



# ENABLING TECHNOLOGIES Monique Mono Ski User Manual

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**ENABLING  
TECHNOLOGIES**

**ENABLING TECHNOLOGIES Monique Mono Ski**



## How to Load the Chairlift

The Monique has a unique load system that works differently than other sit skis. It is imperative to learn how to use it properly.

### 1. Release the seat angle ratchet strap

This minimizes forward lean on the skis in the raised position and reduces teeter while sitting on the chair.

There is a Velcro limiter strap on the seat back and a ruler on the inside of the ladder straps. They will help you remember where the seat angle was at.



2. Push the shifter forward into the “Up” position It is the responsibility of the adaptive ski program to ensure every user is familiar with the entirety of the Know Before You Go Manual before taking the Monique out on the slopes. Red warnings emphasize mis-use practices that reduce a skier’s safety and damage your equipment. Damage or wear resulting from mis-use is not covered under warranty.



3. Before pushing out to the chair, lift straight up until the ski locks in the raised position



4. Push out to the “Load Here” line Pay attention to where you line up in relation to the chair. Be aware of grab handles, footrests, or other add-ons that may interfere when lowering the safety bar. Never push out to the “Load Here” line with the ski down and then lift up. Lifting before you push out ensures you are in a safe place and have time to adjust if the ski does not lock up on the first try.





5. While waiting for the chair, push the shifter backwards into the “Load/Ski” position. With the shifter in the “Load/Ski” position, the ski will remain locked up, but it is now tensioned to load the chair. This is what makes the Monique different from other sit skis. Once tensioned, calmly wait for the chair. Repositioning or bouncing while the ski is tensioned could inadvertently unlock it from the raised position.



6. As the chair approaches, lift up to unlock the ski. This frees the load system, allowing the skier to sit down on the chairlift and the skis to freely compress as you exit the load area. Never load the chairlift with the shifter in the “Up” position. This is uncomfortable for the skier and places stresses on the load system above what it was designed to handle.



7. Sit down on the chair The ski should sit as far back on the chair as possible.



8. Lower the chairlift safety bar as soon as possible





9. Attach a properly sized retention strap Slipknot one end of a retention strap to the single tether connection point, loop the retention strap through the seat's grab handle, around an approved part of the chairlift, and clip the strap back to the single tether connection point. Looping through the seat's grab handle ensures the skier can't lean too far forward and teeter. The retention strap must be properly sized and limit a skier's movement so they cannot inadvertently slide off the chair. The connection point is not load rated to arrest a skier in the event the ski slides off of the chair.



10. Prepare to unload the chairlift The ski is already unlocked and ready to unload. Double check the shifter lever is still in the "Load/Ski" position. If so, you do not need to shift before unloading. Wait until you are as close as possible to the top before releasing the retention strap. Hold onto the chairlift and raise the chairlift safety bar.



11. Push off the chair Once off the chair, the frame will settle down and automatically lock into the ski position.



12. Ski away a safe distance from the unload area and adjust the seat angle

## **Ski & Binding**

Several setup and safety considerations are recommended in order to use the Monique with a traditional alpine ski and binding.

### **Boot Sole Length (BSL):**

1.



### **325 mm**

(aligns with RESNA suggested standard)

### **Ski & Binding Setup:**

Minimum:

- The forward pressure of the binding must be adjusted to the Monique.
- The heel of the binding must be pinned or blocked to avoid inadvertent release.
- The DIN should be set to (but not past) the binding's maximum DIN.
- The ski must have metal reinforcement where the binding is mounted (Mounting in fiberglass / wood is not recommended).
- The binding's maximum DIN should be 15 or greater and have metal construction where the boot contacts the binding.

### **Recommended:**

- The toe of the binding should be pinned or mounted with a toe plate to avoid inadvertent release.
- Use a stiff ski with positive camber and traditional sidewall construction.
- The binding should be professionally mounted to the ski with helicoil inserts and high strength epoxy.
- The binding's maximum DIN should be 18 or greater and have predominantly metal construction.

