



NSP Ohio Region Outdoor Emergency Transport (OET) Instructor Path

Thank you for your interest in becoming an OET instructor. The path can be confusing, and to ensure we help you succeed, we have developed this packet. Please carefully read and complete the steps below.

- Enroll in & Complete the Instructor Development Course if you have not taken it.** *When completed...*
- Begin the Instructor Application Form for OET**
 - Complete the Instructor Application through the Mentor Assigned Box. If you need to know your ID course number, it can be found on your NSP Profile Page. Log into NSP.org, click **My Account**, then select "Education/Roles" then "My Courses Completed."
 - The Lead OET Instructor/IT at your area will assign a mentor. Write their name into the Mentor Assigned Box. They will help guide you through your journey.
 - An Instructor Trainer (IT) from your area or a nearby area will be assigned by the Lead Instructor or PD to assist you and ensure you are ready for your final check-off.
 - Keep the originals of the Application & Mentoring Forms until your journey is finished.
- Begin to complete the Mentoring Form, obtaining signatures on proper lines.**
 - Download and Review the Mentoring Guide from the OET resource page at ohionsp.org.
 - Begin to observe experienced instructors & assist with OET sessions. Practice your Ski/Toboggan Maneuvers. Proper Demonstration is required for completion. *When ready.....*
 - Your Mentor will **Observe & Evaluate** you a minimum of 2 times, evaluating your teaching and demo skills and present you with comments & suggestions for improvement. Effective teaching takes practice. You should have taught frequently before you receive this signoff. *When ready...*
 - Your Area IT *or a nearby IT* (unrelated to the candidate) will observe your teaching and demo skills and determine if you are ready for your final check-off. This can be done one-on-one at your area or a TES. *When successful, email the Region OET advisor, who will assist in registering to attend a Toboggan Trainer's Workshop (TTW) for your final Check Off..*
 - **FINAL CHECK-OFF:** A Non-Area IT will observe & evaluate your teaching and demo skills at a TTW. Skills should be performed at or above the Basic Level.
- When the Application & Mentoring Forms are complete and signed (after your final IT checkoff), please email the completed Forms to the Region OET Advisor. Please keep a copy for your records.** *When complete.....*
- The Region OET Advisor will send paperwork to the Division Supervisor, who will then forward it to National for your appointment as an instructor. To remain an instructor in good standing, you must complete a TTW (Toboggan Trainer Workshop) once every three years.**

SKILLS REQUIRED TO BE SUCCESSFUL:

1. Possess excellent communication skills
2. Planning and Teaching a Lesson Based on the Six Pack.
3. Basic Knowledge of Movement Analysis So you can diagnose & prescribe solutions for problems.
4. Knowledge of Terms and Techniques for snowsports and toboggan operations.
5. Demonstration Skills & Maneuvers for Toboggan Operation *at or above* the basic level, including:
 - Traverse - Side Slip - Falling Leaf - Hockey Stop
 - Uphill Techniques - Unloaded Toboggan - Loaded Lead -Loaded Tail
 - Pivot Slips: must be performed in the fall line while keeping ski/board-to-snow contact.

SUGGESTED REFERENCE MATERIAL:

1. **NSP Ski and Toboggan Training Manual** (although old and somewhat outdated) Download from the Ohio website.
2. **PSIA Alpine Technical Manual / PSIA Telemark Technical Manual / Snowboard Technical Manual.**
3. **The PSIA/AASI Fundamentals of Snowsports.**

If you have any questions, please don't hesitate to email me anytime.

