



Central Division TTW Senior Toboggan Trainer/Evaluator Certification/Recert.

Overview: This TTW is used to train, develop, certify, or recertify Senior Toboggan Trainer/Evaluators.

Objectives:

- The Senior T/E can demonstrate their ski/ride and toboggan skills at or above the Senior level.
- The Senior T/E can demonstrate their ability to utilize movement analysis to provide effective feedback to other participants/candidates in the clinic and develop a lesson plan to address deficiencies.
- The Senior T/E can effectively assess a candidate's skill level using the Central Division Toboggan Scorecard and scoring system of “-, =, +” and discuss the rationale for determining a score.

Instructors for the Event: Central Division Instructor Trainer Staff

Recommended Student Participants: Current Sr. Toboggan TE’s or Sr. Toboggan TE Mentees.

Clinic Format:

Indoor session (approx 1/2 hr):

- Introductions / Weekend Format
- Review all elements of the Senior Toboggan Score Card.
- Discuss the Central Division scoring system “ - , = , + ” What defines each?
- Review effective feedback: what, how and why
- Review Fundamentals of Snowsports.

	Ski	Snowboard	Telemark
*	Control the relationship of the center of mass to the base of support to direct the pressure along the length of the ski	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
*	Control pressure from ski to ski and direct pressure toward the outside ski	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board	Control the lateral the relationship of the center of mass to the base of support to manage pressure from ski to ski
*	Control edge angles through a combination of inclination and angulation	Control torsional flex of the board using flexion/extension and rotation of the body.	Control the size, duration, intensity, rate, and timing of the lead change to manage fore/aft stability.
*	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	Control the board's tilt through a combination of inclination and angulation.	Control edge angles through a combination of inclination and angulation.
*	Regulate the magnitude of pressure created through ski/snow interaction	Control the board's pivot through flexion/extension and rotation of the body.	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body.
*		Control the magnitude of pressure created through the board/surface interaction	Regulate the amount of pressure created through ski/snow interaction with flexion & extension movements

On Snow Session (Remainder of 1st day and into 2nd day):

Ski Warm-Up - Appropriate terrain: Ensure that the participants have a warm-up run or stretching activities for an appropriate time.

Toboggan Skill: The Senior TE can discuss & demo skills in a variety of terrains & in a variety of conditions at or above the Senior level. This is designed to review necessary skills & determine the ability to perform & teach them properly. The OET IT can discuss movement analysis movement patterns & develop progressions for effective teaching/coaching.

- Toboggan 101, review parts & inspect the toboggan using proper terminology.
- Side Step, Herringbone Hiking, (SB) Stair Step (rear foot out)
- Skating, (SB) rear foot out push and glide
- Wedge, Wedge Turns, Breaking Wedge
- Traverse – both directions.
- Sideslip in Fall Line & Falling leaf - fore, aft: both sides
- Hockey stops - both sides
- Pivot slip (no wedge entry & equipment remaining in contact with the snow) (SB) torsional flex pivot

Unloaded Approach: The OET Hybrid IT/Senior TE can accurately discuss & demo the skills required to successfully operate an unloaded toboggan safely and efficiently to an accident scene at the senior level, utilizing the criteria below.
Ski toboggan to the incident site, fall line descent.

- Maintains an active, balanced stance between the handles
- Hands are on the handles, approximately at hip height & slightly in front of the body. Snowboarders may place one hand on the crossbar.
- Skis/Rides (with short swing turns) the toboggan to the accident site, maintaining a consistent & smooth, fall line descent with minimal lateral movement.
- Performs Transitions with simultaneous edge change (*alpine/tele*) or torsional flex (*snowboarders*).
- Stops at a safe distance uphill and effectively communicates with the accident scene for instructions to position the toboggan.
- Effectively and correctly backs in and anchors the toboggan for patient pickup. *Alpine/Tele:* handles unlocked, *Snowboarders:* If appropriate, may have one handle locked.

