

ADAPTIVE SPORTS PARTNERS

of the NORTH COUNTRY

Rooted in the community, reaching out to all - all disabilities, all sports, all seasons



The MONO-SKI

What is the Mono-ski?



A **mono-ski** consists of a seat or bucket in which the skier is strapped in with buckles or Velcro. It has a shock absorber to smooth out the ride, a suspension frame, and a foot that attaches to one regular ski via a fixed binding. The skier has the option choosing a ski appropriate for the terrain.

Outriggers are used on the skier's arms with flip skis on the end to push on the flats or for balance and turn initiation while skiing.

The advantages of a mono ski are more speed and maneuverability than a bi ski, but the mono ski requires more muscle strength to handle.

Who Can Benefit?



Mono-ski lessons are for people who must be seated in order to ski. This piece of equipment is for students with good balance, upper body strength, but little or no lower body strength.

Sit-down skiers may be of any age. They may be first-time skiers or skiers returning to the sport following trauma or the onset of illness/disease. These may include amputations, birth defects, post-polio, spina bifida, spinal cord injuries, and arthritis. Sit-skiers may be unable to ambulate without the assistance of crutches, canes or wheelchairs, depending on the level of the disability.

Proficiency on the mono-ski requires a significant degree of commitment and skill-building. Serious students purchase their own equipment and customize to fit their level of disability and personal preferences. Mono-skiing is currently practiced in many different types of competitive skiing events such as the slalom, giant slalom and downhill.



How Does it Operate?

The mono-ski used by paraplegics and double amputees is actually a chair that is custom fitted to the athlete's body and spring-mounted 12 to 18 inches off of the snow on a narrow ski. The seat of the mono-ski acts like a skier's "feet" and controls the movements of the ski. A shock absorber beneath the seat absorbs uneven terrain and helps in turning. Modern mono-skis interface with a single, ordinary alpine ski by means of a "ski foot," a metal or plastic block in the shape of a boot sole that clicks into the ski's binding. A mono-skier uses "outriggers" for stability; an outrigger resembles a forearm crutch with a short ski on the bottom. People new to disabled skiing are often surprised to see how much terrain is skiable in a mono-ski; advanced mono-skiers can be found not only carving turns on groomed runs but also skiing moguls, terrain parks, race courses, glades and even backcountry terrain — in short, anywhere "normal" skiers can go.

Disabled Warriors

The mono-ski is one of the pieces of adaptive equipment used by service men and women who have been wounded. Imagine how exhilarating it must be for a veteran with paraplegia to fly down the slopes in a mono-ski after being confined to a wheelchair.



Personal Story



Cris Criswell has post-polio syndrome and now needs his crutches or a wheelchair to ambulate. A friend convinced him to try adaptive skiing years ago and it literally changed his life. He quit his job and soon began founding an adaptive skiing program at another mountain. Cris is now an adaptive mono-ski instructor and active volunteer with ASPNC. He is one happy man when he is out there in the fresh powder, in the moguls or zipping by you and then twirling around a few times just so you might be a little jealous that you are confined to traditional skis.

Please help us in purchasing, maintaining and training volunteers to use this valuable piece of equipment.