Ohio Region OET Advisor. OET@ohionsp.org 1/2024

NSP INSTRUCTOR APPLICATION: OET

(Submit to Region OET Advisor (OET@ohionsp.org))

Date

Personal Data	
Name:	NSP ID #
Address (street, city, state, zip)	Phone (Home) Phone (Work) Phone (Cell)
Email address:	Patrol Level: (Basic, Senior, Alp. Senior, Cert)
Division: CENTRAL Region: OHIO	Name of Patrol:

Instructor Education Discipline *(Submit a separate application for each discipline being applied for)*

Instructor Development	Outdoor Emergency Transportation	Level 1 Avalanche
Outdoor Emergency Care	Nordic	Level 2 Avalanche
Patroller Enrichment Seminar	Mountain Travel and Rescue	Other _____

Training Record				
Initial Instructor Training and Prerequisites	Instructor/Mentor/IT/Supervisor Print Name	Instructor/Mentor/IT/Supervisor Signature	Location / Patrol	Completion Date
Instructor Development Course Number:				
Recommended by: (Instructor, IT, PD/PR, Region/Section/Division program Supervisor)				
Other Instructor Experience – Discipline				Year(s)

Notes/Additional
<p>Note: It is requested that a copy of your NSP member profile be attached to this application (obtained from NSP.org).</p> <p>Suggestions for Mentor Assignment:</p> <p>Other comments:</p>

Instructor Training	Print Name	Signature	Location/Patrol	Completion Date
Mentor Assigned:				
FINAL IT Eval @ TTW Completed:				

Instructor Status Granted	Print Name	Signature	Date
Ohio Region OET Advisor			
Central Division OET Supervisor			

Division program supervisor retains a copy of instructor application and the original mentoring completion form following division procedures. **Division program supervisor emails only the instructor application to**

Instructor Trainee Mentoring Completion Form: OET

(Must be submitted with Instructor Application Form to Region Supervisor: OET@ohionsp.org)

Program Name: OET		Application Date:	
Trainee Name	NSP #	Division CENTRAL	Region OHIO
Address		City	State Zip Code
Email	Home Phone	Cell Phone	ID Class Date ID Class #
Mentor Name		NSP #	Phone Email
Date:	Reviewed NSP Mentoring Guide & OET Instructor Path	Date:	Observation of experienced Instructor
Date:	Initial mentoring meeting with Trainee	Date:	Pre-observation conference with Mentor
Mentor Observation of Trainee (minimum of two)	Topic Taught: 1st should be a skill and 2nd should be with a toboggan.		Successful Unsuccessful
Date:			
Date:			
Post-observation Conference with Trainee	Recommend:	<input type="checkbox"/> Forward to IT for pre TTW observation <input type="checkbox"/> Needs further mentoring & skills practice.	
Date:	Comments*:		
Area/Local IT Name	NSP #	Phone	Email
Area/other IT Observation of Trainee	Topic Taught:		Successful Unsuccessful
Date:			
Date:	Demonstration of Toboggan & Skiing Skills @ Level Instructing		
Post-Observation conference with Mentor Area IT & Trainee.	Recommend:	<input type="checkbox"/> Recommended for Final IT Observation (notify Region OET Advisor to Schedule the TTW event) <input type="checkbox"/> Further mentoring/observation	
Date:	Mentor & IT Signature	Mentor	Area/Other IT
Date:	Trainee Sign.		
Date:	FINAL IT Sign. <small>(outside IT) @ TTW</small>		Successful Unsuccessful
Date:	OH Region OET Advisor		
Division Program Supervisor or Division Administrator Approval/Concurrence			
As the <u>OET</u> Supervisor for the CENTRAL Division, I approve the instructor appointment of the intern for the education program indicated above.			
Division Supervisor Name	NSP #	Phone	Email
Date:	Supervisor Signature:		



OET Instructor Evaluation Form

New Certification _____ Recertification _____			Evaluation Date:		
Patroller Name		NSP #	Division	Region	Patrol
			CENTRAL	OHIO	
Email		Home Phone		Cell Phone	
TTW Evaluation Location					
Date:		IT Evaluator:			IT NSP #
OET Instructor Assessment				Met Expectations	Did Not Meet Expecrations
Comments:					
Demos: Skills/Tasks				+	=
Side Slip					-
Falling Leaf					
Traverse					
Hockey Stop					
Pivot Slips					
Demos: Toboggan				+	=
Unloaded					-
Loaded Lead					
Loaded Tail					
Other:					
Teaching/ Coaching/ People Skills				+	=
Topic(s) _____					-
Technical Knowledge / MA				+	=
					-
FINAL DECISION		___ OET Instructor: Pass ___ OET Instructor: Recertification: Pass ___ OET Instructor: Fail: Please practice with your area IT & attend another TTW when ready.			
Date:		IT Signature:			
Date Rcd:					

Please send to Ohio Region OET supervisor. ohioregionoet@gmail.com

** The Instructor Candidate should be able to demonstrate any skill or task on the most difficult terrain at their area and at or above their NSP Level: Basic, Alpine Senior, Certified.

