



Toboggan Enhancement Seminar

Please refer to the Central Division 10 Toboggan Tips. Have FUN!!

Toboggan Equipment Review: Inspection, proper terms, lift operations & carrier use.

Ski/Ride Warm Up - Appropriate terrain

Skill Review & Practice - Start on a moderate slope, and advance upward

Explain skill usage.

Athletic Stance

Traverse - (do demo), both sides

Sideslip - (do demo), fore, aft, & straight down, both sides

Falling leaf - (do demo), both sides

Hockey stops - (do demos), both sides

Transition - (do demos), side to side Pivot slip, no wedge between, turn leg from hip

Kick turns - (do demos) both sides

Unloaded Approach - Moderate terrain: Review and Demo

Ski/Ride toboggan to the incident site, fall line descent, and explain why

Positioning: Reverse J, Handles Unlocked, Anchoring toboggan - Show examples

Lead & Toboggan Skills: Review Roles to Lead and Tail.

Chop Sticks Drill: Skill review - appropriate terrain - (with bamboo)

Rope-A-Goat: (for tail rope) Hand position, Rope management, functional tension:

Importance of Body Position: side slip, falling leaf, hockey stop & transition.

Loaded Toboggan Team Descent - Appropriate terrain- with or without chain

Position in Handles

Chain brake: usage, feathering, slowing, stopping

Directional changes

Gentle slope - wedge & step turn

Moderate slope - transition, wedge, falling leaf, kick turn or step turn

Advanced slope - transition, falling leaf, or kick turn

Moving directional changes - using Type 1 & 2. All transitions in or near fall line

Lead first / tail follows / then team traverse Emergency stop

Tail Rope: Positioning behind toboggan,

Loaded toboggan Individual Descent - Advanced, mogul slope Fall line descent.

Deployabove Chain brake Required

In or outside handles, explain when and why, give demos

Push & Pull Technique to move toboggan across the slopes

Glove Pickup.