Skis and bindings should only be set up by knowledgeable or trained individuals. If you do not have the knowledge or means seek outside help.

### **Shock Setup**

#### **Choose the appropriate spring:**

We recommend jumping to the next spring rate once the skier's weight exceeds half of the spring rate:

- 130-155 lbs
- 160-205 lbs
- 210-250 lbs



- = 300 lb spring
- = 400 lb spring
- = 500 lb spring

**To change a spring:**

See the Product Manual section of our website for a video!



1. Shift the Monique into the “Up” position.
2. Remove the M8 socket bolt2 from the shock’s rear eyelet using a M6 Allen wrench.
3. Compress the A-arms to expose and remove the M8 socket bolt4 at the shock’s front eyelet. The shock will feed out the rear of the Load Link3.
4. Completely loosen the preload coil nut1, remove the spring retainer from the shock’s shaft and swap in the new spring.
5. Tighten the coil preload nut1 at least one full turn
6. Reinstall the shock.

A 400lb spring is not a universal recommendation for suspension setup. When the wrong spring rate is used it reduces the skier’s ability to absorb the terrain and causes premature wear to the shock and ski.

**Set the skier's sag:**

Sag adjusts the shock to the ideal starting position within its travel

**Middle Image:**

When sag is set correctly, the Monique's Shock Link bolt will be partially exposed at the rocker link as shown.

**Left Image:**

If the Shock Link Bolt Head is fully exposed, the frame is sitting too low in its travel. Tighten the coil nut's 1 preload. Do not tighten more than 4 full turns.

**Right Image:**

If the Load Link covers the Allen portion of the Shock Link bolt, frame is sitting too high in its travel. Loosen the coil nut's 1 preload. The spring requires at least one full turn of preload.

**Set the shock to the recommended base setting:**

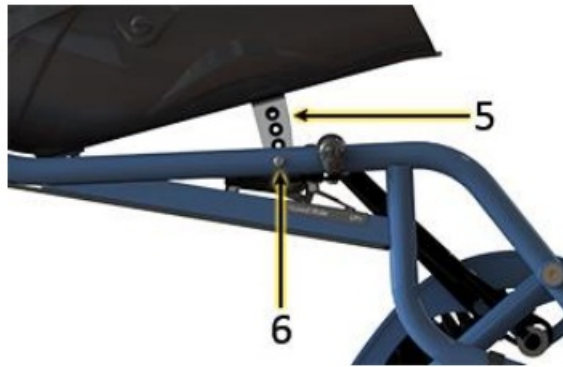
Verify a previous user hasn't changed any adjustments. Rebound and low speed compression have been custom valved so the middle of the range is a fair starting point. High speed compression should be adjusted back 10 clicks counter clockwise from fully closed. This will be sufficient for most new skiers. More in depth tuning can be found in the next section. If the proper sag cannot be achieved within the turn limits outlined above, you must change the spring to a different weight before using the Monique on the slopes.

**Seat****Choose the appropriate size:**

Small (13") | Medium (15") | Large (17") | Extra Large (19")

The shell width is measured without a liner at the hips. Our liners are approximately 3/4" thick on each side.

**To change a seat:**



1. Remove the seat liner.
2. Shift the ski into the “Up” position and raise up.
3. Remove the two 1/4-20 button head socket screws6 with a 5/32” Allen wrench. The Adjustable Dump Bracket5 will stay attached to the seat.
4. Remove the rear two 1/4-20 truss head bolts7 using a #2 Philips screwdriver.
5. Align the new seat on the frame.
6. Reinstall the 1/4-20 truss head bolts7 finger tight.
7. Align the adjustable dump bracket5 and refasten the 1/4-20 button head socket screws6.
8. Finish fastening the two 1/4-20 truss head bolts7.

Excessive hip foam reduces the skier’s ability to safely control the ski. Foam can be used to fit half sizes but should not be used in lieu of the proper size shell.