TOBOGGAN MANEUVERS DEFINED

As an OET instructor, it's essential to understand the maneuvers from a technical and performance level. Please use this guide to help you as you prepare your lessons. Remember, knowing this material and being able to accurately teach and demonstrate it is part of your duties as an instructor.

First, it's good to review the **Fundamentals of Snow Sports**: PSIA developed the fundamentals to say, "This is what we see as 'great' in almost all the interpretations and styles of snow sports." The fundamentals can help guide you in how to view both your skills and the skills of your students. They relate to three areas: Pressure, Edging, and Rotation. All elements are blended and are constantly changing.

	Ski	Snowboard	Telemark
1	Control the relationship of the center of mass to the base of support to direct the pressure along the length of the ski (Fore-Aft Pressure)	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.
1a		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
2	Control pressure from ski to ski and direct pressure toward the outside ski	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.
3	Control edge angles through a combination of inclination and angulation	Control the board's tilt through a combination of inclination and angulation.	Control edge angles through a combination of inclination and angulation.
4	Control the skis rotation (turning, pivoting, steering) with leg rotation, separate from the upper body	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.
5	Regulate the magnitude of pressure created through ski/snow interaction	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

Tips for your training session:

Begin your session by getting to know your students by name and asking them about their goals. When teaching toboggan skills, it is a good idea to go through some stretching exercises, including the lower back, abdomen, and oblique muscles. Starting in an athletic stance, have them twist their upper body to the left and right, opening the hips in the same and opposite direction to allow a greater twisting distance. Please take note of their ability to accomplish this during this warm-up as a point of reference for skills you will be teaching during your session.

When a student struggles with a skill, the trainer must formulate a **"progression"** or series of drills to help the student bridge the gap in their learning. The trainer can help the student build techniques to reach the goal by focusing on smaller tasks. A new task should build on the previous, creating a sequence of success. Guide the students in making discoveries in a safe environment and give them time to practice. Giving a student time to learn is often our biggest flaw. Work to find the "one item" that will assist them the most instead of presenting them with a series of instructions. Remember the three learning styles: Kinesthetic (doing), Visual (seeing), and Auditory (hearing). Work to blend all three.

Toboggan Maneuvers come in two types:

- * Static: A maneuver where the participant(s) is not progressing down the hill.
- * Dynamic: A maneuver done while the participant(s) progresses down the hill.

Because we are training "patrollers," we often forget they are our "customers." Another way to put it, if they were paying for your lesson, would they take another lesson with you?



TOBOGGAN MANEUVERS DEFINED

Over the following pages, you will find the standard toboggan maneuvers defined with performance cues and sample progressions. These are for you to review and think about. Work to make learning SAFE and FUN!!!!

Traverse:

A directional maneuver in which the skier or snowboarder moves across the slope is the skis/snowboard moves perpendicular to the fall line. When teaching a traverse, find a moderate slope with little traffic to avoid the public while crossing the hill.

Problems to watch for:

Uphill ski is not making a track in the snow. Tips are diverging. Skis should be weighted equally, with a bit more on the downhill. Both uphill edges are pressed firmly into the snow. The uphill ski should be slightly in front of the downhill.

The snowboard edge does not "cut" through the snow. Work to keep the body balanced and positioned over the edge of the board.

Progression:

Ski: Begin by facing slightly downhill with the feet, ankles, and knees tipped into the hill. This will bring the ski on edge. Begin sliding across the fall line while creating separation between your upper and lower body. Work to change your edge angle through tipping and pressure progressively. The goal is to create a track or railroad tracks across the hill.

