



Toboggan Trainers Workshop Guide

Please refer to the Central Division 10 Toboggan Tips.

OBJECTIVES:

- Students will review the aspects of teaching Outdoor Emergency Transportation as defined by the NSP Central Division and the Ohio Region.
- Students will perform and demonstrate necessary Ski/Ride and Toboggan Maneuvers AT or ABOVE the Alpine Basic Level.
- Students will design a lesson utilizing the 6 Pack, teaching one of the skills listed below.
- Students will teach a lesson based on a skiing/riding skill or a portion of operating a toboggan and will Observe, Evaluate/Diagnose, and Prescribe solutions for skiers/riders.
- Evaluated skills include Knowledge of Material, Teaching (6 pack), Ski/Ride Demonstration Skills, Unloaded Toboggan, and Team Toboggan: Lead and Tail.

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

Review of Safety when teaching patrollers.

Ski/Ride Warm Up - Appropriate terrain. *IT: is there a focus you can give to start the day?*

- ** Depending on the needs of the TES/TTW. The TTW can be started with **
Skills Teaching & Demonstrations or Toboggan Operation.

Skill Teaching & Demonstrations - Terrain at the discretion of the instructor.

Athletic Stance (*taught by IT: Use various drills/tactics to teach/reinforce this concept*)

- * **Gliding Wedge, Braking Wedge, Wedge Turns, Modified Wedge:** *Use*
- * **Traverse** - both sides. (*cue: ski tracks in snow, Body position, COM*)
- * **Sideslip** - fore, aft, in the fall line, both sides (*cue: parallel skis, fall line descent, variable speed*)
- * **Falling leaf** - both sides (*cue: controls Fwd and Bwd movement thru foot pressure*)
- * **Hockey stops** - both sides (*cue: fall line descent, twisting/pivoting of ski/board under a stable upper body, and stopping in the fall line. This should not be an abrupt stop, but a controlled stop.*)
- * **Transition** - side to side (*cue: fall line descent, twisting/pivoting of ski/board under upper body*)
- * **Pivot slip**, no wedge between sides; turn leg from the hip. (*cue: foot-to-foot motion, keeping the COM moving straight down the fall line, twisting/pivoting of ski/board under a stable upper body.*)

*** *For the basic level instructor, a slight wedge or unweighting of a ski is permissible, but the OET Instructor should be coached on the mechanics so they may develop the proper skill)*

- * **Kick turns** (*optional*) - both sides
- * **Side Step, Herringbone, Skating, Uphill Traverse** Explain skill usage

All Instructors should, at minimum, teach/demonstrate: Slide Slips, Falling Leafs, Hockey Stops, & Pivot Slips.

Instructor Candidate is evaluated during this portion for:

- * **Technical Knowledge for the Skill**
- * **Teaching/Coaching of the Skill**
- * **Communication**
- * **Demonstration of Skill at Basic Level.**
- * **Evaluation of the Group Performance**
- * **Safety**

Unloaded Approach - Moderate terrain: *IT Lead or Teaching Assignment*

Ski/Ride Toboggan to the incident site: Fall line descent at Basic level (*IT can discuss requirements at Sr. Level- Skiing/Riding with short swing*).

Up Hill Stop & Communication with Accident Scene:

Positioning of the Toboggan for Pickup: Handles Unlocked,

Pulling In:

Backing In: Use the backward *J Turn* to pull/ push toboggan across the slope.

Anchoring toboggan - Show examples

Instructor Candidate is evaluated during this portion for:

- * *Technical Knowledge for the Skill*
- * *Teaching/Coaching of the Skill*
- * *Communication*
- * *Demonstration of Skill at Basic Level.*
- * *Evaluation of the Group Performance*
- * *Safety*

Loaded Toboggan Team Descent - *IT Lead or Teaching Assignment*

Lead:

Position in Handles: Athletic Stance

Primary Braking: 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.

Emergency stop: (*if requested*)

Communication: *verbal/nonverbal*

Finishing the Run: *Basic: Gliding Wedge or Ski/Ride. Sr. Ski/Ride to stop*

Tail Rope:

Body Positioning / Position behind toboggan

Rope Control & Management: (*Holding Rope, 1 Coil Maximum*)

Secondary Braking: Reserve Braking Rule

Communication

Instructor Candidate is evaluated during this portion for:

- * *Technical Knowledge for the Skill*
- * *Teaching/Coaching of the Skill*
- * *Communication*
- * *Demonstration of Skill at Basic Level.*
- * *Evaluation of the Group Performance*
- * *Safety*

OTHER TOPICS: Not evaluated: - **IT Lead**

Loaded toboggan Individual Descent - Smooth or Mogul Slope, Fall line descent.

- * Deployable Chain Brake Required
- * Inside or Outside handles, explain the when & why, give demos
- * Push & Pull Technique to move toboggan across the slopes: Pickup Drill

Belay/Drop-In Techniques for the Toboggan w/Tail Rope

Recovery Maneuver

Position Changes on Hill: Lead and Tail

Patient Pick Up in Moguls

Operating the Tail Rope in Moguls



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					
<input type="checkbox"/> OET Instructor: Pass <input type="checkbox"/> OET Instructor: Recertification: Pass <input type="checkbox"/> 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.



TEN TOBOGGAN REMINDERS

The 10 Toboggan Reminders review the NSP Central Division Practices & Procedures for the safe operation of 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. The goal is minimal toboggan movement across the fall line. Stop uphill and to the side of the patient 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 do an edge set 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 prior to 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 prior to 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.