Loaded Toboggan Lead: The OET Hybrid IT/ Senior TE can accurately discuss & demo the skills required to successfully operate a loaded toboggan in the lead safely & efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance between the handles.
- Select a fall line route that is smooth, consistent, and safe for the patient and customers.
- Provides effective braking (*with or without utilization of the chain brake*) throughout the run & executes a controlled emergency stop (*if asked*).
- Performs Transitions with simultaneous edge change (*skier/tele*) or torsional flex (*snowboarders*).
- Performs Traverses (variation 1 or 2), maintaining pace and utilizing techniques to minimize toboggan slippage. Snowboarders should perform at least one traverse on each edge.
- Provides effective communication with the tail for direction, speed changes, & hazard avoidance.
- Monitors patient and all traffic to ensure the safe operation of the toboggan.

Loaded Toboggan Tail: The OET Hybrid IT/ Senior TE can accurately discuss & demo the skills required to successfully operate a loaded toboggan in the lead safely & efficiently at the senior level, utilizing the criteria below.

- Holds the rope using both hands in front of the body at a waist to mid-thigh level.
- **Alpine/Tele:** Tail rope control is maintained downhill hand (closest to the toboggan) utilizing functional tension. The uphill hand holds the end of the rope. During transition, 1 coil of the rope is appropriate. **Snowboarder:** Tail rope control is maintained by either hand; one controls functional tension of the rope the other holds the end of the rope. **All:** Only one hand should be at the end loop at all times. Performs Transitions appropriately (*ski/tele only*), following & anticipating the lead while managing functional tension (*all*). **Snowboarders** will maintain a heel-edge sideslip throughout the run. Transitions are not permitted for snowboarders.
- Performs Transitions appropriately (*alpine/tele only*), following & anticipating the lead while managing functional tension (*all*). **Snowboarders** will maintain a heel-edge sideslip throughout the run. Transitions are not permitted for snowboarders.
- Traverses in the fall line, maintaining functional tension, stabilizing the toboggan with minimal slipping.
- Provides secondary braking (*as needed*) & ensures the “*reserve braking rule*” is in effect at all times.
- Monitors the patient and all traffic.

Loaded Toboggan Alone: Smooth: The OET Hybrid IT/ Senior TE can accurately discuss & demo skills required to successfully operate a loaded toboggan alone safely & efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance between the handles.
- Select a fall line route that is safe & expedient for the patient & customers.
- Provides a smooth and consistent pace throughout the run.
- Provides effective braking (*including feathering the chain brake, if used*) throughout the run &/or executes a controlled emergency stop (if requested).
- Performs Transitions with simultaneous edge change (*ski/tele*) or torsional flex (*snowboard*).
- Monitors the patient and all traffic to ensure a safe run for the patient and customers.

Loaded Toboggan Alone: Moguled/Ungroomed: The OET Hybrid IT/ Senior TE can accurately discuss & demo skills required to successfully operate a loaded toboggan alone safely & efficiently at the senior level, utilizing the criteria below.

- Maintains an athletic stance between or outside the handles.
- Select a fall line route that is safe for the patient & customers.
- Utilizes tactics to provide a smooth & consistent pace with minimal toboggan slipping.
- Provides effective braking (*including feathering the chain brake, if used*) throughout the run &/or executes a controlled emergency stop (if requested).
- Effectively Performs Direction Changes (Falling Leaf, Turns, Transitions) as appropriate.
- Monitors the patient and all traffic to ensure a safe run for the patient and customers.

Evaluation of Senior Participants:

The OET Senior TE is expected to cover the major components related to the Senior Toboggan training and evaluations, including the critical performance objectives as listed earlier in this document.

Evaluation of Participants:

Evaluation will be ongoing throughout the weekend using the critical performance objectives listed above and utilizing the Central Division Senior Toboggan scoring system “- , = , +”.

A Successful pass rate is an overall score of “=” or “+” based on the Senior Scorecard criteria. Those receiving an overall score of “-“ on their performance can not be certified or recertified.