Snowboard: Begin with your body balanced over the heel side of the snowboard. Keep knees and ankles flexed and hands in front of the body. Now try Toe Side

Fundamentals Reference: 1, 3, 5

Sideslip:

A method of moving down the hill with the skis or snowboard perpendicular to (across) the fall line. Teaching a sideslip should be done on a moderately groomed slope. Avoid a flat slope where over-tipping downhill can cause balance and edging issues. Pick a place where the fall line is evident and does not vary. Practice slide slipping faster and slower.

* **Skiers:** Using a hip-width athletic stance, open the hips downhill so the pelvis/upper body faces downhill. Inside (uphill), half of the body is slightly raised, and forward of the outside (downhill) half. Tipping the feet, ankles, and knees into the hill increases the edge angle and slows slipping; tipping feet downhill decreases the edge angle and increases the rate of slipping. Manage fore/aft balance and pressure to maintain a path down the fall line. Although both skis are weighted, the downhill ski will have more weight than the uphill ski. Skis should remain parallel to the fall line.

* **Snowboarders:** With an athletic stance, knees and ankles flexed. Allow the board to decrease the edge angle by extending the ankles while on the heel edge or flexing the ankles while on the toe edge. Increasing the edge angle slows slipping while decreasing the edge angle increases the rate of slipping. Manage lead and rear foot pressure to maintain a path down the fall line. Keep your hand up and in front of the body.

Problems to watch for:

The patroller cannot maintain a constant rate of slipping: Work on angulation to manage the amount of edge angle. This will allow the patroller to regulate the speed of descent better. Skiers must manage foot-to-foot/lateral pressure, applying more pressure to the downhill ski.

The skier is showing no tip lead with the uphill ski. Opening the hips downhill will cause the uphill ski to come forward. A line through the ski tips should parallel a line drawn across the hips.

The skier's tips are divergent with the uphill ski turned uphill. Apply more pressure to the uphill ski so it tracks with the downhill ski.

The snowboarder is heeling out and falling. This is usually caused by a lack of flex in the knees. When the board slides too fast, it can be a reaction for the Snowboarder to extend the knees to maintain balance. When the knees are opened fully, the Snowboarder will begin to fall backward, and the board tips beyond the optimal edge, accelerating the slipping until the Snowboarder hits the snow—accentuated with icy conditions. The snowboarder must use ankle flexion to increase the heel edge angle while flexing the knees—ankle extension for the toe edge.

TOBOGGAN MANEUVERS DEFINED

Sideslip: continued

Progression:

Static: Begin in a balanced position. Practice flexing one knee and ankle, extending the opposite ankle and knee. This causes the feet to tip onto the edge. Now repeat in skis. Dynamic: Begin on a moderate slope. Feel the edge pressure as you take steps uphill, followed by short slides back down. Work both sides/edges. Progress to a steeper slope. Practice speed control by varying the amount of edge angle. Focus on Balance, Upper and Lower Body Separation, and Angulation vs. Inclination

For snowboard: Heel Side: Sit facing down the slope on your heel edge, with your board perpendicular to the fall line. Bring your bum closer to the board and lift your body off the snow, holding yourself up in a crab-like position. To engage the slip, release pressure off your heel edge by pushing down slightly through your toes. The pressure that you put into your toes will act like a gas pedal, speeding or slowing your movement. Try moving left and right by increasing the pressure on one side and then the other. Once you feel comfortable and in control of how much pressure you are applying, push yourself up with your hands into a standing position. To keep your balance standing, hold your hands over the nose and tail of your board.

The Toe Edge Sideslip starts the same as the heel edge. Flip over and kneel on the ground before lifting your bum in the air and using your hands to steady you as you put pressure on your heel edge to start slipping. Again, use even pressure and small movements for a smooth, consistent slide.

