



"Taking it Forward"

Toboggan Essentials Summary

Fundamentals	Lead: Hands on handles slightly in front of the body, approximately hip level
	Maintain a balanced and centered stance between handles
	Tail: Hold tail rope using both hands in front of body, waist to mid thigh level
	Boarders remain predominately on heel edge
	Tail rope with tail loop: Only one hand in loop at a time
	Downhill hand closest to toboggan and used to control tail rope
Route	Tail rope in fall line with maximum of one coil (recommended)
	Select route to aid tail to maintain stability & prevent slipping sideways
Results	Ride completed with a smooth and continuous pace
	Transitions performed with simultaneous edge change for skis
	Transitions performed with torsional flex technique for snowboard
	Traverse with minimal side slip thru edge control
Communication & Monitoring	Turn, transition and traverse at a consistent pace
	Maintain communication with lead/tail and accident site
Braking	Actively monitor patient and uphill traffic conditions
	Ensure that 'reserve braking rule' is in place at all times
	Provide primary braking to aid in sustaining pace and control
	Correct use of chain brake as necessary
	Execute controlled emergency stop

Skiing Essentials Summary

Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the length of the ski
	Control pressure ski to ski with pressure directed toward outside ski
	Control edge angles through inclination and angulation
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body
	Regulate the magnitude of pressure created thru ski/snow interaction
	Control the size, duration, intensity rate and timing of the lead change to manage fore/aft stability (telemark)
Results	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Parallel turns with simultaneous foot tipping/steering, both feet remain in contact with the snow
	Pole touch, if used, compliments turn in timing & direction of travel

Snowboarding Essentials Summary

Fundamentals	Control the relationship of the Center of Mass (COM) to the Base of Support (BOS) to direct pressure along the active edge of the board.
	Use torsional flex to begin rotation and to engage new edge with progressive pressure throughout turn.
	Control edge angles through flexion and extension.
	Control rotary (turning/pivoting/steering) with leg rotation separate from a stable upper body.
Results	Regulate the magnitude of pressure created thru board/snow interaction
	Consistent speed and control
	Connected and rounded turn shapes of varying sizes
	Smooth transition from edge to edge while keeping board in contact with snow



6 PACK METHOD OF TEACHING

1. SET THE STAGE:

“GET MY ATTENTION”

2. OBJECTIVES:

“WHY AM I HERE”

“WHAT IS OUR GOAL”

3. GUIDE TO LEARNING: INPUT

**Remember the different styles and level
of learning**

Memos - Lecture - Role Playing

Task - Group - Guided Discovery

4. GUIDED PRACTICE: OUTPUT

HOW MUCH, HOW LONG, WHEN?

5. SUMMARY:

Link learned tasks together

Restate the objectives

INSTRUCTOR TTW: Skills

Skill Teaching by volunteer or assignment – Appropriate terrain.

Toboggan 101, review parts & inspect the toboggan using proper tern
Kick turns, Bull Fighter Turns, (SB)180 degree jump - both sides
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 - fore, aft, & straight down, both sides
Hockey stops - both sides
Falling leaf - both sides
Pivot slip (no wedge no picking up the inside ski) (SB) torsional flex pivot
Route selection and communication techniques.

Unloaded Approach – Moderate to Advanced terrain

Ski toboggan to incident site, fall line descent.

(AP) will be combination open parallel, straight runs, side slip, wedge.

(AS) will be short swings with minimal slipping of the toboggan, no wedge or sideslip until delivery.

Toboggan delivery. At a safe distance uphill operator will ask how the sled is to be positioned, then deliver the toboggan as efficiently as possible.

Anchoring toboggan - Show examples

Loaded Toboggan Team Descent – Moderate to Advanced terrain.

Team will make a “Fall line” descent using pivot slip transitions and emergency stops on whistle.

(AP) may wedge between sides of transition

(AS) will not wedge between sides of transition on groomed slopes

Lead operator will utilize Chain Brake, “feathering”, slowing, and stopping as needed.

Rear Operator will stay in harmony with lead operator applying functional tension to aid in speed control and steering as needed.

Moving directional changes - using variations 1 & 2

Loaded toboggan Individual Descent - Advanced, mogul slope Senior Patroller only

Fall line descent, slow and continuous

Chain brake required!

In or outside handles, explain when and why.

NOTES:

Many of these tasks may be broken down into multiple lessons, and some may be combined. Keep the classes moving and practicing. The Instructor should be able to satisfy each of the different types of learners Verbal/Visual/Kinesthetic.

Keep in mind Snow boarders need to rebind rear foot after exiting the lift. Don't take off with out your whole group. Make bamboo poles and tail ropes available for drills. Focus on teaching small. Encourage static drills, and referencing other lessons where foundations were laid. Ask about common problems and how do you help your student correct the problem.

**** Analyze, Diagnose & Prescribe ****

**** Sequence for Success ****

**** Fun, Safety & Learning ****

