate purchasing their own mono-ski equipment.

A Bi-Ski is used *when someone is learning how to be on snow and needs more support on the slopes compared to a mono-ski lesson*. When skiing on a Bi-Ski with STARS, you are never fully independently skiing. This means you will always have at least two teachers with you. \*STARS does NOT allow Bi – Ski rentals.

Both types of skiing uses outriggers. These are poles (extensions of your arms) that have short skis attached to the bottom and help the skier with balance, steering and loading onto lifts. Outriggers can be optional during a Bi-Ski lesson. Sometimes during a Bi-Ski or Mono-Ski lesson, the teachers can be tethered to the skier to help control speed, or a teacher can even be holding onto the chair and skiing with the student. Both are great ways to enjoy the mountain!

During a Bi-Ski lesson you will most likely have two teachers. The primary teacher is IN CHARGE! They are teaching, lifting, and driving the skier. The secondary teacher is there to help the primary teacher with lifting and loading.

### **WHAT TO EXPECT ON YOUR FIRST SIT SKI LESSON**

Now that we know the difference between the two types of skis and how they are used, here is what to expect from your first lesson with STARS!

First – know that STARS has all the equipment needed for a day on the slopes. We cover the instructors, the lift ticket, and the sit-ski equipment. You will be responsible for keeping yourself warm with the proper attire, and helmets are required. The helmet is included in the lesson cost, but you must pick up the helmet at Christy Sports, located at the Base of the Resort, prior to the lesson.

After you register for a lesson time and date, we will meet you at our Winter Programming Office, STARS at Base Camp. When you get to STARS at Base Camp, instructors will start a 30–45-minute process of getting you the right equipment and up onto the slopes.

Instructors will assess your ability level: including your ambulatory status, balance, stability, verbal ability, and goals for the day. Then, instructors will choose a sit-ski that will fit you. Getting a sit-ski to fit involves a variety of things – instructors may use extra padding, if needed, and they will work with your body size, your balance ability and if you are using them, the outriggers.

THEN we start talking with you about the process of skiing! For most first timers, we head over to the Magic Carpet to get a feel of snow beneath the equipment. If you are leaning towards skiing on your own, this is the first step. If you just want to enjoy a day on the mountain with your family, you might head on up the gondola and let your instructor take you for a ride through Champagne Powder on the bi-ski. It's up to you and your goals for your time with STARS!

We hope this helps answer any questions you might have on what to expect for your first Sit-Ski lesson. Please do not hesitate to call our office at 970-870-1950 if you have any additional questions. We are happy to help, and we look forward to having fun on the slopes with you!