Fundamentals Reference: 1, 2, 3, 5

Falling Leaf:

A maneuver in which the skier/snowboarder sideslips forward and backward while traveling directly down the fall line in an imaginary corridor. Teaching the falling leaf is best done after sideslip practice. Using the same stance and terrain as the sideslip, students can vary their descent laterally by applying pressure to the tip or tail of the ski by flexing at the ankle. More flexion brings a balanced center of mass forward; skiers' weight should be felt at the front of the foot. Less flexion brings a balanced center of mass to the rear, and the skier's weight is felt across the whole foot. The skis can also be steered using rotary. Blending both movements, pressure, and rotary gives the patroller more flexibility for a snowboard, changing the location of the pressure on the board with independent lead or rear ankle flexion/extension, causing torsional flex/twist. This is an excellent way to go around objects or built-up snow. After perfecting pressure movements, introduce rotary movements to enhance the fore and aft transitions. Fore and aft paths will begin to arc.

Problems to watch for: Never use the word 'LEAN' or suggest that we want the student to come out of balance to accomplish this skill. Applying forward or aft pressure is done through flexion or extension, not leaning the upper body.

Progression:

Ski: Start from a moderately groomed terrain where the fall line does not vary. Review the slide slip and add pressure to alter direction while maintaining a corridor. Also, have the student steer the flat ski (rotary) to achieve the same outcome. Working to blend both movement patterns is the goal. Later, work into advanced terrain where the fall line varies; multiple fall lines exist, or moguls.

Snowboard: Start from a moderately groomed terrain where the fall line does not vary. Review the heel side slide slip, then begin with weight equally distributed between the feet and practice slowly lowering the toes of the lead foot to twist the board and begin directional sideslip. Lift the toes on the lead foot to stop. Now repeat by slowly lowering the toes of the rear foot to twist the board and begin the directional sideslip. Lift the toes on the rear foot to stop. Alternatively, try the same exercise, but instead of lifting/lowering toes, try the same exercise while flexing the front ankle, knee, and hip to pressure the nose or tail of the board.

(Fundamentals Reference: 1, 2, 3, 5)

TOBOGGAN MANEUVERS DEFINED

Hockey Stop/Emergency Stop:

A maneuver used to bring the sled to a quick, controlled stop. From a neutral athletic stance, the front operator simultaneously flexes the ankles, knees, and hips while pivoting both feet across the fall line as they apply increasing pressure and edge angle to stop the toboggan. Teaching a Hockey Stop should be done on a moderately groomed slope. Pick a place where the fall line is evident and does not vary. Remember, this is a 90-degree pivot, not a short radius turn. The student will maintain a straight path down the fall line throughout the maneuver. Review pivot slip mechanics. While this description includes directions for flexing both legs, the inside ski will be more flexed. The pivot must be quick, edge engagement firm, and equal on both skis after completing the rotation. An athletic stance is maintained through the stop and can be held after completion.

Snowboard: From a neutral athletic stance, the front operator simultaneously flexes the ankles, knees, and hips while pivoting both feet across the fall line as they apply increasing pressure and edge angle to stop the toboggan. Teaching a Power Stop should be done on a moderately groomed slope. Pick a place where the fall line is evident and does not vary. Remember, this is a 90-degree pivot, not a short radius turn. The student will maintain a straight path down the fall line throughout the maneuver. Rider must resist the urge to extend their legs to stop. Instead, it should focus on fleeing the ankles, knees, and hips to increase the edge angle and stop.

Problems to watch for:

There are arcs at the end of the stop, either fore or aft. Are the students getting their skis/snowboard pivoted 90 degrees before applying the edge required for stopping? Is the Center of Mass CENTERED over their Base of Support? Are they engaging the shovel of the ski as if performing a short radius turn? Are they extending the legs and pushing the snowboard away from the body, creating chatter?

Progression:

Review the Side Slip and Pivot Slip (if already taught) and work on a moderate slope with an excellent straight fall line. Work to steeper terrain and varying fall lines.

