



Universal Access Program
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Universal Access Program Winter Equipment Guide for Leo J. Martin/Weston Ski Track

Charles River Recreation
 2020/2021 Season

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*Ski poles of various length are also available for use with kicksleds and sitskis.

*Foot traction devices (yak-trax) are also available for walker users and people assisting kicksled and sitski users.

Cross Country Sitskis

*Sitskis are a good option for independent users with the ability to propel themselves with the assistance of ski poles.

*Higher leg angles for those with less trunk strength or ability.

SS-4

- 19in. knee angle
- 16in. seat width
- 12in. back height
- 42in. leg length
- Has seatbelt
- Has leg padding



SS-7

- 11in. knee angle
- 13.5in. seat width
- 10in. back height
- 26.5in. leg length
- Has seatbelt
- Has leg padding



SS-13

- 20in. knee angle
- 17.5in. seat width
- 12in. back height
- 43in. leg length
- Has seatbelt
- Has leg padding



SS-17

- 9in. knee angle
- 14in. seat width
- 12in. back height
- 31-34in. leg length
- Has seatbelt
- Has leg padding



SS-25

- 13in. knee angle
- 16in. seat width
- 17in. back height
- 39in. leg length
- Has seatbelt
- Has leg padding



SS-30

- 14in. knee angle
- 15.5in. seat width
- 12in. back height
- 34in. leg length
- Has seatbelt
- Has leg padding



Fisher Classic

- 11in. knee angle
- 16in. seat width
- 14in. back height
- 37in. leg length
- Has seatbelt
- Has leg padding



Modified Sitskis

*Modified sitskis are a good option for users that need assistance with propulsion.

*Outriggers are attached to help minimize the risk of tipping over.

*Foot traction devices (yak-trax) are available for people assisting sitski users.

SS-12

- 33in. push bar height
- Low leg angle
- 19in. seat width
- 14in. back height
- 45in. leg length
- Has seatbelt
- Has outriggers



Ski 4 Light

- 45in. push bar height
- No leg angle
- 18in. seat width
- High back
- 37in. leg length
- Has seatbelt
- Has outriggers



Kicksleds

*Kicksleds are a good option for users that need some or full assistance with propulsion.

*Ski poles of various length are also available for use with kicksleds.

*Foot traction devices (yak-trax) are available for users and people assisting kicksled users.



KS-13, 14, 15

- 34in. push bar height
- 12in. seat width
- 14.5in. seat height
- Folds flat for transportation and storage.
- For use on flat to moderate terrain.

- The handle folds up and the seat locks into place with wing nuts

- Foot grips on the runners adjust for the person pushing

- Seated kicksled user can assist with propulsion by using ski poles

- Straps may be needed to secure feet, legs, waist or chest



Ski Walkers

*Foot traction devices (yak-trax) are available for walker users.

Blue Tape

- Used as a balance aid
- For use on flat ground
- 34-40in. adjustable height
- 19in. width



Red Tape

- Used as a balance aid
- For use on flat ground
- 33in. set height
- 18in. width