#### **Adjust the dump angle:**

**Low angle** = shorter, good core strength, or less forward weight (amputees, high atrophy, etc.)

**High angle** = taller, weaker core strength, or looking for improved suspension performance.





#### **To adjust the dump angle:**

1. Shift the ski into the “Up” position.
2. Remove the two 1/4-20 button head socket screws<sup>6</sup> with a 5/32” Allen wrench.
3. Pivot the seat to the desired adjustable dump position.
4. Thread one of the 1/4-20 button head socket screws<sup>6</sup> in 2-3 turns.
5. Go to the other side and thread the second 1/4-20 button head socket screw<sup>6</sup> in completely.
6. Return to the first button screw and finish fastening it into position.

#### **Footrest**

Choose the appropriate size:

**Approximate skier height:**



- Small = 4'1" – 5'1"
- Med = 5'0" – 5'8"
- Large = 5'7" – 6'3"+

**Small:**

Attaches to the upper frame with quick release tube clamps. It must be used with a U-Loop. The U-Loop provides structural protection to the frame.



**Medium:**

Slides into the frame and has 4" of length adjustment.



### **Large:**

Begins one hole before where the medium footrest ends. Taller skiers can be accommodated by increasing the seat dump angle and tucking their knees more.

### **Adjust the ankle angle:**

Adjusting the ankle angle distributes pressure evenly across the footrest.



### **To adjust the ankle angle:**

- 1) Release the clamp levers8 at the front of the Footrest bar.
- 2) Align the skier's feet flush with the footrest plastic.
- 3) Re-clamp levers8 facing up as shown.



If the clamps are loose, release the lever, place thumb pressure on the head of the socket bolt on the inside of the footrest, spin the lever clockwise to tighten, and then re-clamp the lever.

The clamp should only need finger pressure to tighten, but if conditions require more, the socket bolt can be tightened with an M5 Allen.

Failure to adjust the ankle angle creates stress at the heels of the footrest. This can cause the aluminum clamps to crack, fail and break. This stress is catastrophically aggravated by able bodied skiers wearing ski boots.

## **Center of Mass Adjustment**

Sit skiers do not have as much leverage over the noses and tails of their skis compared to stand up skiers. To compensate we adjust the skier's center of mass to start at the ski's sweet spot.

### **A dowel test is recommended before going out on the slopes:**

- Loosen the two 3/8-16 Flat Socket Cap Bolts with a 7/16" Allen wrench.
- With a skier in the ski, place a dowel underneath the center of the bindings mounting line.
- Adjust the lower along the slot until the skier's balance fore aft is centered on the dowel.
- Retighten the two 3/8-16 Flat Socket Cap Bolts.

### **Once on the slopes you may need to fine tune the skier's balance:**

- If the nose of the ski is washing out, move the frame towards the front of the slot.
- If the tail of the ski is washing out, move the frame towards the rear of the slot.

The Monique is designed to be balanced at the center of the binding's mounting line. Balancing at any other location will diminish suspension performance and ski control.

## **Tethers**

- High tether points
- Low tether points
- Single tether point
- = most trails / carving turns
- = narrow trails / sliding the tails
- = speed control only

We do not recommend attaching metal carabiners directly to the connection points. We've pictured two approved options below. We recommend slip knotting tethers directly to the frame or attaching carabiners to a runner. This prevents metal on metal wear and reduces the chance of inadvertent release.

Tethering is a dynamic skill. Enabling Technologies only recommends tethering connection points and is not responsible for tethering practices. Programs and individuals are responsible for learning and executing safe tethering practices.



**Never attach an open gate carabineer directly to the connection points. An open gate carabineer can inadvertently release while tethering.**

**Enabling Technologies**

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Documents / Resources

	<p><a href="#">ENABLING TECHNOLOGIES Monique Mono Ski</a> [pdf] User Manual</p> <p>Monique Mono Ski, Monique, Mono Ski, Ski</p>
	<p><a href="#">ENABLING TECHNOLOGIES Monique Mono Ski</a> [pdf] Owner's Manual</p> <p>Monique Mono Ski, Mono Ski, Ski</p>