Fundamentals: 1, 2, 3, 4, 5

Pivot Slip:

A transition maneuver in which a patroller sideslips, then pivots their skis/board 180 degrees while on the snow, then sideslips again while maintaining a constant speed. Pivot Slips are the most technical skill taught by Toboggan Instructors as they incorporate all the fundamentals of skiing/snowboarding. Introducing the Pivot Slip should be done in conjunction with the Side Slip, Falling Leaf, and Hockey Stop as a progression. Balance is paramount when doing pivot slips. The skis/board will spin 180 degrees under a stable upper body. The pivot point is under the center of the skis. Skis are pivoted simultaneously and at a constant rate. Flexion and extension of the ankle are constant throughout the pivot, like peddling a bicycle. As your uphill ski begins the extension movements, the downhill ski begins the flexion movements, flattening the ski and causing it to seek the fall line.

For a snowboard, the pivot slip begins with the torsional flexing of the board. Torsional flex is created by flexing one leg, pressuring the toe of one foot while extending the other, and pressuring the heel, causing the board to twist. This movement reduces the pressure on the nose of the snowboard and allows it to begin to flatten and pivot. Torsional flex can be complimented by rotating the lead Knee/Femur under a stable upper body to aid in steering the board into and out of the fall line. Think about pushing the lead knee towards the side you want to pivot to. The rider's center of mass is centered over the base of support. The path should be directly down the fall line with very little drift from side to side. Both skis should always remain in contact with the snow throughout the maneuver.

Problems to watch for:

Skis form a wedge between sideslips. This can be because the skis are not pivoting simultaneously. If the new inside ski is flat and pivoting late, then working on simultaneous pivoting will fix it. If the new inside ski is not twisting off the edge and not retracting, then there is a natural wedge where skis are on opposing edges. Picking up the inside ski will be how your students will get out of this situation. The instructor must recognize when the inside ski's edge is engaged and not just spinning late. *Excessive tip lead; see side slip stance directions.* A wedge or balance centered too far forward or back might steer the ski more across the fall line. Remember, pivoting the skis/board in the fall line is the goal.

TOBOGGAN MANEUVERS DEFINED

Pivot Slip: Continued

Progression:

Start from a moderate, groomed terrain where the fall line does not vary. Refresh Slide slip and Falling Leaf. While doing the falling leaf, get the students to make good arcing movements, then introduce a single transition when the skier is arching and traveling in reverse; as the momentum begins to stall, have them keep the rotary movement going while extending the uphill leg and flexing the downhill leg. This will allow the pivot to happen, and the skier will continue out of the pivot forward in the same direction as they were in reverse. They continue doing the falling leaf with a new uphill and downhill ski. Have them work until they can transition each pass, and then lessen the length of the falling leaf arc until it is gone.

Fundamentals: 1, 2, 3, 4, 5

Uphill Techniques:

Skating:

A method of propulsion in which the skier presses from foot to foot while keeping the skis in a diverging position. The inside edge of the weighted ski is engaged as the skier moves forward. In snowboarding, the rider moves the board forward by pushing with the free foot. When teaching skating, begin on a flat slope. Separate the tips of the skis to create a reversed wedge; this is the diverging position. Pick up one ski and take a small step forward. Place it flat on the snow as you push off and lift the other ski. Glide on the first ski while maintaining the diverged position. As your momentum stalls, step and glide on the other ski while pushing off and lifting the ski still on the snow. (Fundamentals 1, 2, 3, 5)

Herringbone (Hike):

A diverging ski position is helpful for climbing hills. The skier faces uphill with ski tips pointing at an angle away from each other and walks up the hill on alternating feet while edging to avoid slipping backward.

When teaching the herringbone, start on a flat or moderate slope. Demonstrate by positioning the skis in a reverse wedge position. The ski tips are diverging, and the tails are a short distance apart. The skis are tipping, so the inside edges are digging into the snow. Place the poles outboard of the skis. In a simultaneous movement, take a step forward with one foot and the pole from the same side. This is a hiking move with NO gliding. Repeat with the other foot and pole. Once this maneuver is mastered, move to a gentle incline, then a moderate slope. Note: on steeper terrain, the reverse wedge is widened for stability. (Fundamentals 1, 2, 3, 5)

Sidestep (Hike):

A method of moving up the hill in which the skier steps up the hill one ski at a time with the skis across the fall line. When teaching the Sidestep hike, start on a flat or moderate slope. The skis are positioned parallel to each other and perpendicular to the fall line. Balancing on the downhill ski and pole step uphill with the uphill ski while lifting the uphill pole and placing them down in a wide stance. Then, balance on the uphill ski and pole while bringing the downhill ski and pole uphill and place them down in a comfortable stance. (Fundamentals 1, 2, 3, 5)

Snowboard (Hop/Hike)

A method of moving up the hill in which the snowboarder steps up the hill with the snowboard across the fall line and on the toe edge. For short distances, snowboarders can use lateral hops to move uphill. For longer travel, it will be necessary for snowboarders to remove their back foot from the binding. Begin with the board tilted on its toe edge and the rear foot uphill of the board. Take a large step uphill with the rear foot and a smaller uphill step with the front foot /board.



TEN TOBOGGAN REMINDERS

The 10 Toboggan Reminders review the NSP Central Division Practices & Procedures for safely operating toboggans. Please review this page before teaching patrollers.

1. **Inspect the toboggan** for loose or missing parts. Check all attachment points, nuts, bolts, and tail rope conditions (especially on older toboggan models where the tail rope or carry ropes might pull through the body), handles, handle locks, fins, patient straps, chain, and chain brake release.
2. **Fanny Packs and/or Backpacks must not be worn while in the lead position.**
3. **Approach: Handles Unlocked** The most efficient, safest, and most direct route should be taken to get to the accident scene. The basic-level approach would include a combination of a wedge, parallel skiing, sideslip, or falling leaf for the alpine/tele, and sideslip for snowboarders. The approach for senior-level would mainly be a skiing (parallel) approach with sideslip or falling leaf. Snowboarders should also ride/sideslip to the scene and may have a hand of the crossbar, or two hands holding onto one handle. The goal is minimal toboggan movement across the fall line. Stop uphill and to the patient's side and ask how the toboggan should be positioned. When beginning the final approach, if backing the toboggan in, create a "J," sideslipping backward to pull the toboggan across the fall line away from the patient. Use that inertia to slide the toboggan forward and below the patient. The Central Division believes that all patrollers should be taught to position a toboggan for patient pickup without locking a handle. Tipping the toboggan onto the downhill fin will make it easier to move. A snowboarder may choose to lock one handle to aid in positioning. In deep snow, it is permissible for a skier to lock one handle so that the toboggan doesn't become a shovel.
4. **Loading a Patient:** The toboggan must be anchored when loading the patient. Anchoring can be achieved by having a patroller hold the toboggan with the handles locked, dropping the chain under the bow and pushing the handles into the snow, placing skis or poles through carry ropes, using slide arrest anchors that are built into newer toboggans, securing the tail rope to a fixed object or having a patroller hold the tail rope. The anchor may be removed once the lead has operational control of the toboggan (with handles locked). Communication is key for safety.
5. **Lead Operator: Position in the handles:** As a skilled OET operator, you will find the benefits of working all areas inside or outside of the handles. The critical understanding is how positioning in the handles benefits or hinders the mechanics of your performance. An athletic stance permits optimal route selection, pace, control, and braking. Patrollers should be careful using the crossbar while in the handles on steep slopes, as pushing against the crossbar (backward, up the hill) can reduce friction for the nose of the toboggan and chain and take you out of balance. An athletic stance allows greater control to apply downward *pressure* on the handles, creating more friction. The lead operator's responsibilities include selecting a route that is smooth and continuous in pace, maintaining the stability of the toboggan, providing primary braking, patient monitoring, and communication with the tail person. A secondary brake must be used for the patroller, patient, and public safety. This can be a tail rope or readily deployable chain brake. While the sideslip is our primary method of transporting a toboggan downhill, it is sometimes necessary to transition to the opposite side. Performing a quality pivot slip with simultaneous edge change should be the goal of all alpine and tele patrollers. Snowboards should use torsional flex to pivot the board.
6. **The Chain Brake** is always available for you. Its use is at the discretion of the operator. Feathering the chain can make your ability to run the toboggan more efficient. Use your position in the handles and your legs to manipulate chain pressure.
7. **Deployable Chain Release:** When operating a loaded toboggan alone, the chain brake must be in a deployable position (off the handle stop and usually held in or in front of the hand) so that the chain will activate if the operator loses contact with the handles. When running as a team, depending on the conditions, the operators' skill, or the occupant's size, having the chain in a deployable position can be advisable. In the event that the lead position falls, the chain deploying automatically can assist the tail person in gaining control of the toboggan. The main goal is always the safety of the patient, the public, and the team.



TEN TOBOGGAN REMINDERS

8. **Tail Rope:**

Role: The role of the Tail Rope operator is to monitor the patient, observe uphill traffic, provide secondary braking and support when the toboggan is not in the fall line, and communicate with the lead.

Positioning: The tail rope operator should be positioned above the rear of the toboggan in the fall line. Keeping a functional tension on the rope helps control the toboggan. If the lead performs a direction change down the fall line, the skiing tail operator waits until the lead has completed their maneuver and is stable before completing the movement. Snowboarders will remain on their heel sideslip and should never perform a transition when on the tail rope. When traversing across the hill, the Tail Rope Operator should maintain control and position themselves above and slightly behind the rear of the toboggan.

Rope Handling: The tail rope should be held with both hands in front of the body at the waist to mid-thigh level (center of mass). Keeping the hands in front of the body assists with maintaining pressure on the downhill ski or edge of the board. The downhill hand, closest to the toboggan, controls the functional tension of the tail rope. Tensioning is done by managing the appropriate length of rope by gathering and releasing. This maintains functional tension to assist the Lead Operator. A maximum of one coil of rope is recommended in the hands. The other hand loosely holds the looped end of the tail rope.

9. **Traversing the Hill:** Extreme care must be taken when traversing the hill due to the length of the toboggan, the pitch of the slope, and visibility to the public. Watch for uphill traffic and communicate with the tail operator. To limit toboggan slipping, pressure the downhill handle to engage the downhill fin better. When making a direction change, there are two methods.

Type 1: The lead operator will set an edge to begin the traverse across the hill, pressuring the downhill handle. The tail rope operator should position the tail rope in the fall line above and slightly behind the rear of the toboggan. Once a point is reached on the other side, the lead operator will prepare for the transition. The lead operator will release the edge set and start the sideslip to position the toboggan and the tail rope in the fall line. Falling leaf and edging skills can be used to maneuver the toboggan into the fall line. Once the toboggan and tail rope are in the fall line, the lead operator will transition and continue the sideslip, holding the sideslip until the tail rope operator completes their transition and enters a stable sideslip position.

Type 2: This variation allows for a quick direction change for the team. The transition occurs during the traverse before the toboggan entering the fall line. The lead operator will do an edge set to begin the traverse across the hill, pressing down on the **downhill** handle. The tail rope operator should position the tail rope in the fall line above and slightly behind the rear of the toboggan. To prepare for the direction change, the lead operator will transition while the toboggan is in the traverse and before entering the fall line. The Lead operator will then sideslip down the fall line in a stable sideslip position. The falling leaf and edging skills can be used to maneuver the toboggan into the fall line. Once the toboggan and tail rope are in the fall line, the tail operator will transition and continue the sideslip, holding the sideslip until the tail rope operator completes their transition and enters a stable sideslip position.

10. **Completing a Run:** The most efficient path and technique should be used to transport the toboggan to the final location. A basic-level patroller may use a combination of wedge or power wedge. In contrast, the more advanced or senior-level patroller "skis" the toboggan, performing short turns with little to no effect on the track of the toboggan. On flat terrain, it may also be helpful to have the tail operator come alongside the lead, helping to pull the toboggan. Lifting the handles will reduce friction, assisting with the toboggan sliding on shallow terrain.